

What's New in Version 2.x?

LifeCycle continues to lead the fertility software field in ease-of-use, graphics, help documentation, calculation accuracy, and pregnancy achievement. Version 2.x has been specifically optimized for pregnancy achievers, with many new additions. Here is a list of some of the changes you will find:

CHANGES IN VERSION 2.1

Automatic Database Repair & Recovery

LifeCycle uses a database to store your symptom, ovulation, and pregnancy data. Databases can be quirky – particularly if your system crashes or if you accidentally power your system off while the program is still running. LifeCycle 2.1 simplifies the maintenance of your data and insulates you from having to deal with it. If you get a database error, LifeCycle now provides routines that allow you to repair the error, or if that doesn't work, recover using a backup of your data created after your most recent entry or calculation. LifeCycle automatically creates backups of your data and keeps the last 10 copies in a hidden directory in case you need to recover using one of them. And if recovery doesn't work, you can simply e-mail the LifeCycle support team from within the Repair & Recovery window and your database and error log will automatically be attached for review by our support staff.

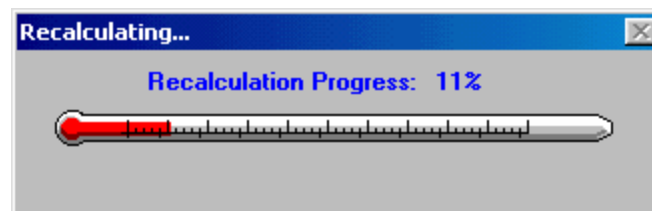
Ovulation and Luteal Phase Calculations

Since version 2.0 was released, LifeCycle has provided the ability for you to record ovulation predictor kit (OPK) test results and use positive test results in the calculation of ovulation and your luteal phase length. You have also had the option to disregard these positive results and use LifeCycle's symptom-based calculation, instead.

Version 2.1 has introduced a subtle change that will go largely unnoticed by most: if you record positive OPK results and your preference is to use LifeCycle's symptom-based calculation, LifeCycle will continue to use the positive OPK results if LifeCycle is unable to calculate ovulation using symptom-based data. While this is subtle, it is important, because it shields you from having to pay extreme attention to how your preferences are set. We really do try to make this the easiest-to-use program around.

Graphics, Graphics, Graphics!

LifeCycle is the most fun-to-use program of its kind for a number of reasons, but our excellent graphics rate high on the list. When LifeCycle enters into a recalculation, you are no longer forced to stare at that old, boring, standard Windows-style progress bar. You now have the option to use the "ThermoMeter" (get it?). We think you'll like it and it is *so* apropos.



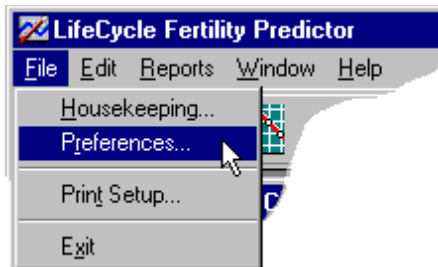
Support for International Time Settings

Thanks go to our many European users for suggesting this little fix. Prior versions of LifeCycle created much difficulty for them in the way it handled differences between a.m. and p.m. times. We should point out that some of these difficulties were inflicted upon us all by the Windows 95, 98, and NT operating systems but we overcame it in version 2.1. Now all times are converted to the 24-hour format after entry. This does not slight American users – you can still enter the beloved 12-hour format with an a.m. or p.m. after it, LifeCycle will just convert it for you and display it appropriately.

CHANGES IN VERSION 2.0

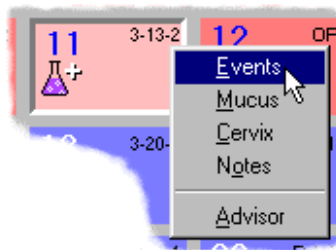
New Icons and Animation

The icons have been enhanced and a number of them have been animated. You can select the icons by clicking "File" in the menu, then selecting "Preferences" from the list of options. You can then specify which ones you want to use by clicking the "Icons" tab and making your choices there. If you wish to turn on/off animation, click the "User Info" tab and check the appropriate options at the bottom of the window.



