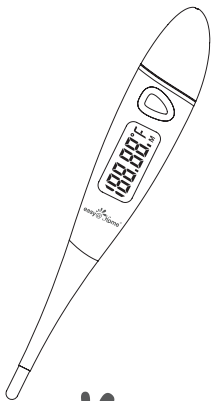


# Digital Basal Thermometer

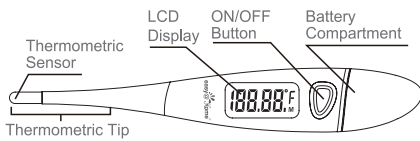
EBT-018

## User Manual



easy@Home®

Powered by premom APP



### Intended Use:

The Digital Basal Thermometer (EBT-018) is used by women of childbearing age for the measurement of basal body temperature (BBT).

### What is basal body temperature, and why do you need a digital basal thermometer?

Basal body temperature is your temperature when you are fully at rest. It is taken immediately upon awakening before any activity. Unlike traditional thermometers, basal body thermometers can measure with increased accuracy to easily detect your fertile window. The EBT-018 Digital Basal Thermometer is sensitive enough to measure subtle changes in body temperature with the high accuracy of  $\pm 0.10^{\circ}\text{F}$  ( $\pm 0.05^{\circ}\text{C}$ ), and only takes about 60 seconds for the reading with proper use.

*Note: It is important to record your temperature every day to identify your BBT trend for ovulation prediction.*

### How does your BBT help you pinpoint ovulation? What do you need to know?


Your BBT temps will likely surge right after ovulation, with a  $0.40^{\circ}\text{F}$ - $1.00^{\circ}\text{F}$  ( $0.20^{\circ}\text{C}$ - $0.60^{\circ}\text{C}$ ) or more shift. The free Premom app can automatically chart your reading inputs and draw your coverline, a visual tool to help you identify your BBT shift. Premom allows unlimited measurements in the cloud.

*Note: Users MUST manually enter temperature in the Premom app with this non-Bluetooth enabled model.*

### How Does The Premom App Help?

1. Tap the orange button  on the main screen.
2. Choose Manual to log your BBT.
3. Tap the degree  $^{\circ}\text{F}$  area to enter your current numerical BBT and tap "Save".

*Note:*

- To change the time, tap the current time and scroll to the previous time and press save.
- If you would like to log the temp from a previous day, simply tap the arrow down  on the top of the screen, then choose the date and tap "Done".
- If you would like to edit or delete a logged temp, just tap charts on the bottom of the main home screen. Tap "Table" on the top of that next screen. After you access the table, swipe left and it will show you "Edit" or "Del" to proceed for a given temp.

*NOTE: As we are constantly improving and updating the Premom app to offer the best user experience for our customers, the interface may be different from the illustrations included but all features mentioned should be still available and similar.*

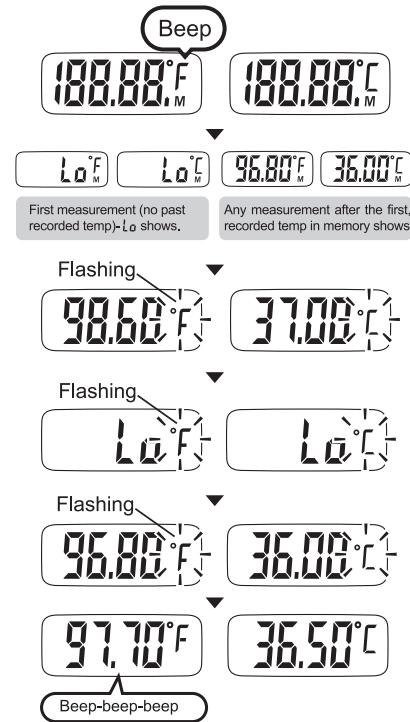
### What's Included:

- 1 Thermometer
- 1 Manual
- 1 Protective case

### Operating Instructions

1. **Disinfect the probe before each use with 75% ethyl alcohol on a damp cloth.**

2. Press the ON/OFF button to switch the device on.



#### Step 1)

Initial Display: all of the symbols appear.

