

BIOS

Diagnostics

PRECISION TEMP

Digital Ovulation Thermometer

with  Bluetooth®

Instruction Manual

Model: 245DI



245DI

PrecisionTemp Digital Ovulation Thermometer with Bluetooth Instruction Manual

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PrecisionTemp Digital Ovulation Thermometer

Thank you for purchasing the PrecisionTemp Digital Ovulation Thermometer by BIOS Diagnostics. This is a high quality product incorporating the latest technology and tested in accordance with international standards. With its unique technology, this thermometer will provide safe, accurate and reliable readings.

1. Features

Measurement in 60 Seconds

1/100th degree readout displays minor changes in temperature to help determine when ovulation occurs

Water resistant for easy cleaning

C/F Switchable

Auto-Off after 1 minute

Multiple Reading Recall

Users will be able to recall the last 30 readings when entering the memory recall mode.

Free PrecisionTemp APP

Changes in basal temperature relate to changes in the female reproductive cycle. By taking your basal temperature daily, and charting it with the FREE PrecisionTemp APP, you can identify slight changes and patterns in your temperature. A slight rise in temperature predicts your most fertile days and maximizes your chances of conceiving naturally.

Please read these instructions carefully before using this thermometer and keep both in a safe place.

2. Important Safety Instructions

This instrument may only be used for the purposes described in this booklet. The effectiveness of the methods outlined for seeking and avoiding pregnancy depend on factors such as a woman's individual reactions, the accuracy with which daily temperatures and other symptoms are recorded, and the absence of outside factors which may affect body temperature.

Consequently, no representation of any kind can be made by the distributor as to the reliability of the result obtained in any individual case, and the patient is urged to consult with and be guided by the advice of her physician or counselor in the use of the Digital Ovulation Thermometer.

The manufacturer cannot be held liable for damage caused by incorrect application.

Never immerse this instrument in water or other liquids. For cleaning please follow the instructions in the "Care and Cleaning" section.

- **Do not** use the thermometer if there are any signs of damage. **Do not** attempt to repair the thermometer.
- This thermometer consists of high quality precision parts. **Do not** drop this instrument. Protect it from severe impact and shock.
- Keep the thermometer away from direct exposure to the sun and keep it in a dust-free dry area.
- If the thermometer is not going to be used for a prolonged period the battery should be removed.
- **Do not** open the thermometer except to replace the battery.
- To avoid damage to the probe, **do not** bend beyond a 45° angle.
- Use of a probe cover may result in a 0.1°C (0.2°F) discrepancy from actual temperature.
- **Do not** store in direct sunlight or in areas of extreme heat.

WARNING:

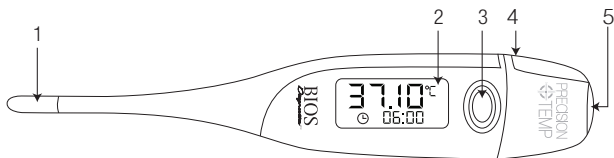
- Use of this thermometer is not intended as a substitute for consultation with your physician.
- Keep out of children's reach, some parts are small enough to be swallowed.

Using the unit in the immediate vicinity of mobile phones, microwave appliances or other devices with strong electromagnetic fields may result in impaired functioning.

Do not use this device close to strong electromagnetic fields, such as mobile telephones or radio installations. Keep a distance from such devices when using this unit.

3. Product Diagram

- | | |
|-------------------------------|------------------------------|
| 1. Measuring Sensor | 2. Display |
| 3. Power Button | 4. Battery Compartment Cover |
| 5. Memory / Bluetooth® Button | |



4. How this Thermometer Measures Temperature

4a. Understanding Basal Temperatures?

A basal temperature is the normal body temperature of a healthy person immediately upon awakening after a restful nights sleep. More precisely, it is the body temperature measured under so-called “basal conditions” (12 hours after eating, after a restful sleep, no exercise, no emotional excitement, normal room temperature). For optimum accuracy, your basal temperature should be taken at the same time every morning upon waking. Changes in basal temperature are related to changes in the female reproductive cycle. The basal temperature method can be used to help in family planning.

