

NUVARING REMINDER

SMS Cell Phone and E-Mail Reminder : Developed by Justin Kehoe

NuvaRing Reminder Guide

NuvaRing Reminder

NuvaRing Reminder is a program that should only be used by women who are using the NuvaRing according to the recommended regimen of 21 days of continuous use followed by 7 NuvaRing free days per 28 day cycle.

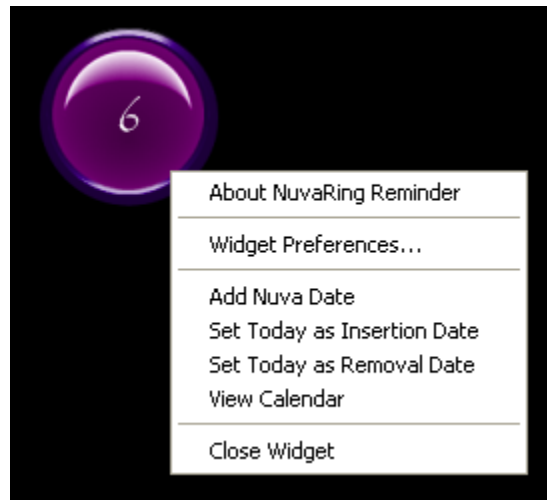
To use the NuvaRing Reminder widget you will be required to enter your current NuvaRing insertion or removal date. The program checks this date against your computer's system clock in order to calculate your future insertion and removal dates.

If your system clock is not correct or you change your system clock you must reset your initial insertion or removal date. Be aware that your insertion and removal dates are calculated from your input and can only be as accurate as you are with the dates you enter and the accuracy of your system clock.

NuvaRing Reminder will continuously countdown until your next action date, which is either an insertion or removal date. When the program has reached an action date you have the option for the program to notify you by E-Mail, Cell Phone or both that you have reached either an insertion date or a removal date. In order for the program to notify you of an action date, your computer must be connected to the internet. In order for the program to E-Mail or send a SMS Cell Phone reminder notice you must also first provide a SMTP Mail Server from which the program can send e-mails as well as provide your current E-mail address, Cell Phone Number and Cell Phone provider.

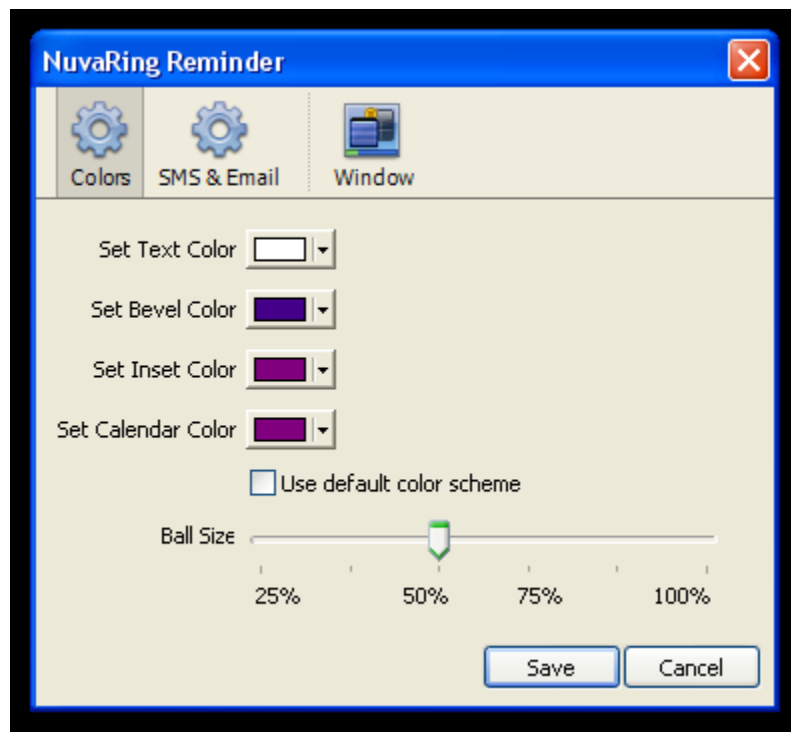
How to Customize NuvaRing Reminder

By right clicking on the NuvaRing Reminder globe you will be presented with a menu.



Widget Preferences...

- Change the Widget's preferences such as color, size and opacity
- Setup E-Mail and Cell Phone reminders



Add Nuva Date

- Allows you to specify an Insertion or Removal date via a calendar.

Set Today as an Insertion Date

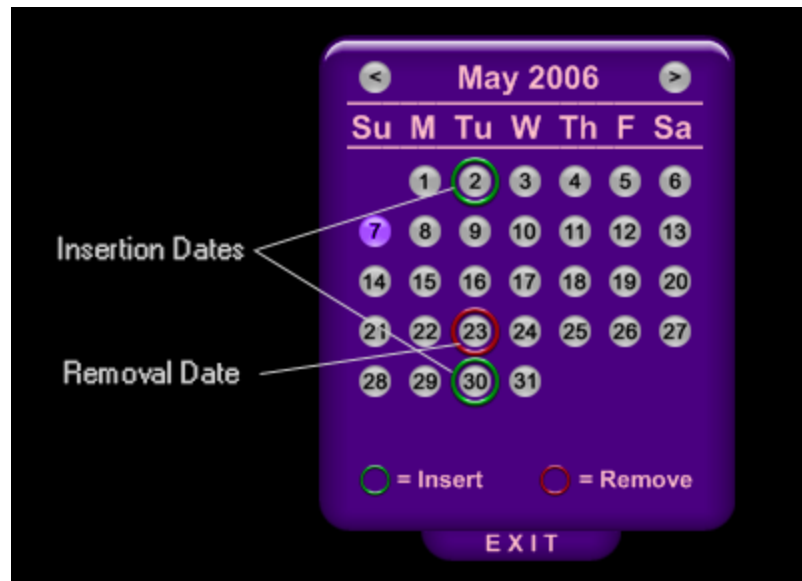
- Sets your current systems date as an Insertion date

