

Smart Basal Thermometer

EBT-380

User Manual



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1. TECHNICAL SPECIFICATIONS

Product name	Smart Basal Thermometer
Model	EBT-380
Size	2.86 in x 2.24 in x 0.99 in
Transmission distance	30 feet
Measurement	89.60°F - 109.38°F (32°C - 42.98°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 102.20 °F to 109.38°F/ 39°C~42.9°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 resting temperature)
Battery	CR2032
Receiver	iPhone: iPhone 5S+, iOS 13.0+ Android Phone: Android 5.0+
Operating conditions	Temperature: 41°F to 104°F
Weight	Estimated 38g
Battery Service Life	More than 400 measurements
Product Service Life	5 Years (Please refer to the box for production date and batch information)

2. INTENDED USE

The Smart Basal Thermometer with Bluetooth (BLE) function, Model No. EBT-380 is intended for measuring and monitoring women's basal body temperature at home through Bluetooth, transferring data to the smartphone to confirm ovulation.

3. WHY EBT-380?

- Upon setting up, your data can auto sync to the free app Premom.
- Large backlit LCD display helps you read results easily.
- Innovative flexible sensor tip makes the BBT measurement process easy.
- High Precision of 1/100 °degree for temperature readings.

4. CONTENTS

- 1 Thermometer
- 1 Manual
- 1 Protective Case
- 1 Quick Guide

5. WARNINGS

Below improper operations will affect measuring and cause inaccurate readings:

1. Not for use in an OXYGEN RICH ENVIRONMENT.
2. Before every use, check the device. Do not use it if it is damaged in any way. The continuous use of a damaged unit may cause injury, improper results, or serious danger.
3. If you have any problems with this device, such as setting up, maintaining or using, please contact with our customer service.
4. Never attempt to open or repair the thermometer by yourself.
5. The main material of the shell is ABS. Be careful to the potential allergic reactions to these materials.
6. Protection against electric shock: Internally powered ME equipment.
7. Protection against harmful ingress of water or particulate matter: IP22. However, for the sake of accuracy and safety, please refrain from fully immersing the device in water or any other liquid.
8. Keep new and used batteries out of the reach of children, to seek immediate medical attention if a battery is ingested, and to follow any other consensus medical advice.
- Choking Hazard-Small parts not for children under 3 years or any individuals who have a tendency to place inedible object in their mouths.
9. Please report to us if any unexpected operation or events occur.

6. WARRANTY

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 theft or an unauthorized adjustment or repair of the product.

7. SETUP AND USE

- 01 Refer to the quick guide of Premom APP to set up the APP before BBT measurement
- 02 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.

NOTE: Take your measurement upon awakening and before any activities. Any activities will most likely increase your temperature and cause an inaccurate measurement.

*** For accuracy, we recommend using the thermometer while lying on your side rather than facing up and lying flat.**



Step2: Upon waking, turn on the smart thermometer. Put the sensor tip in mouth under the tongue and close the lips until you hear 2 short beeps, which indicates the completion of the BBT measurement. It usually takes 90 to 120 seconds to complete the measurement.

8. SWITCH MEASUREMENT UNIT

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.

9. DATA STORAGE

Memory stores up to 60 measurements on 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 for 3 seconds or it will shut off automatically after 10 seconds.

10. CHANGE BATTERY

Please replace the battery when the low-battery symbol appears on the right of the LCD display. Remove the battery cover (Figure 1) and replace it with a battery of the same battery type CR2032 (Figure 2). Make sure the "+" sign faces up. Then replace the battery cover. Always dispose of used batteries according to local laws and regulations.

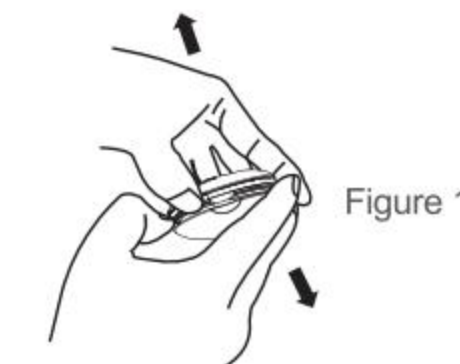
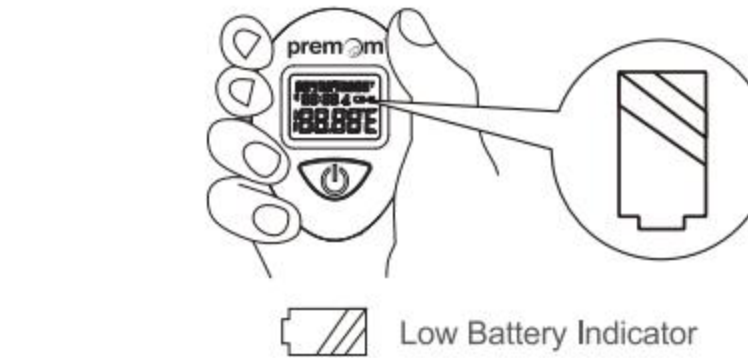


