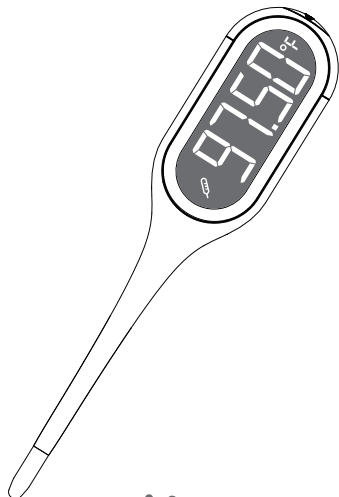


Dual Digital Thermometer

EBT-013



Overview

The Easy@home Dual Digital Thermometer (EBT-013) is intended for the measurement and monitoring of human body temperature by consumers at home. The Dual Digital Thermometer has two modes – rapid read thermometer or basal body temperature (BBT) thermometer. In the mode of rapid read thermometer, the oral body temperature can be measured in about 8 to 12 seconds. When you feel unwell, you may use this mode to help you measure your body temperature quickly. The BBT thermometer mode is design to help measure BBT for ovulation tracking purpose.

Note:

- This product is only for monitoring body temperature, not for diagnosis of disease.
- You may use Premom APP to track BBT only if you use BBT thermometer mode.

What is Basal Body Temperature, and why do you need a digital basal thermometer that has BBT thermometer mode to measure it?

Basal body temperature (BBT) 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 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 60-120 seconds for the reading with proper use in the BBT thermometer mode.

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

How does your Basal Body Temperature (BBT) help you pinpoint ovulation? What do you need to know?

Your BBT temps will likely surge right after ovulation, with a 0.40°F - 1.00°F (0.20°C - 0.60°C) or more increased shift. The free Premom app can automatically chart your reading inputs and draw your coverline, a visual tool to help you identify your basal body temperature shift. Premom allows unlimited measurement storage in the cloud.

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

How to use the Premom app to help confirm ovulation?

1. Tap the “Log BBT” button on the main screen.
2. Tap the degree area to enter your current numerical BBT and tap “Save”.

Note:

1. To change the time, tap the current time and scroll to the previous time and press save.
2. 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”.
3. If you would like to edit or delete a logged temp, just tap charts on the bottom of the main home screen. Tap “BBT” 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:

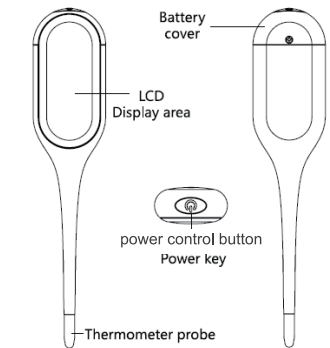
- As we are constantly improving and updating the Premom app to offer the best user experience for our customers, the screen design or information may be different from the illustrations included but all features mentioned should be still available and similar.
- The Premom APP is only for tracking basal body temperature under the help of EBT-013 in BBT thermometer mode.

What's included

- Thermometer * 1
- Manual * 1
- Storage case * 1

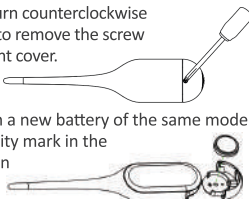
Installation and measurement

● Product component



● Installation of battery

1. This thermometer uses a CR1632 battery which is pre-installed in the battery compartment.
2. To replace the battery, turn counterclockwise with a Phillips screwdriver to remove the screw on the battery compartment cover.
3. Carefully remove the cover, take out the old battery, and replace it with a new battery of the same model.
4. Follow the battery polarity mark in the battery compartment when making the replacement.



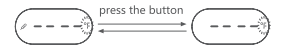
5. Reinstall the battery cover and use a Phillips screwdriver to turn clockwise to tighten the fixing screw.

● Switch measurement mode

1. In the off state, press and hold the power control button for 6 seconds, until the screen shows , then release the button to enter measurement mode setting.



2. Press the button to choose measurement mode. The shows on the screen means in BBT thermometer mode, while no this symbol means in rapid read thermometer mode .



3. After 3 seconds of no operation, the thermometer will automatically exit the mode switch setting and enter the measurement phase.

Note: The default measurement mode is BBT thermometer mode. When used as a basal thermometer, please make sure the proper mode is set.

● Switch between Fahrenheit and Celsius

1. When the thermometer is off, press and hold the button for 9 seconds until °F or °C display on screen. Keep holding the button, °C and °F will automatically switched every 2s. When the desired unit is displayed, release the button for confirmation.