Set Today as Removal Date

- Sets your current systems date as an Removal date

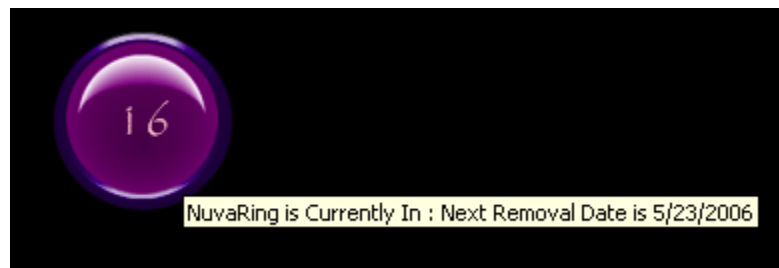
View Calendar

- View your current and future insertion and removal dates



Calendar View

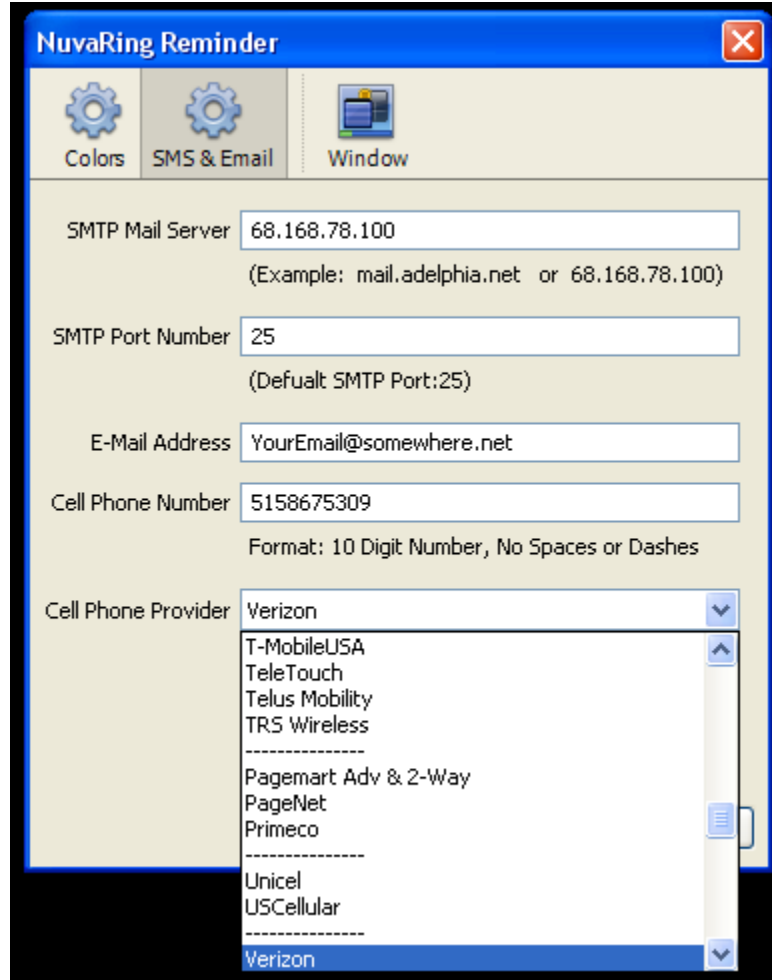
ToolTip



By running your cursor over the Nuva Globe a tooltip will appear displaying whether your NuvaRing is “In” or “Out” and when your next action date is scheduled.

Settings for E-Mail and SMS Cell Phone Reminders

In order for NuvaRing Reminder to E-Mail and send SMS Cell Phone reminder you must provide a valid SMTP Mail Server, an E-Mail account, your Cell Phone number and provider.



The screenshot shows the 'NuvaRing Reminder' application window with the 'SMS & Email' tab selected. The window has a blue title bar and a toolbar with 'Colors', 'SMS & Email', and 'Window' buttons. The settings are as follows:

- SMTP Mail Server:** 68.168.78.100 (Example: mail.adelphia.net or 68.168.78.100)
- SMTP Port Number:** 25 (Default SMTP Port:25)
- E-Mail Address:** YourEmail@somewhere.net
- Cell Phone Number:** 5158675309 (Format: 10 Digit Number, No Spaces or Dashes)
- Cell Phone Provider:** Verizon (dropdown menu showing a list of providers including T-MobileUSA, TeleTouch, Telus Mobility, TRS Wireless, Pagemart Adv & 2-Way, PageNet, Primeco, Unicel, and USCellular)

Remember that NuvaRing Reminder can only be as accurate as you are with the dates you provide and the accuracy of your system's clock. In order for you to receive reminders via an E-Mail or Cell Phone you must provide a valid E-Mail account, SMTP Mail Server, Cell Phone Number and Cell Phone provider. Your computer must also be connected to the internet to receive reminders. If your computer is not connected to the internet you can still use NuvaRing Reminder to keep track of your insertion and removal date.

This program is just a tool to help keep track of insertion and removal dates and should not be your sole method of tracking your Nuva Dates.

Acknowledgements: Beveled ring art provided by Chris Hinds