

## EBT-089 Smart Basal Thermometer with Free App

### Q1: What is BBT?

BBT stands for “basal body temperature.” Your basal body temperature is the temperature of your body taken immediately after you wake up, first thing in the morning. The thermometer used for this is different than your typical thermometer. Because the changes in temperature can be slight, the thermometer has to be highly accurate, usually displaying your temperature to the 1/100 of a degree (e.g. “96.42 degrees” compared to “96.4 degrees”).

Your body’s basal temperature changes in a regular pattern throughout your cycle, because of hormone changes in your body.

Tracking your temperature lets you know where you are at in your cycle. You are essentially using body heat to track your reproductive hormones. Knowing exactly where you are at in your cycle can give you valuable information about when you will have the best chances to conceive.

### Q2: How to pair device?

1. Turn on Bluetooth on your device.
2. Turn on Easy@Home<sup>®</sup> Smart Basal Thermometer.
3. Premom will automatically pair your thermometer with your phone.

### Q3: How to take BBT?

1. Upon waking up, turn on Thermometer. Place the probe under your tongue and take reading.
2. In 80 to 90 seconds, you will hear 2 short beeps and your temperature reading will be done.
3. Your reading will automatically sync to your Smartphone if it is nearby, the Bluetooth is enabled, and the Premom app is running. If the app is not on or the Bluetooth is not enabled, the reading will be uploaded whenever the app is turned on and your thermometer is connected.

### Q4: How do you use the BBT Chart?

1. Swipe left or right on any part of the chart to see past temperature charts.
2. Spread or pinch to zoom in or zoom out chart to see temperature scale based on a bigger or smaller date range.
3. Tap on a temperature dot to see your temperature on that day.
4. Tap “Edit” or “Delete” to change or delete a temperature recording of a certain day.
5. Tap “BBT” to view temperatures in table format.

### **Q5: What will happen if I take more measurements in a day?**

The algorithm of the app will use the earliest reading only.

You can manually delete one reading at Chart page if it is an unsuccessful one.

### **Q6: How to enter BBT manually?**

1. Tap the button Log BBT on the main screen.
2. Choose Manual to log your BBT.
3. Tap the degree area to enter your current numerical and Tap “Save”.

### **Q7: How soon should I start to take measurement after switching on the Smart Thermometer?**

Within 60 seconds (1 minute) while the temperature unit °F or °C is flickering. You have to switch it on again to perform a measurement if the temperature unit stops flickering.

### **Q8: Will the Smart Thermometer automatically power off?**

Yes. The EBT-089 Smart Basal Thermometer will automatically power off 60 seconds (1 minute) after a measurement taking is complete or the temperature unit stops flickering and no other operation is carried out.

### **Q9: How long can the thermometer be fully charged?**

The full charging time is about 1 hour.

### **Q10: How many times can the thermometer use once fully charged?**

60 times use once fully charged.

**Q11: Shall I take BBT during Period time?**

Yes. We suggest you take BBT every day.

**Q12: Why does it take nearly 2 minutes to take one measurement?**

The temperature difference before and after BBT spike (around one day after ovulation) is normally 0.54 °F to 0.9 °F, so the BBT to be measured must be in high accuracy. Experiment stats suggest that 75-second is the minimum time for oral method. The ambient temperature and your body temperature balance status also impact the measurement completing time, and the real time it needs is usually one minute and a half to two minutes.

To ensure accurate reading, please be a little more patient.

**Q13: How many cycles should I measured and sync the BBT to app Premom before I get accurate ovulation prediction?**

Minimum 3 cycles.

The smart app Premom provides options to input and mark test readings of LH and PdG which help the accuracy of the prediction.

**Q14: Why do I have to log period to get an ovulation prediction?**

Your actual period information is valuable to Premom's advanced algorithm because it is an important part to how the app predicts your ovulation. It will also need other input, such as OPK results or BBT logs, but the app cannot work without your logged period record.

**Q15: Why does the prediction of next period day not match the cycle length I input in registration?**

If you are in period time when you sign up, you should select the start date of this period at "When did your last period start?", not the start date of the previous period. Otherwise, the app deems your period hasn't started yet and predicts it to the nearest future day, i.e. the next day of your registration.

**Q16: Can I mark or edit information of a future day in the Calendar page of the app Premom?**

No. You can mark or edit information of present or past days only.

**Q17: Can I cancel what I marked or edited?**

Yes. Please implement true information only.

**Q18: Which cycle day is recommended to start doing BBT? CD1 or CD5?**

The best practice is to start taking your basal body temperature (BBT) on CD 1 and every day in your cycle. However, many women take a holiday from BBT on their period which is also typically fine and still allows them to get their 6 consecutive lows before ovulation.

**Q19: I am a night-shift nurse. How can I keep BBT results consistent when going back to normal hours on days off?**

BBT is difficult in people who work night shifts. You do need to take your basal body temperature (BBT) at the same time each day after at least 3 hours of consecutive sleep, so you should find a way to stick to this as closely as possible. If you are unable to do this, you should rely on alternative methods such as ovulation tests and CM tracking in order to best predict and monitor your fertility. That being said, you may track you BBT after 3-4 hours of uninterrupted sleep after you shifts and should still get reliable readings. This also applies to many new mothers whose babies are not yet sleeping through the night. BBT is difficult to utilize in these scenarios and alternative methods are preferable.

**Q20: Among temperatures taken under tongue, from wrist, upper arm and vagina, which one is the most accurate? Please help me pick the best basal thermometer.**

The most accurate method of collecting basal body temperature (BBT) is the one that you will consistently use. The most important thing is to pick a temperature reading location and stick to it. For example, you should not utilize a wrist thermometer one day and then an oral one the next day, that will result in inaccurate data. The same for a vaginal BBT versus oral. There's some research to support wrist temperature readings to be slightly more sensitive but oral and vaginal are also very reliable.

**We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at [healthcare-manager.com](http://healthcare-manager.com).**