2. After temperature unit is confirmed, the thermometer immediately enters measuring mode.

● Operating instructions

1. Disinfect the probe before each use with 70% ethyl alcohol.
2. Press the power control button to switch the device on.
3. Place the thermometer probe under the tongue and close the mouth tight. The thermometer probe should remain in constant contact with the tissue under the tongue, and the mouth should remain closed tightly during measurement. The average measurement time in BBT thermometer mode is 60-120 seconds, and in rapid read thermometer mode is about 8-12 seconds.
4. A long beep indicates that the measurement is complete.
5. If the thermometer is not operated for 30 seconds, it will auto power-off. Also, you can press the power control button to turn it off any time before 30 seconds.

Note:

- Avoid eating, drinking, or speaking before measuring the temperature, as this will result in an inaccurate temperature reading.
- When using the rapid read thermometer mode, if you move your body, talk, or eat, the measurement results may take longer than 8 seconds to appear.

Display and sound tips

When the measurement completes, the temperature unit (°F or °C) will stop flashing with a single beep sound indication. It is not recommended to measure basal body temperature (BBT) if the user may have a fever. If the measurement result exceeds 99.67°F or 37.60 °C, you will hear three beep sounds in succession.

Memory recall

1. When the thermometer is powered-off, press and hold the power button for 3 seconds, until the screen shows , then release the button to enter memory recall mode.



2. Press the power control button (the main button) to read the first reading in memory, press again to skip to the next one, and 30 readings in memory will be displayed in the cycle.
3. Press and hold the button for 3 seconds to exit memory recall mode and enter measurement mode. The thermometer will automatically power off after 30 seconds without any operation.

Low battery prompt function

1. The thermometer automatically detects the battery charge every time it is turned on. When the battery voltage is low, the icon appears on the display screen, which indicates the battery needs to be replaced by a new battery as soon as possible.
2. When the battery icon appears in flashing, the thermometer will be forced to shut down in about 8 seconds.

Clean and maintenance

1. Please use a soft, dry cloth to gently wipe the dirt on the mainframe. If the surface is more serious dirty, you can dip some alcohol to wipe. Cleaning is recommended every 1 month.
2. Caution: Do not wash with water or use cleaners, diluents or volatile oils containing abrasives.
3. After the thermometer measuring probe is soiled, please use a soft cloth dipped in more than 70% concentration of medical alcohol to cover the measuring probe end and gently wipe it. If the wipe is still not clean, please contact customer service.

4. If the thermometer measuring probe, button, display and other parts are damaged, please contact the service.
5. Do not put in direct sunlight, high temperature and humidity, dust, near the fire, vulnerable to vibration shock place custody.

Product specifications

Product name	Dual Digital Thermometer
Product model	EBT-013
Power supply voltage	DC 3V, 1x3.0V CR1632 battery
Measuring Way	Oral
Measuring range	89.60°F~109.22°F (32.00°C~42.90°C)
Measuring accuracy	± 0.18°F (95.00°F~107.60°F) ± 0.10°C (35.00°C~42.00°C) Outside this range: ± 0.36°F (± 0.20°C)
Display resolution	0.1°F (0.01°C)
Repeatability error	≤ ± 0.36°F (0.20°C)
Environmental Specifications	Temperature: 41°F~104°F (5°C~40°C) Relative humidity: 15%~95% RH, No condensing Atmospheric pressure: 70 kPa~106 kPa
Transportation/storage environmental conditions	Temperature: -13°F~131°F (-25°C~55°C) Relative humidity: 15%~95% RH, No condensing Atmospheric pressure: 70 kPa~106 kPa
Temperature unit	°F / °C
Memory group	30 memory recalls
Battery life	1 year/1000 measurements
Product size	28mm×13mm×131mm
Net Product	17g (Battery free)
Service life of the product	5 years (excluding vulnerable parts)
Grade of waterproof	IP22
Electric shock	Internally powered ME equipment

Operational mode	Continuous operation
Applied part	Type BF applied part including the whole unit.

*Statement: The product may not perform as claimed if stored or used outside the manufacturer's specified temperature, humidity, and atmospheric pressure range.

Contraindications

Do not use the thermometer if you have oral lesions such as inflammation, trauma and postoperative. It is forbidden for those who are allergic to stainless steel and ABS plastic to use this product.

