

Easy@Home EBT-300

Easy@Home Smart Basal Thermometer EBT-300 Instruction Manual

This manual provides detailed instructions for the safe and effective use of your Easy@Home Smart Basal Thermometer EBT-300. Please read thoroughly before use.

1. INTRODUCTION

The Easy@Home Smart Basal Thermometer EBT-300 is designed for women to accurately measure Basal Body Temperature (BBT) for fertility tracking. It integrates seamlessly with the Premom App to provide intelligent fertility predictions and comprehensive cycle insights. This device offers high precision and user-friendly features to support your fertility journey.

2. PRODUCT FEATURES

- **Smart Bluetooth Sync:** Automatically syncs BBT data with the Premom App.
- **Intelligent Fertility Prediction:** The Premom App utilizes a smart algorithm to analyze BBT, ovulation and PdG test results, and period data for precise fertile window prediction.
- **Large Backlit Display:** Ensures easy reading of temperature in low-light conditions.
- **High Precision:** Measures temperature to $\pm 0.09^{\circ}\text{F}$ / $\pm 0.05^{\circ}\text{C}$.
- **Fast Measurement:** Provides readings within 1.5–2 minutes.
- **Memory Function:** Stores up to 30 dated temperature records directly on the device.
- **Flexible Tip:** Designed for comfort during oral temperature measurement.
- **Soft Beeping:** A gentle beep indicates when the measurement is complete.
- **°F/°C Switchable Units:** Allows selection between Fahrenheit and Celsius.
- **Waterproof:** Facilitates easy cleaning and hygiene.
- **Auto Off:** Conserves battery life by automatically turning off after inactivity.



Figure 1: Overview of Easy@Home Smart Basal Thermometer features.

3. SETUP

3.1 Battery Installation

The thermometer comes with a pre-installed button battery. To replace the battery, carefully open the battery compartment cover located at the back of the device, insert a new CR2032 button battery with the positive (+) side facing up, and securely close the cover.

3.2 Premom App Download

Download the free Premom App from the Apple App Store (for iOS devices) or Google Play Store (for Android devices). Create an account and set up your profile.

3.3 Bluetooth Pairing

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Premom App.
3. Turn on the Easy@Home Smart Basal Thermometer by pressing the power button.
4. In the Premom App, navigate to the BBT logging section and select the option to pair a new thermometer.
5. Follow the on-screen prompts in the app to complete the pairing process.

Your browser does not support the video tag.

Video 1: Instructions on how to connect the Easy@Home Smart Basal Thermometer via Bluetooth with the Premom App.

4. OPERATING INSTRUCTIONS

4.1 Taking Your BBT

1. Take your temperature immediately upon waking, before any movement, eating, or drinking.
2. Press the power button to turn on the thermometer. The display will show the last recorded temperature briefly.
3. Place the flexible tip of the thermometer under your tongue.
4. Keep your mouth closed and hold the thermometer in place until you hear a gentle beep, indicating the measurement is complete (approximately 1.5-2 minutes).
5. Read the temperature displayed on the large backlit screen.
6. The thermometer will automatically store the reading.



Large Backlit LCD Screen
Easy to Read in The Dark



Figure 2: The large backlit LCD screen allows for easy reading in low-light conditions, ideal for morning BBT measurements.

4.2 Switching Temperature Units (°F/°C)

The temperature units can be switched between Fahrenheit (°F) and Celsius (°C) directly within the Premom App settings. Refer to the app's settings menu for this option.

Your browser does not support the video tag.

Video 2: A comprehensive guide on how to effectively use the Premom Fertility App for tracking and predicting fertility.

5. PREMOM APP INTEGRATION

The Easy@Home Smart Basal Thermometer is designed to work seamlessly with the Premom App, enhancing your fertility tracking experience:

- **Automatic Data Sync:** Once paired, your BBT readings will automatically sync to the Premom App, eliminating manual entry.
- **Intelligent Analysis:** The app uses a smart algorithm to analyze your BBT, ovulation test results, PdG test results, and period data to accurately predict your fertile window and ovulation day.
- **Comprehensive Charting:** View your BBT charts, cycle trends, and fertility insights directly within the app.

- **Personalized Insights:** Receive daily insights and recommendations based on your unique cycle data.