4b. Charting your basal temperature

By charting your basal temperature daily, you can see a pattern and notice the changes that occur in every ovulation cycle. Keeping a charted record for at least three months will usually provide the information you need to determine your approximate day of ovulation during a regular menstrual cycle. By taking your basal temperature daily and charting it, you can notice slight changes and patterns. Charting of your basal temperature, in addition to other information, can help you understand your menstrual cycle and ovulation. Charting of temperature and prediction of ovulation can be used to time sexual intercourse during fertile days to aid in increasing the likelihood of pregnancy.

4c. How to take accurate basal temperatures

To obtain an accurate basal temperature, you must take your temperature when you first awake in the morning. For best results, this waking temperature should be taken at the same time each morning. Since any activity may tend to raise your temperature, do not get out of bed until you have taken your basal temperature. Postpone going to the bathroom, eating, smoking or drinking until after taking your temperature. Cold drinks lower mouth temperature; hot drinks, smoking and exercise cause higher readings. Using an electric blanket or heating pad can affect your basal temperature. If you use one, it should be kept at the same setting each night throughout the time you are taking your basal temperature.

4d. Understanding the Basal Temperature Method

Hormonal changes associated with ovulation produce a slight rise in a woman's basal body temperature, (approximately $0.3^{\circ}\text{C}/0.5^{\circ}\text{F}$), as well as other recognizable signs such as changes in cervical mucus. Learning to record and interpret basal temperature changes is known as the “Basal Temperature Method.” By monitoring the basal temperature changes, couples, in conjunction with their physician or family planning counselor, may be able to determine when ovulation takes place. Monitoring other symptoms, such as cervical mucus changes, can assist in determining the fertile days prior to ovulation. When temperature changes are used in conjunction with other fertility symptoms, such as the cervical mucus, this is known as the “Sympto-Thermal Method.”

Determination of ovulation can be used to time sexual intercourse during fertile days to aid in the likelihood of achieving pregnancy. The basal temperature change used in conjunction with other methods, can also be

used to help determine times for avoidance of sexual intercourse to avoid pregnancy.

Please note: use of Basal Temperature Method only may not be effective in avoiding pregnancy.

5. Directions for Use

5a. Taking your Basal Temperature

Since temperatures taken at different sites of the body can vary, it is important to select one method and then take your temperature the same way every day. You must use either the oral, vaginal or rectal method. Using more than one method will provide inaccurate results. Select oral, vaginal or rectal as your measurement based on professional recommendation.

5b. Setting up your Basal Thermometer and PrecisionTemp App

IMPORTANT: To set up your Basal Thermometer you have to sync it to the PrecisionTemp App first.

The APP will work with the following operating systems:

iOS Support: iPhone 5, iPhone 5s, iPhone 6, iPhone 6p, 6s, 6sP, iOS 7, 7.1, and up, Bluetooth™ 4.0

Android: System 4.3 and up, Bluetooth™ 4.0

1. To begin using the free PrecisionTemp App, download and install it onto your smartphone or tablet.

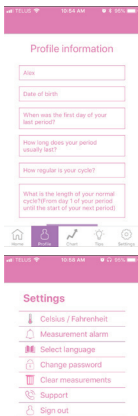


2. Open the PrecisionTemp App. You will need to select what you are using this App for, Fever or Ovulation temperature monitoring. Select Ovulation.

3. Once selected you will need to register a user name and password.

4. Once in the App, you will need to set up your profile. Once you save the information it will direct you to the Home Screen.

5. Next you have to set your Celsius or Fahrenheit measurement read out. Go into your Settings and select if you want Celsius or Fahrenheit, confirm your selection by choosing one. The App is now ready to sync with your Ovulation Thermometer.



For more information on the App and how to use it, visit our website www.biosmedical.com or call our **BIOS Medical Hotline: 1-866-536-2289**



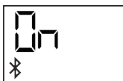
5c. Setting the Date and Time

To set the Date and Time on your Ovulation Thermometer, you need to sync the thermometer to the PrecisionTemp App on your mobile or tablet device.

1. Press the power button located on the front of the thermometer. SET, time and date icons and --/-- will appear on the screen, they will flash and beep three times.