#### Step 2)

First Use Vs Second Use or Later-Display Differs Here.

#### Step 3)

Calibration temperature  $97.70^{\circ}\text{F}$  ~  $99.50^{\circ}\text{F}$  ( $36.50^{\circ}\text{C}$  ~  $37.50^{\circ}\text{C}$ ) with flashing  $^{\circ}\text{F}$  or  $^{\circ}\text{C}$  is displayed in both instances.

#### Step 4)

When the  $^{\circ}\text{F}$  or  $^{\circ}\text{C}$  symbols flashes with  $Lo$  sign, the temperature is ready for use. If ambient or baseline temperature is over  $89.60^{\circ}\text{F}$  ( $32.00^{\circ}\text{C}$ ), that real temperature will be displayed instead without a flashing  $^{\circ}\text{F}$  or  $^{\circ}\text{C}$ . In both cases, you can now measure.

#### Step 5)

Temperature measurement will commence and the  $^{\circ}\text{F}$  or  $^{\circ}\text{C}$  symbol will flash.

#### Step 6)

The  $^{\circ}\text{F}$  or  $^{\circ}\text{C}$  symbol will stop flashing and stay on when the reading is ready.

3. Place the thermometer tip under the tongue and close your mouth.

The thermometer tip should remain in constant contact with the tissue under the tongue, and the mouth should remain closed during measuring. The average measuring time is 60 seconds.

*NOTE: Avoid eating or drinking just before measuring the temperature, as this will result in an inaccurate temperature reading.*

4. Consecutive beeps for approximately 10 seconds indicate that the measurement is complete.

Also, the  $^{\circ}\text{F}$  or  $^{\circ}\text{C}$  symbol will stop flashing when the measurement is completed. The displayed temperature can increase slightly if the measurement continues after the beep. So it is recommended to keep the thermometric sensor in mouth approximately 2 minutes regardless of beep sound. The highest measured temperature from that reading will appear on the LCD display. If the measurement is over  $100.04^{\circ}\text{F}$  ( $37.80^{\circ}\text{C}$ ), the beeping will sound with a more rapid consistent buzzer sound to indicate fever. The thermometer will automatically shut off 10 minutes after the measurement is complete or you can manually shut the thermometer off with the ON/OFF button.

*NOTE: Make sure to wait until the minimum measurement time is reached before reading your temperature. This is when you hear the last beep of the consecutive beeps. This is to ensure accuracy.*

### How do you switch between Celsius and Fahrenheit?

Turn the thermometer off; Press the ON/OFF button for 2 seconds to switch the measurement unit between  $^{\circ}\text{F}$  and  $^{\circ}\text{C}$ .

## Memory Recall

The digital basal thermometer can only store the last measured value. The memory temperature reading may not save properly if following situations have occurred:

- Switched the measurement unit between “°F” or “°C” recently.
- The battery needs replacement.

## Cleaning and Disinfecting

The best way to clean the thermometer tip is by applying a disinfectant (e.g. 75% ethyl alcohol) on a damp cloth. Do not immerse the thermometer under water or any other liquid. Never clean it with thinners, petrol or benzene.

## Safety Precautions

1. The performance of the device may be degraded should one or more of the following occur:
  - Operation outside the manufacturer’s stated temperature and humidity range.
  - Storage outside the manufacturer’s stated temperature and humidity range.
  - Mechanical shock (for example, drop test) or degraded sensor.
  - The user’s temperature is below ambient temperature.
2. Portable and mobile RF communications can affect the device.
3. Do not use the devices in the MR environment.

## Explanation of Display Error Messages

Error message	Problem	Solution
	Temperature is lower than 90.00°F (32.00°C) after measurement.	Turn off, wait one minute and take a new temperature.
	Temperature is higher than 109.99°F (42.99°C) after measurement.	Turn off, wait one minute and take a new temperature.
	The system is not functioning properly.	Remove the battery, wait for 1 minute and repower it. If the message reappears, contact customer service.
	Dead battery: Battery icon is flashing, the battery is drained.	Replace the battery.

