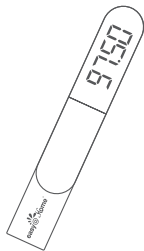


Smart Basal Thermometer EBT-089

User Manual



Powered by premom APP

CONTENTS

1 INTENDED USE	01
2 BENEFITS OF THE EBT-089	01
3 WHAT'S INCLUDED	01
4 SETUP AND USE	01
5 DATA STORAGE AND UPLOAD	04
6 CHOOSING MEASUREMENT UNIT	05
7 REMINDER SETTINGS	05
8 CHARGING REMINDER AND OPERATION	06
9 TROUBLESHOOTING	06
10 MAINTENANCE & CLEANING	07
11 TECHNICAL SPECIFICATIONS	07
12 PREMOM APP SYMBOLS	08
13 EXPLANATION OF SYMBOLS	08
14 PRECAUTIONS	09
15 WARNING	09
16 WARRANTY	10
17 DISCLAIMER	10
18 EMC/FCC INFORMATION	10

1. INTENDED USE

The Smart Basal Thermometer with Blue Tooth function, Model No. EBT-089 is intended for the measurement and monitoring of women body temperature at home through Bluetooth (BLE) function transfer to the smart phone using the Premom App for the purpose of confirming ovulation.

2. BENEFITS OF THE EBT-089

- Upon setup, data auto syncs to the free Premom app.
- With your BBT data, Premom does auto charting for you.
- Premom analyzes your BBT with your other fertility information.
- Premom's all-inclusive platform predicts your best conception chance.
- LED display makes reading easier in a dark environment.
- Extremely light weight, makes the measurement a comfortable experience.
- Accuracy of 0.09°F for temperature readings.

3. WHAT'S INCLUDED:

- 1 Thermometer
- 1 User manual
- 1 Charging cord

4. SETUP AND USE

1. Download the app

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



2. Create an account



Open the Premom app and create your account by clicking "Sign up!" and follow the instructions on the sign up pages.

Note: Completing as much of the information on the Signup Pages will help the app to track your fertility most 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**
- ▶ **Your Age**

3. Pairing the thermometer

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

Step 1: Tap **Log BBT** on the app homepage and choose "Pair".

Step 2: Start the pairing.

Step 3: Pairing is complete, and ready to use.

4. Taking 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.

Note: Take measurement immediately when you first awake in the morning before any activities

because any activities may tend to increase your temperature which will cause inaccurate temperature measurement.



Step2: Upon waking, turn on the smart thermometer. Place the metal probe under the tongue and close the lips tight. Hold the thermometer in place until you hear 2 short beeps, which indicates the completion of the measurement. This usually takes 80 to 90 seconds.

The reading of the test result will then display on the thermometer for 60 seconds and then the thermometer will turn off automatically.



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 to the app.

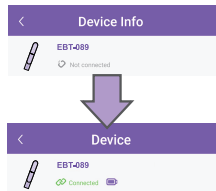
Note: When the ambient temperature/measured temperature is lower than 89.6°F, the screen will display 'Lo'.

When the ambient temperature/measured temperature is higher than 109.4°F, the screen will display 'Hi'.

5. DATA STORAGE AND UPLOAD

Memory stores up to 200 measurements on the device itself. After the thermometer is turned on, only the last measured temperature is displayed. To sync all temperature data to your account, enable the Bluetooth on your phone, open the Premom app, and turn on the thermometer. A popup of "connected" will show at the bottom of the homepage. Once the thermometer and app are connected, all the stored data will automatically sync to the app.

Note: If the temperature data fails to sync to the app, please check the connection status by pressing "Device" under "Settings" on the app. If the status is "not connected", double check the thermometer is on and Bluetooth is enabled on the app.

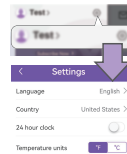


6. CHOOSING MEASUREMENT UNIT

Fahrenheit is the default unit. You may skip this setting if "F" is the right unit for you.

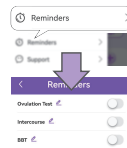
Step 1: Tap **Settings** on the top left of the homepage of the Premom app and select "Settings".

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



7. REMINDER SETTINGS

Tap **Reminders** on the top left of the homepage, and select "Reminders" in the app. Here you can set reminder notifications for BBT (or urine tests like PDG and LH if you use them), PDG, LH Testing if you use them). The Premom app will send you reminders for you to take BBT or others like PDG and LH testing if either of those are something you also use.



8. CHARGING REMINDER AND OPERATION

1. When you see a red indicator flashing after the thermometer is switched on, it indicates low power. Please stop using and charge it immediately.

2. Use the Micro USB cable in the package and the adaptor from your smartphone to charge the thermometer. A yellow indicator will flash while charging is in progress.

3. When the indicator turns green, charging is completed and the thermometer is ready for use.

Note:

The full charging time is about 1 hour. Do not use the thermometer during charging. After the thermometer is fully charged, it can be used once a day for about 60 times.

9. TROUBLESHOOTING

1. Unable to switch on the thermometer
Please charge the thermometer for at least 1 hour.

2. Unable to pair the thermometer with PREMOM APP
Please make sure the Bluetooth of your mobile phone is enabled and the thermometer is on at the same time. If it fails to connect, restart the phone and try again.

3. App unable to connect with the device
Possible Solutions:
Make sure the Bluetooth is enabled on your smart device.
Reboot the smartphone if necessary.

4. Unstable body temperature data
When taking your temperature, please follow the measurement instruction 3,4 very closely.

5. High basal body temperature
Please make sure to measure immediately after waking up.
The mouth has to keep closed for at least 5 minutes before measurement.

