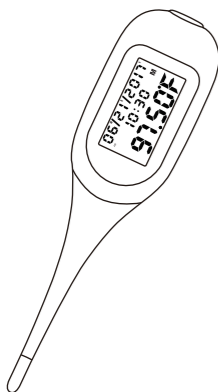


# Smart Basal Thermometer EBT-300

## User Manual



### CONTENTS

1 Why EBT-300?	01
2 Set up and Use	01
3 Data Storage and Upload	05
4 Choose Measurement Unit	05
5 Reminder Settings	06
6 Change the Battery	06
7 Troubleshooting	07
8 Technical Specifications	08
9 Maintenance & Cleaning	08
10 Meaning of Symbols at Premom	09
11 Warranty	09

### 1. WHY EBT-300?

- Upon setting up, data auto sync to free app of Premom.
- With your BBT data Premom does auto charting for you.
- Premom analyzes your BBT with your other fertility information.
- Premom's all-in-one platform predicts your best conception chance.
- Large and backlit LED display helps you read results easily.
- Accuracy of 0.09°F for temperature readings.

### 2. SET UP AND USE

#### 01 Download the app

Simply search “Premom” in the Apple App Store or the Google Play Store to download and install the app.



#### 02 Create an account




Open the Premom app and create your account by clicking “Join us now !” and follow the instructions on the sign up pages step by step.

**Note:** Finishing the information on the Signup Pages will help the app to track your fertility more accurately. These values are important so Premom app can use them to predict your ovulation.

- ▶ Date of Your Last Period
- ▶ Your Average Period Length
- ▶ Your Average Cycle Length
- ▶ Date of Birth

#### 03 Pair the thermometer



**Step1:** Click  on the top right of the homepage and select “Pair immediately” to start the pairing.

**Step2:** Enable Bluetooth on your smartphone.

**Step3:** Turn on the thermometer by pressing the power button on the top.



**Step4:** Keep the thermometer close to your smartphone while the connection is being established.

**Step5:** Pairing is complete, and ready to use.

#### 04 Take your temperature

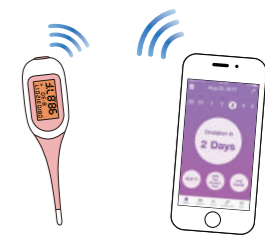


**Step1:** Keep the smart thermometer near your bed. Make sure to take your basal body temperature each morning at the same time for the best results.



**Step2:** Upon waking, turn on the smart thermometer. Place the probe under your tongue, close your lips and hold the thermometer there for 90 to 120 seconds. Once you hear 2 short beeps, your temperature reading is complete.

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




**Step3:** Your measurement will automatically sync to your smartphone if it is nearby, the Bluetooth is enabled, and the app is running in the background. Otherwise the reading will remain on the queue until next time the thermometer connects the app.

**Note:** If the measured temperature is too low (below 89.6°F), no data will be displayed, stored, or uploaded to the app.

### 3. DATA STORAGE AND UPLOAD


01 Memory stores up to 30 measurements in the device. While the thermometer is off, press down the On/Off button for 3 seconds to review the stored data. You can exit the memory display mode by holding down the On/Off button until it exits.

02 To sync the temperature data to your account, enable the Bluetooth on your phone, open the Premom app, and turn on the thermometer. The status of the thermometer icon will be updated to “

03 For iOS users, if the Premom app is running in the background and the Bluetooth is activated, the data will be automatically synced once the device is turned on nearby (normally within 10 feet).

### 4. CHOOSE MEASUREMENT UNIT


°F is default unit. You may skip this setting if °F is right unit for you.

**Step 1:** Click the Slide Menu “

**Step 2:** Find the temperature units on the settings list, switch the temperature unit between °C and °F, then turn on the thermometer.



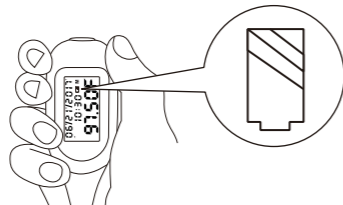
### 5. REMINDER SETTINGS

Click the Slide Menu “

### 6. CHANGE 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.

Always dispose of used batteries according to local laws and regulations.



### 7. TROUBLESHOOTING

01 **Symptoms:** App unable to connect with device

#### Possible Solutions:

1. Make sure the Bluetooth is enabled on your smart device.
2. Replace the battery of the device.
3. Reboot the smartphone if necessary.

02 **Symptoms:** 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, or drink.

03 **Symptoms:** Abnormal high BBT

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

**Note:** If the problem persists, please contact customer support or consult your doctor if concerned.

### 8. TECHNICAL SPECIFICATIONS

Product name	Easy@Home Smart Basal 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	±0.09°F (from 95.0°F to 100.4°F) ±0.18°F (from 89.6°F to 95.0°F, and from 102.2°F to 109.4°F)
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)






### 9. MAINTENANCE & CLEANING

01 Clean the tip of the thermometer with a solution of 75% rubbing alcohol and 25% water before and after every use.

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

03 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.

### 10. MEANING OF SYMBOLS AT Premom

-  **Connection Status** : Never paired a thermometer or the thermometer has been unpaired
-  **Connection Status** : Paired with a thermometer but not connecting now
-  **Connection Status** : Paired with a thermometer and connecting now
-  Slide Menu
-  Low Battery

### 11. WARRANTY

1. 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.

2. 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.Healthcare-Manager.com](http://www.Healthcare-Manager.com).

Healthcare-Manager.com

Questions or comments?  
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