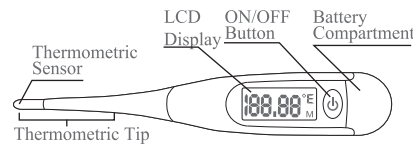
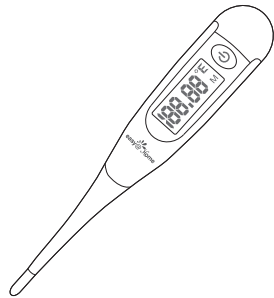


Digital Basal Thermometer

EBT-100

User Manual



The **Digital Basal Thermometer (EBT-100)** is used for the measurement of basal body temperature (BBT).

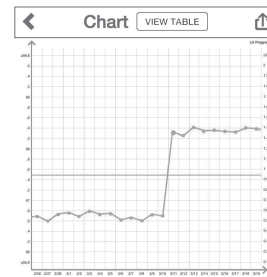
What is basal body temperature, and why do you need a digital basal thermometer?

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-100 Digital Basal Thermometer is sensitive enough to measure minute changes in body temperature with the high accuracy of ± 0.09 °F, and only takes about 90 seconds for the reading with proper use.

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

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 0.4 °F – 1.0 °F or more shift. The free app **Premom** can automatically chart your readings inputs and draw your coverline, a visual tool to help you identify the bbt thermal shift. The free app download name: **Premom**.



What's Included:

- Thermometer
- Spare Battery
- Manual

Operating Instructions

1. Disinfect the probe before using.
2. Press the ON/OFF button to switch it on. A short beep will sound indicating that the thermometer is operational. Initially, 188.88 (the calibrator number) appears for 2 seconds, followed by your last temperature reading for two seconds; finally, dotted lines will appear. When a flashing “°F” or “°C” is displayed, the thermometer is ready for use.
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. Avoid eating or drinking just before measuring the temperature, as this will result in an inaccurate

temperature reading. The average measuring time is 70 to 90 seconds.

4. Two consecutive beeps indicate that the measurement is complete. Also, the “°F” or “°C” symbol will stop flashing when the measurement is complete. The highest measured temperature from that reading will appear on the LCD display. The displayed temperature can increase slightly if the measurement continues after the beep. If the measurement is over 100 °F (37.8 °C), the beeping will sound 2 times with more rapid consistent buzzer sounds to indicate fever. The thermometer will automatically shut off 3 minutes after the measurement is complete or you can manually shut the thermometer off with the ON/OFF button.

NOTE: Make sure to keep the thermometer in your mouth until beeping subsides (remove from mouth directly after last beep) after the measurement, so it saves properly. The screen illuminate once measurement is complete.

How do you switch between Celsius and Fahrenheit?

Turn the thermometer on; the thermometer will run a screen calibration process for 2 seconds (shown in the picture below). Press the ON/OFF button down again during this 2-second interval for 3 seconds to switch the measurement unit between °F and °C.



Memory Recall

While the thermometer is off, press and hold the ON/OFF button for about 4 seconds to enter the Memory Recall mode. Briefly press the ON/OFF button to scroll through each saved measurement, starting from the most recent one. Press and hold the ON/OFF button to skip over unwanted records. After you reach the oldest recorded measurement -- or when you do not press any button for 8 seconds -- the thermometer will exit memory recall mode. Memory recalls up to 30 measurements.

Cleaning and Disinfecting

The best way to clean the thermometer tip is by applying a disinfectant (e.g. 70% ethyl alcohol) with a damp cloth. This waterproof thermometer can be immersed in liquid or lukewarm water for thorough cleaning and disinfection. Do not immerse the thermometer under water or any other liquid, deeper than 15cm for longer than 30 minutes. Never clean it with thinners, petrol or benzene.

Safety Precautions

- Do not expose the thermometer to hot water.
- Do not expose the thermometer to high temperatures or direct sunlight.
- Do not drop the thermometer. It is neither shock-proof nor impact-resistant.
- Do not bend or open the device (except the battery compartment).
- Do not leave the thermometer unattended in the hands of children.
- If the surrounding environmental temperature is over 95°F

or 35°C, dip the thermometer tip in cold water for 10 seconds prior to measuring the temperature.

Explanation of Display Messages:

The EBT-100 Digital Basal Thermometer displays readings from 89.6°F (32°C) to 109.4°F (43°C). If the temperature measured is below 89.6°F (32°C), no reading appears on the LCD display. If the temperature measured is over 109.4°F (43°C), “Hi °C” or “Hi °F” will appear on the LCD display. During temperature taking, the temperature is displayed continuously and the “°F” or “°C” symbol flashes.

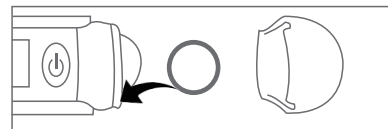
-- --	Temperature is below 89.6 °F (32 °C).
Hi°F or Hi°C	Temperature is over 109.4 °F or 43 °C
ERR	Error code; Please contact customer service.
⎓	Battery is drained

Battery Replacement

The battery is drained and needs to be replaced when the battery symbol appears on the right of the LCD display. Remove the battery cover and replace it with a new CR 1632, 3V battery. Contact the manufacturer or find a replacement battery at a local drug or grocery store.

Note: Make sure the “+” sign faces up on the battery when replacing. Attention: There is a transparent rubber o-ring around the neck of the battery compartment for water-proof

sealing. Make sure to avoid losing this and place it safely back in the device after battery replacement.



Battery Disposal

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

Technical Data

Type: Digital Basal Thermometer
Measurement range: (89.6 °F ~109.4 °F) / (32.0°C~43°C)
Measurement accuracy:
 ± 0.09 °F / 0.05 °C (at 95.9°F~107.6°F / 35.5°C~42°C)
 ± 0.18 °F / 0.1 °C (at 89.6 °F ~95.9 °F, 32.0°C~35.5°C, 107.6°F~109.4°F / 42.0°C~43°C)

Storage/transportation temperature:

13°F ~131°F (-25~55)°C, $\leq 95\%$ RH

Ambient temperature during use:

41°F~95°F (5~35 °C), $\leq 80\%$ RH

Min Scale: 0.01 °F / 0.01°C

Battery type: Lithium battery, type CR 1632, 3V, service life around 100 hours with continuous operation.

Weight: Approx. 19g

Explanation of Symbols

- Product disposal instructions for electronic devices.
- The battery in this product complies with the requirements stated in European Directives 2006/66/EEC.
- Type BF equipment.
- Read IFU carefully

Legal Requirements and Guidelines

This product complies with the European Directive for Medical Devices 93/42/EEC and carries the CE mark. The device also complies with the specifications of the European Standard EN 12470-3 Clinical thermometers-Part 3: Performance of compact electrical thermometers (non-predictive and predictive) with maximum device. The CE marking confirms that this is a medical device with a measuring function in the sense of the Medical Devices Act which has undergone a conformity assessment procedure. A Notified Body confirms that this product fulfils all the appropriate statutory regulations.

Calibration Check

This thermometer is initially calibrated at the time of manufacturing. If this thermometer is used according to the operation manual, periodic re-adjustment is not required.

The calibration check must be carried out immediately if there are indications that the product does not keep the defined error limits, or the calibration properties could have been affected by an intervention or by any other means. Please also observe any national statutory regulations. The calibration check can be carried out by the competent authorities or by authorized service providers. A test instruction for calibration checking can be provided to the relevant authorities and authorized services providers upon request.

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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Questions or comments?

Please call toll-free:

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