Safety Precautions Measurement

1. This product is only for monitoring body temperature, and cannot be used to diagnosis disease. It is very dangerous for customers to judge and treat themselves only by the results, so please follow the guidance of your doctor.
2. To ensure the accuracy of the measurement, please set the thermometer in normal working environment for more than 30 minutes, so that it reaches the equilibrium state before measuring.
3. Please do not measure under strong electromagnetic interference environment (working microwave oven, induction cooker, mobile phone nearby, etc.), this may cause incorrect measurement or the inability to measure.
4. Users taking measurements after taking medications that change their body temperature (e.g. aspirin, acetaminophen, ibuprofen), which may cause measurement bias.
5. The subjects may cause temperature fluctuations after intense exercise, crying, eating, etc. It is recommended to rest for 30 minutes before measurement.
6. When measuring, please keep quiet and steady, according to the measurement method shown in this manual, so as not to cause the measurement deviation caused by improper operation.

7. The slight fluctuation of human body temperature is normal, and the body temperature collected from different parts will also vary. It is recommended to measure and observe the body temperature in the same part of the mouth several times under similar conditions.

8. Different thermometer brands cannot be compared. It is recommended to use the same thermometer brand to measure temperature to better know the temperature fluctuations.







9. Keep new and used batteries out of the reach of children.- Seek immediate medical attention if a battery is ingested, and follow any other consensus medical advice from a trusted medical advisor.

10. Choking Hazard-Small parts, not for children under 3 years or any individuals who tend to place inedible objects in their mouths.

Warnings or precautions

1. Do not forcibly collide, drop, step on, or shake the product, as it may cause product failure or cause inaccurate measurements.
2. Do not disassemble, repair, or modify the product by yourself.
3. Do not use in electromagnetic interference environment, which may affect the measurement results.
4. Please keep the product in accordance with the product transportation / storage conditions to avoid use problems or measurement abnormalities.
5. If thermometer is not used for a long time, the battery should be removed to prevent battery leakage or corrosion.
6. Do not place this product in a place with electric shocks.
7. Do not insert the metal probe end of the thermometer into the power socket. This may cause electric shock.
8. Do not throw the thermometer and its accessory batteries into the fire, which may cause an explosion.
9. Please dispose of waste or residue at the end of the product's service life in accordance with local laws and regulations.

Troubleshooting instructions

Problems	Possible causes	Solution
The thermometer cannot be switched on.	Battery runs out.	Change a new battery.
	Battery installation error.	Follow the instruction of this manual about battery replacement. Install the battery correctly according to the positive and negative pole marks in the battery compartment.
	After reloading the battery, the problem is still on.	Please contact the Easy@home customer service on Amazon.
	Hardware failure.	Please contact Easy@home customer service on Amazon.
	Too low battery voltage.	Replace with a new battery immediately.
	Battery is low.	Replace with a new battery as soon as possible.
	Abnormal temperature is detected.	Please restart the measurement. The thermometer should be properly placed at the measuring site according to the instructions.
	The measurement temperature is higher than the maximum value of the thermometer range.	Do not use this thermometer for purposes other than measuring body temperature.
	The measured temperature is below the minimum value of the thermometer range.	Put the sensor tip of the thermometer under the tongue with closed mouth throughout the measurement.

Battery Disposal

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

FCC STATEMENT

FCC CAUTION

Changes or modifications not expressly approved by the party responsible for compliance could void the user's 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 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.

Electromagnetic compatibility information

⚠ WARNING:

- Use of this equipment adjacent to or stacked with other

equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

- Not use of accessories, transducers and cables other than those specified or provided by the manufacturer of this the EBT-013 could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.
- Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the EBT-013, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

Guidance and manufacturer's declaration – electromagnetic emission – for all EQUIPMENT AND SYSTEMS


Guidance and manufacturer's declaration – electromagnetic emission		
The EBT-013 is intended for use in the electromagnetic environment specified below. The customer or the user of EBT-013 should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The EBT-013 uses RF energy only for its internal function. There for, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The EBT-013 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.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/flicker emissions IEC 61000-3-3	Complies	

Guidance and manufacturer's declaration – electromagnetic immunity – for all EQUIPMENT and SYSTEMS

Guidance and manufacturer's declaration – electromagnetic immunity			
The EBT-013 is intended for use in the electromagnetic environment specified below. The customer or the user of the EBT-013 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	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrostatic transient / burst IEC 61000-4-4	±2kV for power supply lines ±1kV for input/output lines	± 2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV differential mode ± 2 kV common mode	± 1 kV differential mode	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0 % UT; 0,5 cycle UT At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0 % UT; 1 cycle and 70 % UT; 25/30 cycles Single phase: at 0° 0 % UT; 250/300 cycle	0 % UT; 0,5 cycle UT At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0 % UT; 1 cycle and 70 % UT; 25/30 cycles Single phase: at 0° 0 % UT; 250/300 cycle	Mains power quality should be that of a typical commercial or hospital environment. If the user of the EBT-013 requires continued operation during power mains interruptions, it is recommended that the EBT-013 be powered from an uninterruptible power supply or a battery.
			Power frequency (50/60Hz) magnetic field IEC 61000-4-8
NOTE: UT is the a. c. mains voltage prior to application of the test level.			