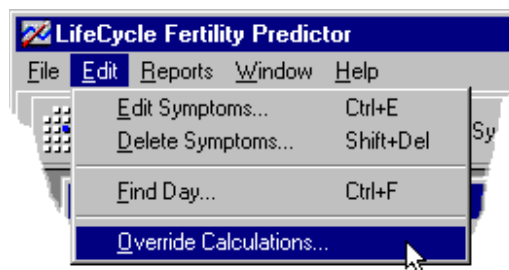
Support for Ovulation Predictor Kit Test Results

You can now record the results of ovulation tests within the "Symptom Entry" window and use these results to calculate ovulation and fertility, if you wish. This does not just display the results of a test on the calendar; it also allows such results to override LifeCycle's calculation of ovulation and fertility. These results are also printed on the Detail Report and Chart.



Override LifeCycle's Calculations

You asked for it, you got it! If you know that you ovulated on a specific date or feel that LifeCycle's interpretation is in error, you may override calculations for ovulation, luteal phase length, the start of phase 2 fertility and phase 3 infertility. You NFP & fertility awareness pros are back in control!



See All Days Where Ovulation *Might* Have Occurred

All possible ovulation days may now be displayed on the calendar, so you know instantly whether ovulation might have occurred. If LifeCycle detects that ovulation is possible, but it is not definitive, it displays the following icon:



You may animate it with a flashing question mark, as well.

Optimization of Fertility Calculations for Pregnancy Achievers

If you record mucus early in your cycle but it is unlikely that you are fertile, LifeCycle will now alert you of this fact and allow you to suppress the transition to Phase 2 fertility. This is especially helpful for women who are new to fertility awareness and are just learning to discern the differences between their mucus characteristics.

If your symptoms are not indicative of ovulation and you are a pregnancy achiever, LifeCycle will now alert you when you are infertile based upon your cycle history.

Combined together, these features help narrow down the interpreted fertile period in each cycle to the actual days where pregnancy is achievable. Please note that pregnancy avoiders cannot use these features due to the liberal nature of their interpretation.

Automatic Adjustment of Disturbed Temperatures

In previous versions if you recorded your temperature more than 20 minutes before or after your normal waking time, LifeCycle automatically recorded a disturbance and then ignored this temperature in fertility calculations. You now have the option to have LifeCycle automatically adjust temperatures disturbed in this manner to what they might have been had they been taken at the normal time. This feature is found within the “**Preferences**” window, under the “**Calculations**” tab.

Fix Disturb: Prompt Auto Never

Due to the liberal nature of this feature, it can only be used by pregnancy achievers.

Fertility Advisor Information is Now Available at Symptom Entry

The most significant feature of LifeCycle, in our opinion, has been and continues to be the **Fertility Advisor**TM. For each day, it tells you where you are in your cycle, what symptoms you should be recording, and what is going on in your body. Because this information is extremely useful when you are recording your daily symptoms, the text from the Fertility Advisor has been added to a tab on the "**Symptom Entry**" window. You can instantly view Advisor information without closing the Entry window!

Manual / Auto Recalculation Options

Ever want to go back and adjust the symptoms for a few days in an old cycle? In previous versions, you had to wait for LifeCycle to recalculate after each change before you could go on to make the next one. You now have the option to go to the "**Calculation**" tab within "**Preferences**", set the "**Recalculation Mode**" to "**Manual**", make all necessary changes, and recalculate once when finished. Incidentally, even when you have to wait, recalculation is a

good thing – most fertility software packages don't change their interpretation after the initial entry. LifeCycle *constantly* re-evaluates your fertility based upon changes in your symptoms.

Enhanced Internet Assistance

Ever send us an e-mail only to be told that we need your database file in order to evaluate your question? Well, no more hunting for that information, you can attach your cycle data to your e-mail directly within LifeCycle's Internet Assistance option with a click of the mouse.

Less Nagging!

Tired of being reminded to backup your database file? You can now turn off such reminders or change the frequency of them. You can change the nagging function either under the "**Backup**" tab of the "**Housekeeping**" window or under the "**User Info**" tab of the "**Preferences**" window. The frequency must be adjusted within the "**Housekeeping**" function.