Figure 1

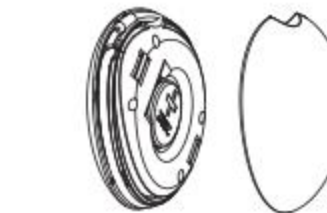


Figure 2

NOTE: To avoid power loss during transportation, the thermometer comes to you with an insulation film between the battery and the metal contact in the battery compartment. Please remove the insulation film for initial use and make sure the battery is in the right place (facing up).

11. MAINTENANCE & CLEANING

01 Clean the flexible sensor tip of the thermometer with a dry cloth dampened slightly with 75% rubbing alcohol and 25% water before and after every use.

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

03 Always place the tip of the thermometer back in the plastic cover when not in use.

04 While you can clean the sensor tip of the thermometer with water, it's important to avoid fully submerging the device in water or any other liquid. Doing so can result in damage to the thermometer, potentially leading to inaccurate readings and posing a safety risk.

12. TROUBLESHOOTING

01 **Problem:** 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, drink, or move while testing.

02 **Problem:** Abnormally high BBT

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

Note:

1. If the problem persists, please contact customer support or consult your doctor if concerned.
2. If you have any problems with this device, such as setting up, maintaining or using, please contact with our customer service. Don't open or repair the device by yourself.

13. 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 emit 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 device should not be used adjacent to or stacked with other equipment and that if adjacent or stacked

use is necessary, this device should be observed to verify normal operation in the configuration in which it will be used.

Guidance and manufacture's declaration – electromagnetic emission		
The EBT-380 is intended for use in the electromagnetic environment specified below. The customer or the user of the EBT-380 should assure that it is used in such an environment.		
EMISSION TEST	COMPLIANCE	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
RF emissions CISPR 11	Group 1	The EBT-380 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-380 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 manufacture's declaration – electromagnetic immunity			
The EBT-380 is intended for use in the electromagnetic environment specified below. The customer or the user of EBT-380 should assure that it is used in such an environment.			
IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 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 (50Hz/60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels 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-380 is intended for use in the electromagnetic environment specified below. The customer or the user of the EBT-380 should assure that it is used in such an environment.			
IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	Not Applicant	Portable and mobile RF communications equipment should be used no closer to any part of the EBT-380, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = 1,2 \sqrt{P}$ $d = 1,2 \sqrt{P}$ 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,a should be less than the compliance level in each frequency range.b Interference may occur in the vicinity of equipment marked with the following symbol: 
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	

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. To assess 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-380 is used exceeds the applicable RF compliance level above, the EBT-380 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-380.

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

Recommended separation distances between portable and mobile RF communications equipment and the EBT-380 .			
The EBT-380 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the EBT-380 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the EBT-380 as recommended below, according to the maximum output power of the communications equipment.			
Rated maximum output power of transmitter (W)	Seperation 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

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

(1) This device may not cause harmful interference, (2) This device must accept any interference received, including interference that may cause undesired operation.

14. COMPLIED STANDARD

ISO 10993-5

ISO10993-10

15. ENVIRONMENTAL CONDITION FOR NORMAL WORKING, TRANSPORT AND STORAGE

Working environment:

Temperature: 41°F~104°F (5°C~40°C)

Humidity: 15% to 85%RH

Atmospheric pressure: 86Kpa to 106 Kpa









Transport & storage environment:

Temperature: -4°F~122°F (-20°C~55°C)

Humidity: ≤85%RH

Atmospheric pressure: 86Kpa to 106 Kpa

16. EXPLANATION OF SYMBOLS

IP22	Ingress protection rating		Type BF applied part
	WEEE (Waste Electrical and Electronic Equipment)		Refer to instruction manual
	Humidity limitation of 15% ~ 85%		Atmospheric pressure limitation of 86kPa ~ 106kPa
	Temperature limit of -4°F~122°F (-20°C~55°C)		Manufacturing date
	Batch code		

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Questions or comments?

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