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### Easy@Home EBT-018

# Easy@Home Digital Basal Thermometer EBT-018 User Manual

## 1. INTRODUCTION

The Easy@Home Digital Basal Thermometer EBT-018 is designed for precise basal body temperature (BBT) measurement, primarily used for fertility tracking and ovulation prediction. It can also be used as a general clinical thermometer for oral, armpit, or rectal temperature measurement. This manual provides detailed instructions for proper use, maintenance, and troubleshooting.



Image 1.1: Easy@Home Digital Basal Thermometer EBT-018, its retail packaging, and a smartphone displaying the Premom app interface for scanning readings.

## 2. PRODUCT OVERVIEW

Familiarize yourself with the components of your Easy@Home Digital Basal Thermometer EBT-018.



Image 2.1: Diagram illustrating the key parts of the thermometer, including the tip sensor, LCD display, ON/OFF button, battery compartment, and protective case.

- **Tip Sensor:** Located at the end of the thermometer, responsible for temperature detection.
- **LCD Display:** Shows temperature readings, unit of measurement, and other indicators.
- **ON/OFF Button:** Used to power the device on and off, and to switch temperature units.
- **Battery Compartment:** Houses the LR41 battery.
- **Protective Case:** For hygienic storage and portability.

### 3. KEY FEATURES

The Easy@Home Digital Basal Thermometer EBT-018 offers several features for accurate and convenient temperature tracking:

# Excellent Features You Must Know



1 Minute Measurement



High Precision  
1/100th



Last Reading Memory



Soft Beep



Switchable  
°F/°C



Flexible &  
Waterproof Tip



Auto Shut Off



Low Battery Alert



Image 3.1: Infographic detailing the thermometer's features: 1-minute measurement, 1/100th degree high precision, last reading memory, soft beep, switchable °F/°C, flexible & waterproof tip, auto shut-off, and low battery alert.

- **High Accuracy:** Measures temperature to 1/100th of a degree ( $\pm 0.05^{\circ}\text{C}$  or  $\pm 0.10^{\circ}\text{F}$ ) for precise tracking.
- **Memory Recall:** Stores the last measured temperature for easy reference.
- **Flexible & Waterproof Tip:** Ensures comfort during use and simplifies cleaning.
- **Fast Reading:** Provides results in approximately 60 seconds.
- **Switchable Units:** Easily switch between Fahrenheit ( $^{\circ}\text{F}$ ) and Celsius ( $^{\circ}\text{C}$ ).
- **Gentle Confirmation Beep:** Indicates when the measurement is complete.
- **Automatic Shut-off:** Conserves battery life.

## 4. SETUP

### 4.1. Battery Installation

The thermometer comes with one LR41 battery pre-installed. If replacement is needed:

1. Carefully open the battery compartment cover.
2. Insert a new LR41 battery with the positive (+) side facing up.
3. Securely close the battery compartment cover.

## 4.2. Unit Selection (°F/°C)

You can switch between Fahrenheit and Celsius display units:

# Explanation of Display Messages

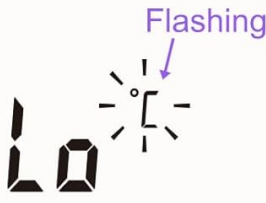




Display Messages	Meaning	Solution
	When the "°F" or "°C" symbols flashes with sign, the temperature is ready for use.	<p>★ The fertility thermometer is ready for use!</p> <p>Take immediately upon awakening in the morning or before any activity for the most precision</p>
	Dead battery: Battery icon is flashing, the battery is drained.	Replace the battery.
	Ambient temperature is lower than 90.00°F (32.00°C) after measurement.	Turn off, wait one minute and take a new temperature.
	Temperature is higher than 109.99°F (42.99°C) after measurement.	Turn off, wait one minute and take a new temperature.
	The system is not functioning properly.	Remove the battery, wait for 1 minute and repower it. If the message reappears, contact customer service.



Image 4.1: The thermometer display showing temperature in Fahrenheit and Celsius, with arrows indicating the switch function.

- With the thermometer turned off, press and hold the ON/OFF button for approximately 2 seconds.
- The display will switch between °F and °C. Release the button when your desired unit is shown.

