

FAQ Lists

Q1: How and when do I test with the basal body thermometer?

We suggest that you take your basal body temperature upon waking each morning at the same time for the best result. Activities of any kind are not recommended before testing because it would increase your body temperature and cause an inaccurate measurement. Also, we recommend that you use the BBT lying on your side rather than face up and flat for accuracy.

Q2: How can you change from Fahrenheit to Celsius?

°F is the default unit, you may skip this setting if °F is the right unit for you. There are two ways to switch the temp unit.

1. When the thermometer is off, press and hold the power button for about 7 seconds until you see the switched temperature unit. Release the button for confirmation.

2. Switch with the Premom App:

Step 1: Tap on the top left of the homepage of the Premom App and select “Settings” .

Step 2: Find the temperature unit between °C and °F, turn on the thermometer and change to the setting of your choice. It should sync with your thermometer.

Q3: Is it necessary to test daily/consistently? And how does it read and understand your bbt shift to confirm ovulation?

If your basal temp is consistent every morning throughout the cycle, it will help you see the pattern of your fertile window. The lowest temperature readings with the last lowest being ovulation day (before a your bbt spike which is .5-1 degree increase) would be the fertile window to try to conceive. This shift can confirm your ovulation in your first cycle using the bbt, but also can help you predict your ovulation for the following cycles if consistently used with the Premom App.

Q4: Can the thermometer work without syncing to the app?

The Premom app is paired with your basal thermometer to keep your BBT temperatures saved in a log in cloud location. The Premom app offers many other features such as tracking periods, LH progression gallery, posting manual basal temps all in one location. The thermometer itself can store temps, but long term it is best to use the Premom app to keep track of archived temps past 30 days. The Premom offers customer support for BBT users.

Q5: Does this thermometer connect with bluetooth? How does it sync the BBT measurement data with the app?

You can monitor your basal body temperature data at home. Upon setting up, the Smart Basal Thermometer with Bluetooth function will auto sync your BBT data to the App Premom.

Before daily BBT testing, we suggest you sync the thermometer with your phone.

1) Make sure Bluetooth is enabled on your phone (you can do this under your phone settings).

2)Make sure your app is open and within 10 feet of your thermometer.

3)Turn on your thermometer.

4)Click on the “Log BBT” icon on your Premom App home screen.

5)Click on “Pair” / "Reconnect" and follow the prompts.

*When successfully completed, “Paired!” will be displayed. (Please make sure your Bluetooth function is activated on your phone before daily BBT testing if you want to sync your data automatically).