



Digital Male Fertility Clinic

INSTRUCTION FOR USE
SPOO HEALTH

Are You Ready for Begin Fertility Journey?

You are Not Alone

About SPOO

SPOO; Fertility Monitoring mini-Lab

Manual semen analysis using a microscope is time-consuming and requires extensive training. Furthermore, the validity of manual semen analysis has been questioned due to limited reproducibility, and often high inter-personnel variation.

Our main approach in SPOO is the use of machine vision to analyze sequences of frames from video recordings of semen to predict sperm quality. You will need a device for evaluate sperm by the App. This device will help you turn your smartphone into a minilab.

SPOO; Home Sperm Test Kit

No man likes to go have his semen tested in a lab and even if more thorough assessment is sometimes needed, you can take the first step by testing your sperm at home. SPOO is a self-test IVD medical device, enabling men to test, analyze, and improve their sperm quality from the comfort of their own home.

At-home sperm test is a great option for men wanting an answer about their fertility as soon as possible. At-home sperm test is an affordable, accurate and convenient option for men looking to check their fertility at home.



What is SPOO used for?

The World Health Organization recognizes smartphones as being a great tool for sperm analysis as they are equipped with high-quality digital cameras.

SPOO is a smartphone based self-test for assessment of:



SPOO enables a user to estimate the quality of his sperm sample. It also enables the user to monitor and track the progression of the sperm quality over time.

SPOO does not provide a comprehensive evaluation of a male's fertility status and is intended for over-the counter, in vitro use only. For a complete assessment of male reproductive health, the user should consult a medical professional.



DISCLAIMER: always seek the advice of a qualified medical professional before making any changes to your lifestyle (exercise, sleep or nutrition).

How does the SPOO work?

SPOO application is a digital fertility clinic that provide three services that includes:



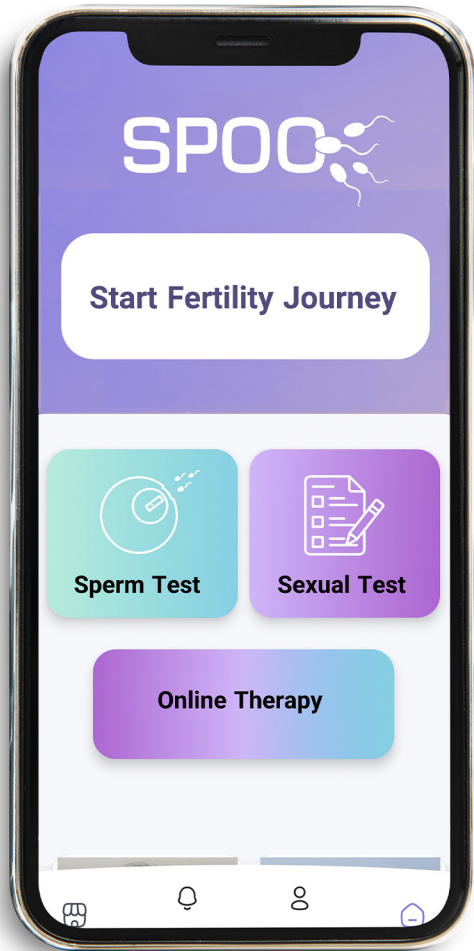
Semen analysis



online fertility therapy



online pharmacy



The SPOO app, available on Android, presents the opportunity to discuss the results and ongoing concerns with professional fertility doctors with exportable reports. A local clinic recommendation is then issued, should it be needed or requested.

Benefits of Home Sperm Testing

To evaluate fertility health men had to make an appointment with their doctor to be evaluated for male factor infertility. The process can be very embarrassing, and often causes delays if a man is hesitant to see his physician and a couple is not getting pregnant. With at home sperm test a patient can, in the privacy of his own home and without any pressure, test his sperm to see if there is cause for concern.

The benefits of home testing is that a couple can check to determine if there are any male factor problems early and in the comfort of their home, and then if an abnormality is identified they can seek out the care of a reproductive urologist. This is very important because there are many treatable and reversible conditions associated with male factor infertility. In addition, sometimes male infertility can be a sign of an underlying serious medical problem.

Home test is a great option and first step to give patient an initial start in determining if there is a concern to be addressed under the care of an urologist. Also it can be useful for men who are self-conscious about giving a semen sample in an office setting, or who don't do it for cultural or religious reasons.



Is it Necessary to repeat sperm test?

Don't despair if the first sample is bad news; urologists typically take two or three such samples over an extended period of time to get a more accurate measure of sperm quality.

You can boost your fertility by changing your lifestyle.

Lifestyle factors can affect your sperm. Any changes in physical, sexual, and mental conditions can affect the quantity and quality of your sperm and change the results of your sperm over time.

Smoking, drinking or drug ingestion can lead to a disappointing analysis result, so refrain from these substances for at least 10 days before giving a sample. Caffeine and certain medicines are also a potential problem. Dehydration can lower sperm count, so keep up that your daily water intake too.

If you are making positive changes in your life, do another test.