Then On and the Bluetooth symbol will appear on the screen and will continue to flash until it is paired with the PrecisionTemp Ovulation App.



2. On the home screen at the top you will see PrecisionTemp Status: Pull down to pair. Slide your finger down the home screen on the App and via Bluetooth it will start to locate your thermometer. Once the two have connected, you will see App flash on your Digital Ovulation Thermometer and then the word OFF. The thermometer will then turn off indicating that the two units are sync'd and both are ready to be used.

NOTE: when you change the battery in your Ovulation Thermometer the above pairing will have to be re done.

5d. Using the Thermometer

ORAL METHOD

Since temperatures taken at different sites of the body can vary, it is important to select one method and then take your temperature the same way every day. You must use either the oral, vaginal or rectal method. Using more than one method will provide inaccurate results. Select oral, vaginal or rectal as your measurement based on professional recommendation.

1. Power up the thermometer and On will appear on the screen and a short beep will be heard, then the display will go through its calibration test.



2. Once the calibration test is complete the thermometer will beep again and the last measurement will be displayed. The thermometer will beep again and ---- will be flashing on the screen. The thermometer is now ready to take a measurement.



3. Place the sensor tip well under the tongue as indicated by the "✓". (see **Figure 1**).
4. The peak temperature should be reached in approximately 60 seconds. Opening the mouth or improper placement of the probe tip could result in a longer time for a reading.
5. When the peak temperature is reached, the reading and the "°C" symbol will stop flashing, and the thermometer will beep.
6. The Bluetooth function will automatically turn on and sync with your PrecisionTemp App. This will download your current temperature to your APP for the current day for charting purposes.
7. Push the power button to turn the unit off. If you do not turn the unit off, it will shut off automatically in approximately 1 minute.

Figure 1

RECTAL METHOD

Lubricate the tip of the thermometer with a water-soluble personal lubricant or petroleum jelly. Lie on your side with knees slightly bent. With one hand, gently slide the tip of the thermometer no more than 1.3 cm (0.5") into the rectum.

NOTE: Follow steps 4 – 7 above. Once used rectally, the thermometer should not be used orally for sanitary reasons.

VAGINAL METHOD

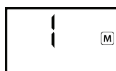
Please seek guidance from your health care professional.

Important: Do not drink hot or cold fluids, exercise, smoke, or perform other activities that will raise or lower temperature readings when compared to your normal, average temperature. The mouth should remain closed up to 5 minutes before attempting a reading.

5e. Memory Recall

This thermometer stores the last 30 readings.

- **Recall mode:** Press the Memory/Bluetooth button to enter Recall mode when the power is OFF. The memory icon "**M**" will flash, then the word **On** will appear and then change to the number **1**. The newest reading will appear on the screen. The date and time will be flashing.
- **Reading 30:** readings in succession: Press and release the Memory button consecutively to recall the last 30 readings in succession.
- **Memory is Full:** If the measurements are not downloaded to the PrecisionTemp App daily, once the memory is full the oldest reading will be overwritten with the most recent measurement. The word **FULL** and App will appear on the screen advising you to download all your readings to the App.



NOTE: Once a reading is downloaded to the App it can not be re downloaded at a later date.

5f. Care and Cleaning

Use an alcohol swab or cotton tissue moistened with alcohol (70% Isopropyl) to clean and disinfect the thermometer casing and the measuring probe. Ensure that no liquid enters the interior of the thermometer. Never use abrasive cleaning agents, thinners or benzene for cleaning and never immerse the instrument in water or other cleaning liquids.

5g. Battery Replacement




This thermometer is supplied with one lithium battery type, CR1632

1. When the Battery Icon appears in the lower right of the display, the battery is exhausted and needs replacing.



- Remove battery compartment lid, remove battery, insert new equivalent battery type. Ensure battery is correctly positioned with the “+” facing up. Carefully replace the battery compartment lid. Ensure “O” ring (washer) is in place to maintain water resistance. Properly dispose of the batteries according to local regulations, keeping them from small children and heat.