## 5. OPERATING INSTRUCTIONS

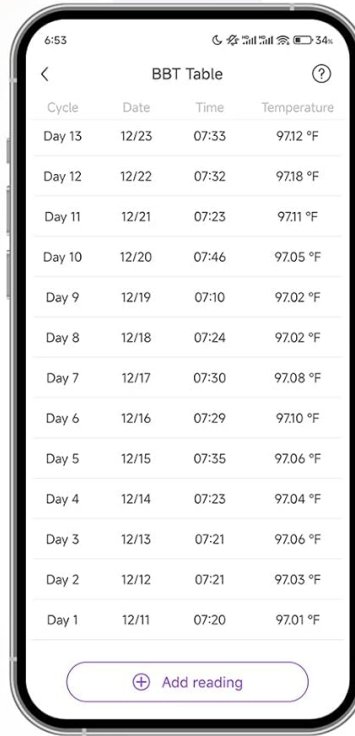
### 5.1. Taking a Measurement

For basal body temperature (BBT) tracking, take your temperature immediately upon waking, before any activity, eating, or drinking.

# Make Cycle Tracking Easy with the Innovative BBT Reader on **premom** App!



**Step 1**  
**Scan Reading**



**Step 2**  
**Track Temps**



**Step 3**  
**Confirm Ovulation**

Image 5.1: A woman demonstrating oral temperature measurement with the thermometer, highlighting the approximately 60-second measurement time.

1. Press the ON/OFF button to turn on the thermometer.
2. When "°F" or "°C" starts flashing with "Lo" on the display, the thermometer is ready for use.
3. Place the tip of the thermometer under your tongue (oral measurement is recommended for BBT). Close your mouth and hold the thermometer in place.
4. Wait for the gentle confirmation beep, which indicates the measurement is complete (approximately 60 seconds).
5. Read the temperature displayed on the LCD screen.
6. Press the ON/OFF button to turn off the thermometer, or it will automatically shut off after a period of inactivity.

## 5.2. Memory Recall

The thermometer automatically stores the last measured temperature.

- To recall the last reading, simply turn on the thermometer. The previous reading will be displayed briefly before the thermometer enters measurement mode.

### 5.3. Premom App Integration

The Easy@Home Basal Thermometer can be used in conjunction with the Premom app to record, track, and chart your BBT for enhanced fertility prediction.

