

Q1: What is the correct way to take your BBT temperature with Easy@Home

EBT-018 Basal Body Thermometer?

Turn on the thermometer by pressing the power button, after the "Lo" sign flashes put the sensor tip into the mouth and place it under the tongue, close the lips and wait. After around 60 seconds, the testing will complete indicated by consecutive beeps for approximately 10 seconds.

Q2: How to review measurements stored in the thermometer?

Turn the thermometer on and you can review the last measured temperature following initial display of all symbols "188.88 °F".

Q3: How to switch temperature unit?

Turn the thermometer off. Press the ON/OFF button for 2 seconds to switch the measurement unit between °F and °C.

Q4: How long can a new battery last?

Approximately 200 hours of continuous operation or 1 year with 3 measurements per day.

Q5: Should I take BBT during my Period?

Yes. We suggest you take BBT every day to best understand the hormonal temperature shifts in your cycles.

Q6: What does flashing LO mean?

When "°F" or "°C" starts flashing with Lo on display, the thermometer is then ready for use. This does not mean the battery low. The battery icon will flash in the lower right hand of the display if the battery is drained.

Q7: Does this thermometer help determine my fertile period to avoid pregnancy or can it help me to get pregnant?

When used correctly, tracking your BBT can help you identify your fertile window as well as confirm ovulation. Knowing this information can assist you in identifying the days to avoid intercourse or when to try to get pregnant depending on your personal goal. We recommend using the thermometer along with our Premom app to easily see your BBT chart and ovulation

predictions. Please keep in mind that when tracking BBT, it can take a few cycles for your patterns to be identified for the most accurate use. Besides, we recommend you use common birth control methods to prevent pregnancy at the same time for the best natural protection unless you are trying to conceive.

Q8: What indicates my ovulation has occurred? Is it easy to figure out?

If you take your basal temp consistently every morning at the same time throughout the entirety of your cycle, is important so you can see the pattern of your fertile window. The lowest days with the last lowest being ovulation day would be the fertile window to try or be more careful to avoid pregnancy depending on your personal goals.

There is often a 1 degree shift in your temperature upwards after ovulation. It rises and stays this way for several days. For example before and on an ovulation your temp might be "97.5" degrees and after ovulation is might be "98.5" degrees.

Q9: Is it uncomfortable to put the thermometer under your tongue?

That depends on your tongue sensation. The thermometric tip is flexible and waterproof, and the measurement can be completed as fast as 60 seconds. You should not feel uncomfortable if the tip is put in the right place.

Q10: How does my ovulation tests work with the basal thermometer?

Temping basal body temperature (BBT) is one of the recommended ways to confirm ovulation. It works best when you use the ovulation test kit to track ovulation. BBT rises after ovulation, due to increased Progesterone hormone released from the corpus luteum after ovulation.

LH tests are another method to determine when your LH (luteinizing hormone) has increased to a point to signify ovulation. Using more than one method often makes the accuracy even better.

Q11: What are important tips to ensure accurate readings and interpretations of

by basal body temperatures with my Easy@Home EBT-018 Basal Body

Thermometer?

Here are some general tips to consider for temping BBT:

- Make sure you have at least 4-6 hours of full sleep.
- Upon waking up, turn on the thermometer and put it under your tongue.
- Take BBT before getting up, eating, drinking or any other activities.
- Always keep your mouth shut during measurement.

We would recommend you log the BBT records in our Premom app so that the app could chart for you automatically. And you will get a BBT spike and the coverline once the criteria are met.

Q12: Which cycle day is recommended to start doing BBT? CD1 or CD5?

The best practice is to start taking your basal body temperature (BBT) on CD 1 and every day in your cycle. However, many women take a holiday from BBT on their period which is also typically fine and still allows them to get their 6 consecutive lows before ovulation.

Q13: I am a night-shift nurse. How can I keep BBT results consistent when going back to normal hours on days off?

BBT is difficult in people who work night shifts. You do need to take your basal body temperature (BBT) at the same time each day after at least 3 hours of consecutive sleep, so you should find a way to stick to this as closely as possible. If you are unable to do this, you should rely on alternative methods such as ovulation tests and CM tracking in order to best predict and monitor your fertility. That being said, you may track your BBT after 3-4 hours of uninterrupted sleep after your shifts and should still get reliable readings. This also applies to many new mothers whose babies are not yet sleeping through the night. BBT is difficult to utilize in these scenarios and alternative methods are preferable.

Q14: Among temperatures taken under tongue, from wrist, upper arm and vagina, which one is the most accurate? Please help me pick the best basal thermometer.

The most accurate method of collecting basal body temperature (BBT) is the one that you will consistently use. The most important thing is to pick a temperature reading location and stick to it. For example, you should not utilize a wrist thermometer one day and then an oral one the next day, that will result in inaccurate data. The same for a vaginal BBT versus oral. There's some research to support wrist temperature readings to be slightly more sensitive but oral and vaginal are also very reliable.

We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at healthcare-manager.com