Automatically Sync & Track BBT Charting

Accurately Identify Your Ovulation Day

To get pregnant faster or avoid pregnancy naturally

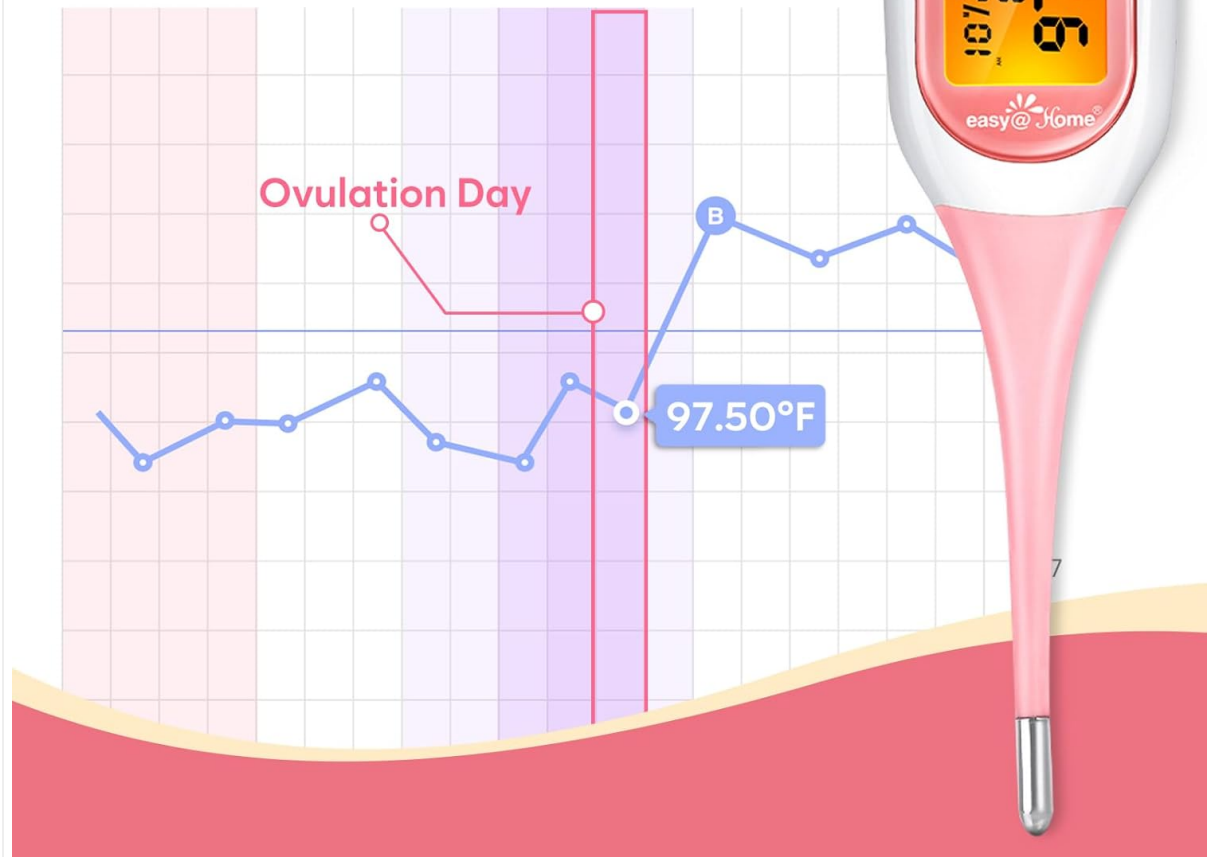


Figure 3: The thermometer automatically syncs with the Premom App for accurate ovulation day identification and charting.

6. MAINTENANCE AND CARE

- **Cleaning:** After each use, wipe the thermometer tip with a soft cloth and rubbing alcohol or soap and water. Ensure the device is completely dry before storing.
- **Storage:** Store the thermometer in its protective case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Life:** The pre-installed button battery typically lasts about 3 months with regular use. Replace the battery when the low battery indicator appears on the display.

7. TROUBLESHOOTING

If you encounter issues with your Easy@Home Smart Basal Thermometer, consider the following:

- **No Display/Power:** Check if the battery is correctly installed or needs replacement.
- **Inaccurate Readings:** Ensure the thermometer is placed correctly under the tongue and held still for the

entire measurement duration. Avoid taking temperature after movement, eating, or drinking.

- **Syncing Issues:** Verify that Bluetooth is enabled on your smartphone and the Premom App is open. Ensure the thermometer is turned on and within range of your phone during syncing.

8. SPECIFICATIONS

Specification	Detail
Brand	Easy@Home
Model	EBT-300
Precision	±0.09°F / ±0.05°C
Measurement Time	1.5 - 2 minutes
Memory	Up to 30 dated records
Power Source	1 Lithium Metal button battery (CR2032)
Display Type	Digital, Backlit LCD
Connectivity	Bluetooth
Units	°F / °C Switchable
Material	Plastic, Silicone
Special Features	Auto Off, Auto Sync, Large Screen, Flexible Tip, Waterproof

9. WARRANTY AND SUPPORT

9.1 Manufacturer's Warranty

The Easy@Home Smart Basal Thermometer EBT-300 comes with a **1 Year Manufacturer Warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For any questions, concerns, or technical assistance, please contact Easy@Home customer support. Our responsive and experienced team is available to help you with any inquiries regarding your product.