## Battery Replacement

1. Replace battery when " " appears in the lower right corner of LCD display.
2. Pull battery cover off as shown in Figure 1 (by sliding).
3. Gently pull out plastic circuit board with battery chamber approximately 1 cm (See Figure 2)
4. Use a pointed object such as a pen to remove old battery. Replace with new 1.5V DC button type LR41 or SR41, UCC392, or equivalent. Be sure battery is installed with polarity facing up. (See Figure 3)
5. Slide battery chamber back into place and attach cover.



Figure 1

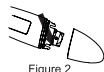


Figure 2

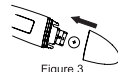


Figure 3

## Battery Disposal

Please dispose of the battery in accordance with your local law and regulation.

## Technical Data

**Type:** Digital Basal Thermometer

**Measurement range:**

90.00°F~109.99°F(32.00°C~42.99°C)

**Measurement accuracy:**

±0.10°F(±0.05°C) during 95.90°F~100.40°F(35.00°C~38.00°C) at 64.40°F~82.40°F(18.00°C~28.00°C) ambient operating range; ±0.20°F(±0.10°C) for other measuring and ambient operating range

**Battery type:**

One 1.5 V DC. button battery(size LR41or SR41, UCC 392)

**Dimension:** 13.9cm x 2.2cm x 1.3cm (L x W x H)

**Weight:** Approx. 11 grams including battery

**Service life:** Three years

**Ambient operating range:**

41°F ~ 104°F(5°C ~ 40°C), 15%~95%RH

**Storage and transportation condition:**

-4°F ~ 131°F (-20°C~55°C), 15%~95%RH

## Explanation of Symbols

	Direct Current		Manufacturing date
	Type BF Applied Part		Catalog Number
	Refer to instruction manual		WEEE (Waste Electrical and Electronic Equipment)
	Storage and Transportation Humidity Limitation: 15% ~ 90% RH		Storage and Transportation Temperature Limit: -4°F~131°F(-20°C~55°C)

	Batch Code	<b>IP27</b>	Ingress Protection Rating
	Recyclable		

## FCC Information

Caution: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.

*Note:*

*This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try and correct the interference by one or more of the following measures:*

- Reorient or relocate the receiving antenna.
- Increase the distance between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the manufacturer or an experienced electronic technician for help.

## Standards

1. ASTM E1112 Standard Specification for Electronic Thermometer for Intermittent Determination of Patient Temperature.
2. ISO 80601-2-56 Medical electrical equipment Part 2-56:Particular requirements for basic safety and essential performance of clinical thermometers for body temperature measurement.
3. IEC 60601-1-11 Medical electrical equipment Part 1-11: General requirements for basic safety and essential performance Collateral Standard:

Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment and complies with therequirements of IEC 60601-1-2(EMC), AAMI/ANSI ES60601 -1(Safety) standards. And the manufacturer is ISO 13485 certified.

## Warning

Read instructions thoroughly before using digital thermometer.

Do not attempt measurements when the thermometer is wet as inaccurate readings may result.

Do not bite the thermometer. Doing so may lead to breakage and/or injury.

Do not attempt to disassemble or repair the thermometer. Doing so may result in inaccurate readings.

If the unit has been stored at temperatures outside 41°F~104°F(5°C~40°C), leave it in 41°F~104°F (5°C~40°C) ambient temperature for about 15 minutes before using it.

Contraindication: None.

## Calibration

The thermometer is initially calibrated at the time of manufacturing. If the thermometer is used according to the user instructions, periodic readjustment is not required. However, we recommend checking calibration every two years or whenever clinical accuracy of thermometer is in question.

## Warranty

This product is warranted by the manufacturer for one year from the date of retail purchase. It does not cover damages or wear resulting from an accident, misuse or abuse, commercial use, or an unauthorized adjustment or repair of the product.

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1-855-822-6999 M-F 9 a.m.-5 p.m. CST

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Manufactured for

**Easy Healthcare Corporation**

360 Shore Dr. Burr Ridge, IL USA 60527

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