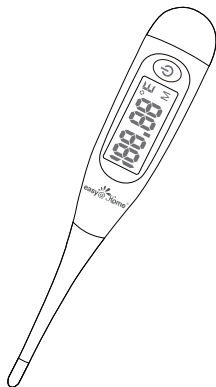


Digital Basal Thermometer

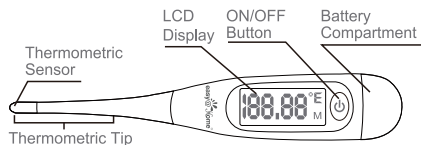
EBT-100

User Manual



Powered by premom APP

Intended use



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 subtle changes in body temperature with the high accuracy of ± 0.09 °F (± 0.05 °C), 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 (0.2°C-0.6°C) or more shift. The free Premom app can automatically chart your reading inputs and draw your coverline, a visual tool to help you identify your BBT shift. And with Premom you will have unlimited measurements in the cloud.

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

How Does The Premom App Help?

1. Tap the button "Log BBT" on the main screen.
2. Choose Manual to log your BBT.
3. Tap the degree $^{\circ}$ F area to enter your current numerical BBT and tap "Save".

Note:

- To change the time, tap the current time and scroll to the previous time and press save.
- 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".
- 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 interface may be different from the illustrations included but all features mentioned should be still available and similar.

What's Included:

- Thermometer
- Manual
- Protective case

Operating Instructions

1. **Open battery chamber cover, remove the insulation plastic sheet before use.**
2. **Disinfect the probe before using with 70% ethyl alcohol on a damp cloth.**

3. **Press the ON/OFF button to switch the device 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.

4. **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.

5. **Two consecutive beeps indicate that the measurement is complete.**

Also, the "°F" or "°C" symbol will stop flashing when the measurement is complete. The displayed temperature can increase slightly if the measurement continues after the beep. The highest measured temperature from that reading will appear on the LCD display. If the measurement is over 100 °F (37.8 °C), the beeping will sound 2 times with a more rapid consistent buzzer sound 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 will 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) on a damp cloth. Do not immerse the thermometer under water or any other liquid. 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 shockproof 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 (35°C), dip the thermometer tip in cold water for 10 seconds prior to measuring the temperature. 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. Choking Hazard-Small parts not for children under 3 years or any individuals who tend to place inedible objects in their mouths.

Explanation of Display Messages:

The EBT-100 Digital Basal Thermometer displays readings from 89.6°F (32°C) to 109.38°F (42.99°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 109.38°F (42.99°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.

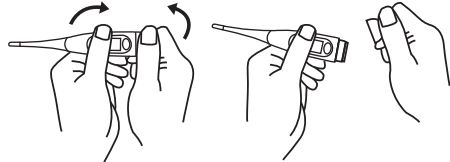
- . - . -	Temperature is below 89.6 °F (32 °C).
Hi°F or Hi°C	Temperature is over 109.38 °F (42.99 °C).
ERR	Error code; Please contact customer service.
	Battery is drained.

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.

To avoid children remove the battery cover accidentally, the cover is designed to hard to be dismantled. Please remove the cover according to the follows.



Battery Disposal

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

Technical Data

Type: Digital Basal Thermometer

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

Measurement range: (89.6°F-109.22°F) / (32.0°C-42.9°C)

Measurement accuracy:

±0.09°F / 0.05°C (at 95.0°F~100.4°F / 35.0°C~38.0°C)

±0.18°F / 0.1°C (at 89.6°F~95.0°F / 32.0°C~35.0°C, 100.4°F~109.22°F / 38.0°C~42.9°C)

Storage/transportation temperature:

-4°F ~131°F (-20~55)°C, ≤85%RH

Ambient temperature during use:

41°F~104°F (5~40)°C, 15% to 85%RH

Min Scale: 0.01 °F/ 0.01°C

Battery type: Lithium battery, type CR 1632, 3V

Weight: Approx. 19g

Service life: 5 years

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

Explanation of Symbols

	Manufacturing date		Type BF applied part
	Batch code		Refer to instruction manual
	Caution		WEEE (Waste Electrical and Electronic Equipment)
	Humidity limitation of 15% ~ 85%RH		Temperature limit of -4°F~131°F
	Ingress protection rating		

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.

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 manufacturer's declaration – electromagnetic emission		
The EBT-100 is intended for use in the electromagnetic environment specified below. The customer of the user of the EBT-100 should assure that it is used in such an environment.		
EMISSION TEST	COMPLIANCE	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
RF emissions CISPR 11	Group 1	The EBT-100 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-100 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 manufacturer's declaration – electromagnetic immunity			
The EBT-100 is intended for use in the electromagnetic environment specified below. The customer or the user of EBT-100 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-100 is intended for use in the electromagnetic environment specified below. The customer or the user of the EBT-100 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-100, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = 1,2\sqrt{P}$ $d = 1,2\sqrt{P}$ 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:
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	
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-100 is used exceeds the applicable RF compliance level above, the EBT-100 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-100.

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-100 .

The EBT-100 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the EBT-100 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the EBT-100 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.

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.



Download Free **premom** APP

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



Download the Newest EBT-100 User Manual