Do not exercise, eat or speak before taking the measurement. Otherwise your basal body temperatures might fluctuate a lot.

Note: If you still cannot get an effective solution, please contact Premom customer service by phone or email.

10. MAINTENANCE & CLEANING

1. This thermometer is NOT waterproof. Clean it every time with alcohol Prep Pads before and after every use.

2. Never submerge the thermometer into water or any other liquids. Keep it away from direct sunlight and heat.

3. Do not use cleansing and disinfecting agents other than water and alcohol to clean the probe.

4. Do not sterilize the thermometer by high temperature, high pressure or soaking methods.

11. TECHNICAL SPECIFICATIONS

Product Size: 120mm x 20mm x 20mm
Net Weight: 21g
Measuring Range: 89.6°F ~ 109.2°F (32.0°C ~ 42.9°C)
Accuracy: ±0.18°F/ 0.10°C (from 95.0°F to 102.2°F/ 35°C~39°C) ±0.36°F/ 0.20°C (from 89.6°F to 95.0°F/ 32°C~35°C, and from 102.2°F to 109.4°F/ 39°C~43°C)
Laboratory accuracy: ±0.09°F/ ±0.05°C (from 95.00°F to 102.20°F/ 35.00°C~39.00°C) ±0.18°F/ ±0.10°C (the rest temperature)
Display Resolution: 89.6°F~109.2°F (32.00°C ~ 42.99°C)
Temperature Unit: Fahrenheit °F or Celsius °C
Operating Condition:
Temperature: 41°F ~ 104°F(5°C ~ 40°C)
Humidity: 15% ~ 85%RH
Storage Condition:
Temperature: -4°F ~ 131°F (-20°C ~ 55°C)
Humidity: ≤ 85%RH
Lifetime: 5 years
Battery Model: 4.2V Lithium Battery

Applicable Mobile Devices:
 IOS System: Supports iPhone 5S and above, the operating system requires iOS11 and above;
 Android System: Supports common models with the operating system Android4.4 and above.

12. PREMOM APP SYMBOLS

- Paired with thermometer, not connected
- Paired with thermometer and successfully connected
- User Profile/Slide Menu for Settings/ Syncing

Temperature Log/Pairing

13. EXPLANATION OF SYMBOLS

	Batch Code
	Manufacturing Date
	WEEE(Waste Electrical and Electronic Equipment)
	Type BF Applied Part
	Refer to instruction manual
	RF transmitters
	Ingress protection rating
	Bluetooth
	Humidity limitation of 0% ~ 85%
	Temperature limit of -4°F ~ 131°F(-20°C ~ 55°C)

14. PRECAUTIONS

1. Do not bite, bend, drop or take apart the thermometer.
2. Keep the device out of the reach of children/pets to avoid inhalation or swallowing of small parts.
3. Do not expose it to direct sunlight, high temperature and moisture.
4. Not intended to be sterilized. Prevent saliva or cleaning solution from penetrating the display window.
5. Clean the thermometer after of before use with alcohol Prep Pads and soft cloth and store in cool place.

15. WARNING

1. No servicing/maintenance while the thermometer is in use.
2. Not for use in an OXYGEN RICH ENVIRONMENT.
3. Before every use, check the device. Do not use the device if it is damaged in any way. The continuous use of a damaged unit may cause injury, improper results, or serious danger.
4. If you have any problems with this device, such as setting up, maintaining or using, please contact with easy@home customer service.
5. Never attempt to open or repair the thermometer.
6. The main material of the shell is ABS. Pay attention to the potential allergic reactions to these materials.
7. Protection against electric shock: Internally powered ME equipment.
8. Protection against harmful ingress of water or particulate matter: IP22.

16. 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.premom.com

17. DISCLAIMER

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

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 and all features mentioned should be available still and similar.

18. 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 emits 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-089 is intended for use in the electromagnetic environment specified below. The customer or the user of the EBT-089 should assure that it is used in such an environment.			
EMISSION TEST	COMPLIANCE	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE	
RF emissions CISPR 11	Group 1	The EBT-089 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-089 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-089 is intended for use in the electromagnetic environment specified below. The customer or the user of EBT-089 should assure that it is used in such an environment.			
IMMUNITY TEST	IEC 60811 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
Electrostatic discharge (ESD) IEC 61000-4-2	+8 kV contact +8 kV air	+8 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 (50/60Hz) magnetic field IEC 61000-4-5	3 A/m	3 A/m	Power frequency magnetic fields should be at least 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-089 is intended for use in the electromagnetic environment specified below. The customer or the user of the EBT-089 should assure that it is used in such an environment.			
IMMUNITY TEST	IEC 60811 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
Conducted RF IEC 61000-4-6	3 V/m 150 kHz to 80 MHz	Not Applicable	Portable and mobile RF communications equipment should be used no closer to any part of the EBT-089, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = 1.2 \sqrt{P}$
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	$d = 1.2 \sqrt{P}$ 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, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol:
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. 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-089 is used exceeds the applicable RF compliance level above, the EBT-089 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-089.

b: Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distance between portable and mobile RF communications equipment and the EBT-089 .

The EBT-089 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the EBT-089 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the EBT-089 as recommended below, according to the maximum output power of the communications equipment.

Field 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.

FCC ID:2ADNQBTA41CNBT

FCC compliance statement

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

3. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

4. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

premom
 Get pregnant fast and naturally



Download Free **premom**

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

Easy Healthcare Corporation

360 Shore Dr. Unit B, Burr Ridge, IL USA 60527

Made in China

V01:20220505