Q1: How do I turn on and take the measurement?

To turn on the unit, push I/O/S button (the button on the top of device), the backlight display will turn on and the item will beep once. Then you should see the unit 'F' or 'C' on the display starts to blink, which mean the thermometer is ready for temperature measurement.

Tip: The unit 'F' or 'C' on the display will blink for about 15 seconds after power on and stop with display 'Lo °F' or 'Lo °C'. Please insert the sensor tip into the mouth as soon as possible. If the unit 'F' or 'C' stops blinking, you have to turn it off, then turn it on again and insert the sensor tip into the mouth while it's blinking.

Q2: Why does the thermometer show a 'Lo °F' or 'Lo °C' reading?

When the unit is turned on, the unit 'F' or 'C' on the display will blink for about 15 seconds. Please insert the sensor tip into the mouth as soon as you can see the unit 'F' or 'C' on the display is blinking. If the user doesn't insert the sensor tip into the mouth or the temperature reading doesn't reach the 32°C or 89.6 °F within 15 seconds, the measurement will stop and the reading will display as 'Lo °F' or 'Lo °C'. You have to turn it off, then turn it on again and insert the sensor tip into the mouth as soon as possible.

Q3: Why does it take so long to get the reading?

Using the thermometer appropriately, in general the temperature reading should be reached less or about 120 seconds.

When taking a measurement, please keep the mouth closed all the time and place the sensor tip well under the tongue. Opening the mouth or improper placement of the probe tip could result in a longer time for a reading.

In addition, we suggest that the mouth should remain closed up to 5 minutes before attempting a reading. Drinking hot or cold fluids, exercise, smoke, or perform other activities that will raise or lower temperature readings when compared to your normal, average temperature. It is best to avoid these activities for an accurate basal (at-rest) temperature.

Tip: You should take a temperature before leaving your bed when awaking at the same time of day having been at rest for a minimum of 4 hours.

Q4: Why it beeps by itself even when I am not using it?

This thermometer has an alarm feature that users have the option to set the alarm clock to help users to wake up to take measurement at the same time every day. The gentle wakeup "beep" alarm only wake you up and don't disturb others. When the alarm clock is set, you should be able to see a clock symbol on the display when you turn on the thermometer.

Tip: If you don't want to be waked up by this alarm clock, you can disable the alarm by following the instruction "SETTING THE THERMOMETER BEFORE YOUR FIRST MEASUREMENT" in the manual. The alarm icon should not be present if the alarm is disabled.

Q5: How do I change the temperature measurement °C or °F?

In order to change the temperature measurement, you must Set Up the unit. If you only want to change the temperature measurement, have the unit off, then press down the I/O/S button for an extended time until the °C or °F symbol flashes. Using the up or down arrow change the symbol. Once the preferred symbol for temperature measurement is selected wait until the °C or °F symbol stops flashing, and then turn off the unit using the I/O/S button.

Tip: If you need to change the date/time/alarm time/alarm function, press the I/O/S button to navigate while in the settings mode and use the up or down arrows to change each setting.

Q6: How do I know the measurement is done?

When the peak temperature is reached, the °C or °F symbol will stop flashing and backlight will be on. If the temperature is lower than 37.50℃ or 99.50°F, the thermometer will beep three times as the completion alert.

If the temperature is more than 37.50℃ or 99.50°F, the thermometer will "BeBeBe" for ten times.

Q7: How do I access the Memory?

Having the unit off, press an up or down arrow to access the Memory. You can navigate through recorded temperatures using the up or down arrow. Turn off the unit pressing the I/O/S when you are finished. All memory will save up to 60 readings and cannot be manually deleted.
Tip: As a back-up write down your basal readings in the tracking chart provided with the unit. As a bonus, it will give you a visual graph to view the changes in your monthly charting.

Q8: How many readings does it hold?

The temperature will hold 60 readings. After the 60 readings have been met, the unit will automatically delete the oldest temperature reading at a time to make room for a new temperature. It is good to use the paper charting system as well to keep track of all archived readings.

Q9: Can I manually delete out my Memory?

Yes. This can be done by going into the Memory function. Once the Memory portion is up, press down on either up or down arrow and the I/O/S button simultaneously to erase ALL. Please keep in mind, you will delete all recorded memory. There is no option to delete records one at a time.

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