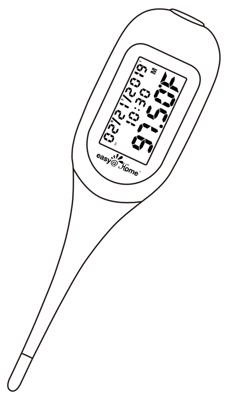
Smart Basal Thermometer
EBT-300

User Manual



easy@Home®

Powered by premom APP

CONTENTS

1. INTENDED USE

The EBT-300 Digital Basal Thermometer is designed to accurately measure a person's body temperature in its regular mode. With its 1/100th Degree High Precision feature, it can assist women of childbearing age in monitoring their basal body temperature (BBT) effectively. The product is used in oral cavity.

2. WHY EBT-300?

- Upon setting up, data auto sync to the free Premom app.
- Large and backlit LCD display helps you read results easily.
- High Precision of 1/100th degree for temperature readings.

3. CONTENTS

1 Thermometer
1 User manual
1 Storage case

4. SET UP AND USE

⓵ **Refer the quick guide of Premom App to set up the App before BBT measurement.**

⓶ **Taking your temperature**

Step1: Keep the smart thermometer near your bed. Make sure to take your basal body temperature each morning at the same time for the best results.

Make sure your lips have been closed for at least five minutes without eating, speaking or getting up before taking your temperature.

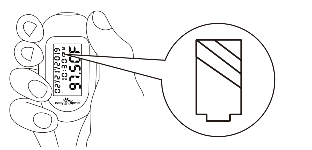
Step2: Upon waking, turn on the smart thermometer. Put the metal probe under the tongue and close the lips tight. Hold it until you hear 2 short beeps,which indicates the completion of the measurement. This usually takes 90 to 120 seconds.

5. DATA STORAGE

Memory stores up to 30 measurements on the device. While the thermometer is off double-click the On/Off button to review the stored data. You can exit the memory display mode by holding down the On/Off button for 3 seconds or it will shut off automatically after 30 seconds.

6. CHANGING THE BATTERY

Please replace the battery when the low-battery symbol appears on the right of the LCD display. Remove the battery cover and replace it with a battery of the same battery type CR2032. Make sure the "+" sign faces up. Then replace the battery cover. Always dispose of used batteries according to local laws and regulations



Low Battery Indicator

7. TROUBLESHOOTING

⓵ **Problem:** Unstable body temperature readings

Possible Solutions: Ensure the thermometer probe is placed firmly underneath your tongue, close your lips, breathe normally and do not speak, eat, drink, or move.

⓶ **Problem:** Abnormally high BBT

Possible Solutions: Take measurement immediately after waking up, limit physical activities before and during measurement.

Note:

1. If the problem persists, please contact customer support or consult your doctor if concerned.
2. If you have any problems with this device, such as setting up, maintaining or using, please contact with Easy@Home customer service. Don't open or repair the device by yourself.

8. MAINTENANCE & CLEANING

⓵ Clean the tip of the thermometer with a dry cloth dampened slightly with 75% rubbing alcohol and 25% water before and after every use.

⓶ Do not use cleaning agents other than alcohol or water to clean the thermometer as it may damage or decrease the lifetime of the product and / or present safety risks.

⓷ The thermometer is not waterproof. Never submerge the thermometer in water or any other liquid, this can damage the thermometer, and result in incorrect data, and provide a safety risk.

9. TECHNICAL SPECIFICATIONS

Product name	Digital Thermometer
Model	EBT -300
Size	5.20 in x 1.15 in x 0.55 in
Transmission distance	30 feet
Measurement	89.6°F - 109.4°F
Accuracy	±0.18°F/ 0.10°C (from 95.0°F to 102.2°F/ 35°C~39°C) ±0.36°F/ 0.20°C (from 89.6°F to 95.0°F/ 32°C~35°C, and from 102.2°F to 109.4°F/ 39°C~43°C)
Laboratory accuracy	±0.09°F/ ±0.05°C (from 95.00°F to 102.20°F/ 35.00°C~39.00°C) ±0.18°F/ ±0.10°C (the rest temperature)
Battery	CR2032
Receiver	Apple Phone: iPhone5+ iOS8.0+ Android Phone: Android 4.4+
Battery life	about 3 months
Operating conditions	Temperature: 41°F to 104°F
Weight	About 20g (without battery)
Service life	5 years

(Please refer to the box for production date and batch information)

Temperture in working environment	5~40°C
Humidity in working environment	15% to 85% RH
Atmospheric pressure in working environment	86Kpa to 106 Kpa
Temperture in storage environment	-20~55°C
Humidity in storage environment	≤85% RH
Atmospheric pressure in storage environment	86Kpa to 106 Kpa

10. WARRANTY

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

⓶ Please direct all returns to the place of original receipt, and you may be asked to provide proof of purchase. To find the customer service menu, please visit our official website at **www.premom.com**

11. PRECAUTIONS

1. Do not bite, bend, drop or take apart the thermometer.
2. Keep the device out of the reach of children/pets to avoid inhalation or swallowing of small parts.
3. Do not expose it to direct sunlight, high temperature and moisture.
4. Not intended to be sterilized. Prevent saliva or cleaning solution from penetrating the display window.
5. If LCD shows the symbol or LCD shows unclear it means the battery has run out. Please replace the battery within 10 minutes.