## Switch Effortlessly °F/°C

### High Accuracy at ±0.10°F/±0.05°C

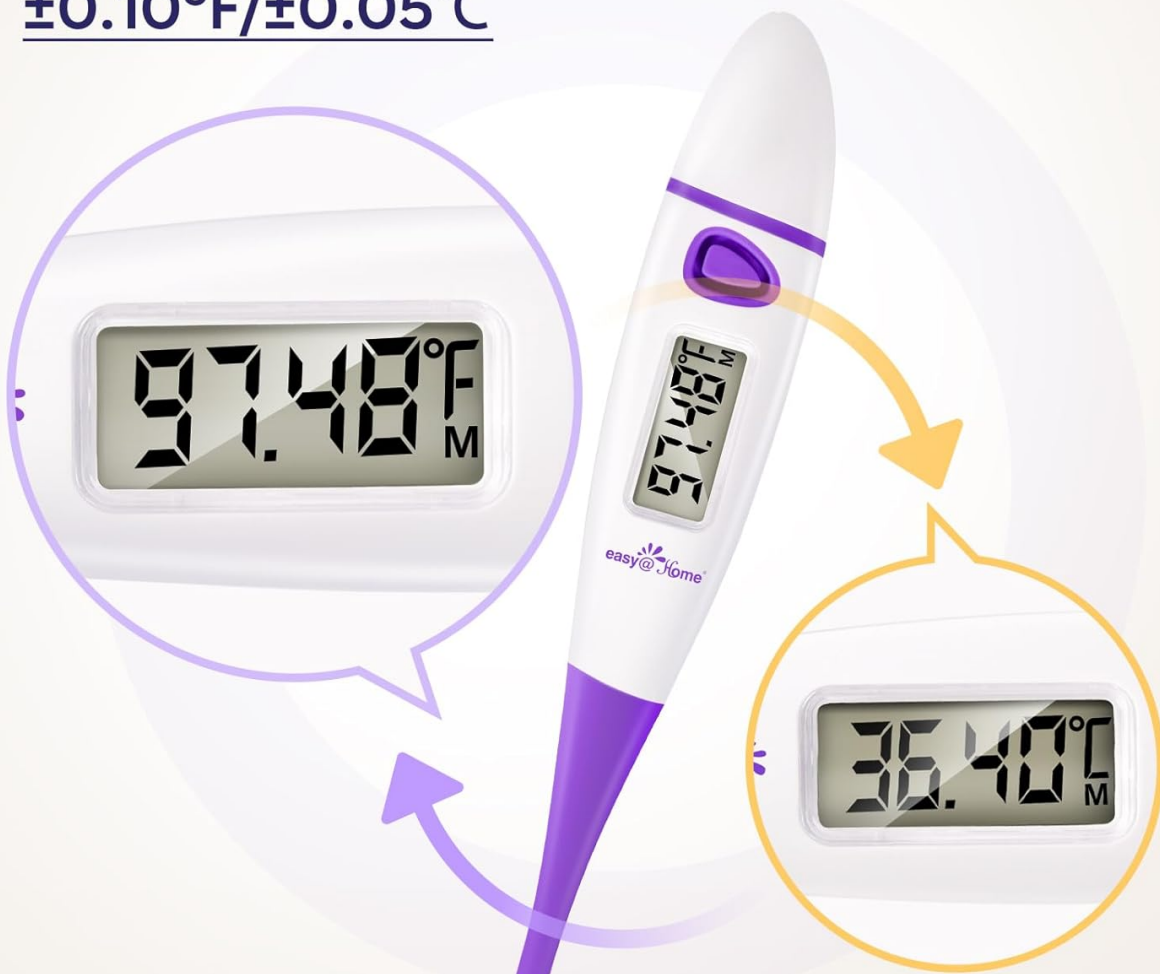


Image 5.2: Screenshots demonstrating the Premom app's features, including scanning the thermometer display, tracking daily temperatures in a table, and viewing a BBT chart to confirm ovulation.

1. Download the Premom app from the App Store or Google Play.
2. After taking your temperature, open the Premom app.
3. Use the app's "Smart Scan" feature to automatically record your BBT by positioning the thermometer screen within the frame.
4. The app will chart your readings and help identify your fertile window and ovulation day.

## 6. EXPLANATION OF DISPLAY MESSAGES

Understand the various messages that may appear on your thermometer's display:



Image 6.1: A table detailing common display messages such as flashing 'Lo', battery icon, 'Lo', 'Hi', and 'Err', along with their meanings and recommended solutions.

Display Message	Meaning	Solution
Flashing "°F" or "°C" with "Lo"	The thermometer is ready for use.	Take temperature immediately upon awakening in the morning or before any activity for the most precision.
Flashing Battery Icon	Dead battery; battery is drained.	Replace the battery.

Display Message	Meaning	Solution
"Lo" (not flashing with unit)	Ambient temperature is lower than 90.00°F (32.00°C) after measurement.	Turn off, wait one minute, and take a new temperature.
"Hi"	Temperature is higher than 109.99°F (42.99°C) after measurement.	Turn off, wait one minute, and take a new temperature.
"Err"	The system is not functioning properly.	Remove the battery, wait for 1 minute, and repower it. If the message reappears, contact customer service.

## 7. MAINTENANCE AND CARE

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Proper care ensures the longevity and accuracy of your thermometer.