Guidance and manufacturer's declaration – electromagnetic immunity – for EQUIPMENT and SYSTEM that are not LIFE-SUPPORTING

Guidance and manufacturer's declaration – electromagnetic immunity			
The EBT-013 is intended for use in the electromagnetic environment specified below. The customer or the user of the EBT-013 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	3V 150 kHz to 80 MHz	$d = \left[\frac{3,5}{V_1} \right] \sqrt{P}$
			$d = \left[\frac{12}{V_2} \right] \sqrt{P}$ $d = \left[\frac{3,5}{E_1} \right] \sqrt{P}$ 80 MHz to 800 MHz
Radiated RF IEC 61000-4-3	10 V/m 80 MHz to 2.7 GHz 385MHz-5785M Hz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601-1-2:2014)	10 V/m 80 MHz to 2.7 GHz 385MHz-5785M Hz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601-1-2:2014)	$d = \left[\frac{7}{E_1} \right] \sqrt{P}$ 800 MHz to 2.7 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).c Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, a should be less

Guidance and manufacturer's declaration – electromagnetic immunity				
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 is affected by absorption and reflection from structures, objects and people.				
a. The ISM (industrial, scientific and medical) bands between 150 kHz and 80 MHz are 6,765 MHz to 6,795 MHz; 13,553 MHz to 13,567 MHz; 26,957 MHz to 27,283 MHz; and 40,66 MHz to 40,70 MHz. The amateur radio bands between 0,15 MHz and 80 MHz are 1,8 MHz to 2,0 MHz, 3,5 MHz to 4,0 MHz, 5,3 MHz to 5,4 MHz, 7 MHz to 7,3 MHz, 10,1 MHz to 10,15 MHz, 14 MHz to 14,2 MHz, 18,07 MHz to 18,17 MHz, 21,0 MHz to 21,4 MHz, 24,89 MHz to 24,99 MHz, 28,0 MHz to 29,7 MHz and 50,0 MHz to 54,0 MHz. b. 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-013 is used exceeds the applicable RF compliance level above, the EBT-013 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as such as reorienting or relocating the EBT-013. c. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3V/m.				

Recommended separation distances between portable and mobile RF communications equipment and the EQUIPMENT or SYSTEM - for EQUIPMENT and SYSTEMS

Rated maximum output of transmitter W	Separation distance according to frequency of transmitter m
0.01	0.12
0.1	0.38
1	1.2
10	3.8
100	12

150 kHz to 80 MHz outside ISM and amateur radio bands	150 kHz to 80 MHz outside ISM and amateur radio bands	80 MHz to 800 MHz	800 MHz to 2.7 GHz
$d = \left[\frac{3,5}{V_1} \right] \sqrt{P}$	$d = \left[\frac{12}{V_2} \right] \sqrt{P}$	$d = \left[\frac{3,5}{E_1} \right] \sqrt{P}$	$d = \left[\frac{7}{E_1} \right] \sqrt{P}$
0.01	0.12	0.2	0.07
0.1	0.38	0.63	0.22
1	1.2	2.00	0.35
10	3.8	6.32	1.10
100	12	20.00	35

Standards


EBT-013 complies with the following standards	
IEC 60601-1	Medical electrical equipment Part 1: General requirements for basic safety and essential performance
IEC 60601-1-2	Medical electrical equipment – Part 1-2: General requirements for basic safety and essential performance - Collateral standard: Electromagnetic compatibility - Requirements and tests
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
ISO 10993-1	Biological evaluation of medical devices – Part 1: Evaluation and testing within a risk management process.
EN ISO 15223-1	Medical device – symbols to be used with medical device labels, labeling and information to be supplied – Part 1: General requirements

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.
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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.

Explanation of symbols

	Refer to instruction		Type BF applied parts
	Caution		Batch code
	Manufacturing date		Recyclable
	Temperature limit of -13°F - 131°F (-25°C - 55°C)		Humidity limitation of 15% - 95%
	Atmospheric pressure limitation of 70kPa - 106kPa		Radio frequency transmitters



Get pregnant fast and naturally



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Questions or comments?
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