12. WARNING

1. No servicing/maintenance while the thermometer is in use .
2. Not for use in an OXYGEN RICH ENVIRONMENT
3. Before every use, check the device. Do not use the device or an electrode if it is damaged in any way. The continuous use of a damaged unit may cause injury, improper results, or serious danger.
4. If you have any problems with this device, such as setting up, maintaining or using, please contact with our customer service.
5. Don't open or repair the device by yourself.
6. Please report to us if any unexpected operation or events occur.

7. The main material of the case is ABS. Be careful to the potential allergic reactions to these materials.
8. The typical service life of the new and unused batteries is 100 hours for continuous operation.
9. Protection against electric shock: Internally powered ME equipment.
10. Protection against harmful ingress of water or particulate matter: IP22

Below improper operations will affect measuring and cause inaccurate readings：

1. Operation outside the manufacturer’s stated temperature and humidity range.
2. Storage outside the manufacturer’s stated temperature and humidity range.
3. Mechanical shock (for example, drop test).
4. Patient temperature is below ambient temperature (operating environment see info in Technical Specification part).

13. CAUTION

Keep new and used batteries out of the reach of children, to seek immediate medical attention if a battery is ingested, and to follow any other consensus medical advice.
Choking Hazard-Small parts not for children under 3 years or any individuals who have a tendency to place inedible object in their mouths.

14. CALIBRATION

The thermometer is initially calibrated at the time of manufacture. If the thermometer is used according to the use instruction, periodic readjustment is not required.

15. DISCLAIMER

This thermometer is not a medical device and is only used for fertility tracking.

16. EMC/FCC INFORMATION

1) This product needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile RF communications equipment.
2) Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
3) Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation!
4) Caution: this machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

Guidance and manufacture’s declaration – electromagnetic emission

The EBT-300 is intended for use in the electromagnetic environment specified below.
The customer of the user of the EBT-300 should assure that it is used in such an environment.

EMISSION TEST	COMPLIANCE	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
RF emissions CISPR 11	Group 1	The EBT-300 use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emission CISPR 11	Class B	The EBT-300 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.

Guidance and manufacture’s declaration – electromagnetic immunity

The EBT-300 is intended for use in the electromagnetic environment specified below.
The customer or the user of EBT-300 should assure that it is used in such an environment.

IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floor are covered with synthetic material, the relative humidity should be at least 30%.
Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

NOTE: UT is the a.c. mains voltage prior to application of the test level.

Guidance and manufacturer’s declaration – electromagnetic immunity

The EBT-300 is intended for use in the electromagnetic environment specified below.
The customer or the user of the EBT-300 should assure that it is used in such an environment.

IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	Not Applicant	Portable and mobile RF communications equipment should be used no closer to any part of the EBT-300, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. **Recommended separation distance** $d = 1{,}2\sqrt{P}$
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	$d = 1{,}2\sqrt{P}$ 80 MHz to 800 MHz $d = 2{,}3\sqrt{P}$ 800 MHz to 2,5 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey,a should be less than the compliance level in each frequency range.b Interference may occur in the vicinity of equipment marked with the following symbol: ((•))

NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations.

Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a: Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the EBT-300 is used exceeds the applicable RF compliance level above, the EBT-300 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the EBT-300.

b: Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the EBT-300 .

The EBT-300 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the EBT-300 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the EBT-300 as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 KHz to 80 MHz $d = 1{,}2\sqrt{P}$	80 MHz to 800 MHz $d = 1{,}2\sqrt{P}$	800 MHz to 2.5 GHz $d = 2{,}3\sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

FCC ID: 2ADNQBTA41CNBT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, (2) This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.
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 and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.
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 to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

17. EXPLAINATION OF SYMBOLS

	Refer to instruction manual
	Type BF applied part
IP22	Ingress protection rating
((•))	Radio frequency transmitters

	Manufacturing date
LOT	Batch code
131°F (55°C) -4°F (-20°C)	Temperature limit of -4°F~131°F (-20°C ~55°C)
% 85% 0%	Humidity limitation less than 85%
106 kPa 86 kPa	Atmospheric pressure limitation of 86 Kpa ~106 Kpa
	WEEE (Waste Electrical and Electronic Equipment)

Download Free Premom APP
to log and track your BBT each day
for ovulation prediction.

www.premom.com

Questions or comments?
Please call toll-free:
1-855-822-6999 M-F 9 a.m.-5 p.m. CST
E-mail: support@premom.com
Manufactured for Easy Healthcare Corporation
360 Shore Dr., Burr Ridge, IL USA 60527
Made in China

V02: 20230313

项目名称： 1102110078-02 说明书 easy@Home基础温度计(MPN.BT-A31) 美版 V02

尺寸(长*宽*高) : 479.5*132mm(展开) 68.5*132mm 颜色： 材质：80g双铜 工艺：

折页方式： 修改内容 :□文字 □颜色 □尺寸 □工艺 □材质 □其他 □无

申请人： 设计师：Nichole 设计时间： 20230313