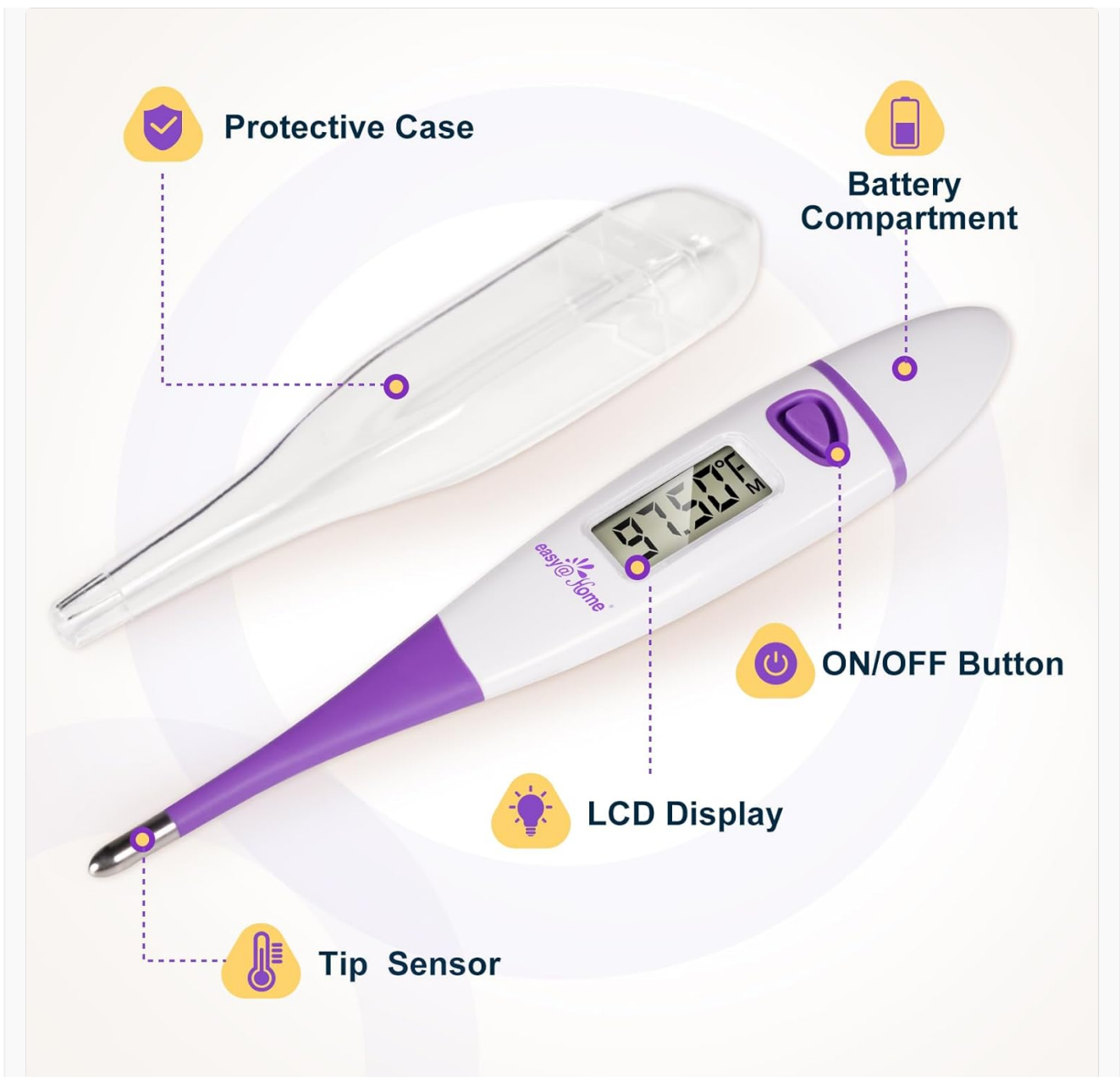


Image 7.1: The flexible and waterproof tip of the thermometer being rinsed, illustrating its easy-to-clean design. Note: Do not clean the body of the thermometer under water.

- **Cleaning:** The flexible tip is waterproof and can be cleaned with alcohol or a damp cloth. Do not immerse the entire thermometer body in water.
- **Storage:** Store the thermometer in its protective case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace the LR41 battery when the low battery indicator appears on the display.

## 8. TROUBLESHOOTING

If you encounter issues with your thermometer, refer to the following common solutions:

- **Thermometer not turning on:** Check if the battery is correctly installed or needs replacement.
- **Inaccurate readings:** Ensure the thermometer is placed correctly (e.g., under the tongue for oral readings) and that you are taking the measurement before any activity. Avoid taking temperature immediately after eating or drinking.

- **Slow reading:** While the thermometer typically reads in about 60 seconds, ensure proper contact with the measurement site. If it consistently takes much longer, try replacing the battery.
- **Display shows "Err":** Refer to the "Explanation of Display Messages" section for steps to resolve this error.
- **Cannot switch units:** Ensure the thermometer is off before pressing and holding the ON/OFF button for 2 seconds to switch between °F and °C.

## 9. SPECIFICATIONS

Feature	Detail
Model Number	EBT-018 (DMT-3018)
Accuracy	±0.05°C / ±0.10°F
Measurement Time	Approximately 60 seconds
Battery Type	1 x LR41 (included)
Display Type	Digital LCD
Special Feature	Fast Reading System, Memory Recall, Flexible Tip
Product Care	Hand Wash Only (tip)
Material	Silicone (tip)
Compliance	FDA

## 10. WARRANTY AND SUPPORT

Easy@Home is committed to providing quality products and customer satisfaction. For any questions, concerns, or technical assistance regarding your Easy@Home Digital Basal Thermometer EBT-018, please contact our customer service team.

Refer to the product packaging or the official Easy@Home website for specific warranty details and contact information.