5h. Error Messages

Display	Error
Er. I	Calibration test fails
Er. H	Ambient temperature too high: When ambient temperature is higher than 40.0°C / 104.0°F.
Er. L	Ambient temperature too low: When ambient temperature is lower than 10.0°C / 50.0°F.
	Measured temperature too high: Displays “H” when measured temperature is higher than 43.99°C / 111.18°F.
	Measured temperature too low: Displays “L” when measured temperature is lower than 32°C / 89.60°F.
	Flat Battery indication: If the battery icon is shown on the display, the battery should be replaced immediately.
	Blank display: Check if the battery has been loaded correctly by checking polarity of the battery.

6. Avoiding Pregnancy with Natural Family Planning

In natural family planning, there are several ways of determining the end of pre-ovulation fertility and the beginning of post-ovulation infertility.

Professionals teaching natural family planning claim most unplanned pregnancies occur during pre-ovulation infertility. This booklet does not include guidelines for natural family planning, since it is beyond the scope of this booklet.

Your Ovulation digital thermometer only helps you determine when ovulation has occurred. Calculating infertile periods involves other bodily signs in addition to temperature change and requires professional guidance when avoidance of pregnancy is your objective.

NOTE: This product is not for contraceptive use

7. Other Important Information

Remember that the thermometer is designed only to help determine when ovulation has occurred.

Mucus observations, sexual intercourse, and situations that can alter temperature can also be helpful when recorded on the PrecisionTemp APP. Notation of these changes, in addition to your temperature pattern, will assist your physician or counselor in providing you with proper guidance.

It is commonly suggested that couples who have had difficulty in achieving pregnancy should not have intercourse more than once a day nor on consecutive days, in order to maintain satisfactory quantities of sperm. The most fertile time continues up through the first day of drying up of the mucus, or the first day of temperature elevation, whichever comes later.


The temperature record should be maintained on a daily basis. If pregnancy is achieved, the basal temperature will remain elevated for several months. A temperature pattern that remains elevated for 21 days (a week or more than the usual elevated pattern) is a good indicator that pregnancy has been achieved. If you do not become pregnant after six months, see your doctor. If you believe you are pregnant, see your doctor immediately.

8. Technical Specifications


Type	PrecisionTemp Digital Ovulation Thermometer
Measurement Range	32.00°C – 43.99°C / 89.60°F – 111.18°F
Resolution	0.01 °C / °F
Measurement Accuracy	Laboratory: ±0.1°C, <35.00°C and >38.00°C ±0.05°C, 35.00°C to 38.00°C/ ±0.20°F, <95.00°F and >100.40°F ±0.10°F, 95.00°F to 100.40°F
Display	Liquid Crystal Display, 5 digits plus special icons
Memory	Auto-Display the last measured temperature 30 readings recall in the Memory Mode
Operating Temperature	10°C ~ 40°C / 50°F ~ 104°F, 15% - 95% relative maximum humidity
Storage Temperature	-25°C ~ +60°C / -13°F ~ 140°F, 15% - 95% relative maximum humidity
Expected Service Life	5 years

Automatic Switch-Off	Approximately 1 minute after measurement or no buttons pushed
Battery	CR1632 Battery 3V – at least 360 measurements
Dimensions	5.6" (L) x 1" (W) x 0.6" (H)
Weight	21g (with battery), 19.1g (without battery)
Reference to Standards	EN 12470-3; IEC 60601-1; IEC 60601-1-2 (EMC), IEC 60601-1-11. Medical Device Directive 93/42/EEC

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

 Follow Instructions for Use. This document provides important product operation and safety information. Please read this document thoroughly before using the device and keep for future reference.

 Type BF applied part

 Batteries and electronic devices must be disposed of in accordance with the locally applicable regulations, not with domestic waste.

IP67: Totally protected against dust ingress, protected against the effect of immersion in water between 15cm and 1m.

9. Warranty

This product is warranted to be free from defects in material or workmanship for 2 years. It will be repaired or replaced without charge upon receipt of the unit prepaid with \$5.00 to cover handling, packaging and return postage to the address below. Please include your full name, address and daytime phone number or email address.

 Manufactured by:
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