Sperm-Friendly Superfoods

NUTRIENT

SUPERFOOD

Antioxidants	Dark chocolate
Coenzyme Q-10	Avocado, Lean beef, Olive oil, Seafood
Folic Acid	Greens, Lentils
L-Carnitine	Avocado, Broccoli, Lean beef, Poultry
Lycopene	Tomatoes
Omega-3 Acids	Salmon
Selenium	Lean beef, Mushrooms, Poultry, Seafood
Vitamin A	Greens, Sweet potatoes
Vitamin B	Asparagus, Garlic
Vitamin C	Bell peppers, Berries, Citrus fruits
Vitamin E	Avocado, Greens, Nuts, Salmon, Seafood
Zinc	Beans, Lean beef, Oats, Poultry, Seafood

What's in the SPOO box?

● Test components:



1) Analysis device



3) Testing Slides



5) QR Code card



2) wipes



4) Collection Cups

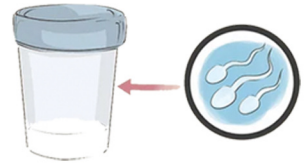


6) pipettes

TESTING INSTRUCTION (STEP BY STEP)

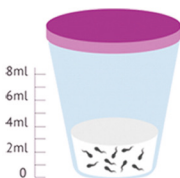
● How to prepare for semen analysis

1) The sample should be collected by masturbation into the Collection Cup.



2) Lubricants or condoms should not be used while collecting the sample.

3) Avoid ejaculation for 24 to 72 hours before the test.



4) Your sample should be tested within 60 minutes of ejaculation

TESTING INSTRUCTION (STEP BY STEP)

● Are you ready to start your own SPERM testing?

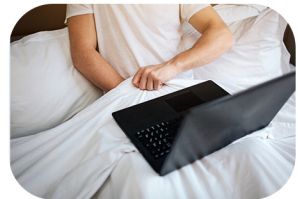
- 1) Before you take a semen analysis test, download the SPOO App from **www.spoohhealth.com**
 - 2) Ensure you do not receive a notification on your smartphone within evaluation.
 - 3) Do not shake the mobile from the analysis device during the evaluation.
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● How to take a semen test

Step 1) unpack box and get ready. Analysis device and Test component's provided to you. Each kit is prepared for three sperm tests.



Step 2) ejaculate directly into a collection cup.



Step 3) leave the sample in the cup and let it rest for 15 minutes at normal room temperature.



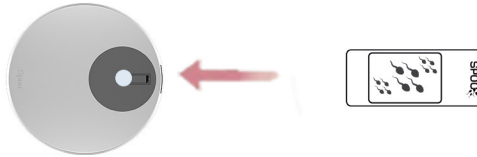
Step 4) Place the device on a flat surface.



TESTING INSTRUCTION (STEP BY STEP)

● How to take a semen test

Step 5) insert slide into the device according to the image to turn on the device light. (The SPOO logo is located outside the device).



Step 6) In the installed App, go to the "Sperm Test" section. Then scan the QR code on the card in the box to activate sperm evaluation. By receiving the following message, you can start the evaluation, "Device identified and registered for your mobile number"



Step 7) place smartphone on the device. Manage your device's location so that the mobile camera is placed on the bright light of the device. Then click the "**start**" to begin the evaluation.



Step 8) recorded takes 1 minutes, Then depend on the speed of the internet connection and the phone model image analysis take 3-5 minutes to complete and the results to be shown in the "result page".



ATTENTION POINTS

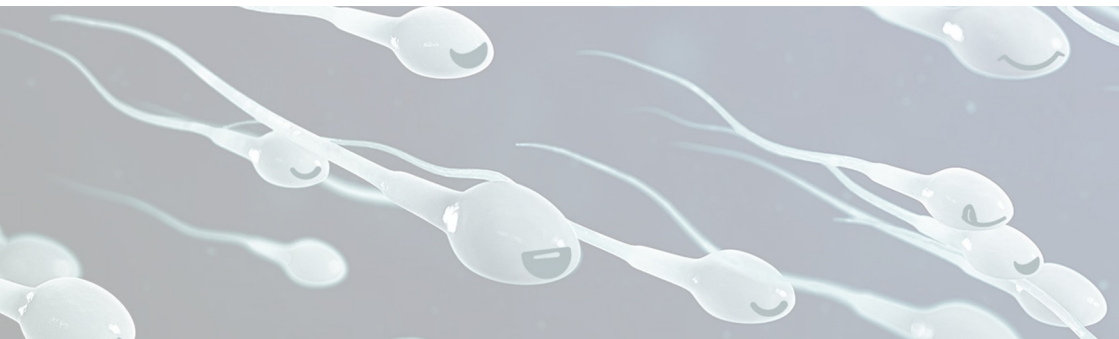
● The following circumstances may affect results:

- Reusing a collection cup and pipette
- Reusing a testing slide or using a slide that is not from **SPOO**
- Filling the sample slide inappropriately
- Use of medications affecting semen

● Warning!

According to the world Health Organization (WHO) semen is considered to be a biologically hazardous material which potentially can transmit hepatitis and HIV.

- SPOO kit components that come into contact with semen should be treated as bio-hazardous.
- The SPOO device is intended to be used by one person only. Do not share the device with anyone, including family members.
- Protective, powder free non-latex gloves are recommended for anyone helping you to test your semen sample.
- Semen collected during sexual intercourse is not recommended as test results may be adversely impacted due to the effect of vaginal mucous pH.
- Perform SPOO self-testing in a room temperature.
- Use a wet wipe (alcohol wipe) to clean the surface of the SPOO device's surface.



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