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› Easy@Home Basal Thermometer EBT-013 Instruction Manual

Easy@Home EBT-013

Easy@Home Basal Thermometer EBT-013 Instruction Manual

1. PRODUCT OVERVIEW

The Easy@Home Basal Thermometer EBT-013 is a dual-mode digital thermometer designed for both precise basal body temperature (BBT) tracking for ovulation and rapid temperature measurement for general fever detection. It features a large backlit LCD display, memory recall for up to 30 readings, and compatibility with the Premom app for data logging.

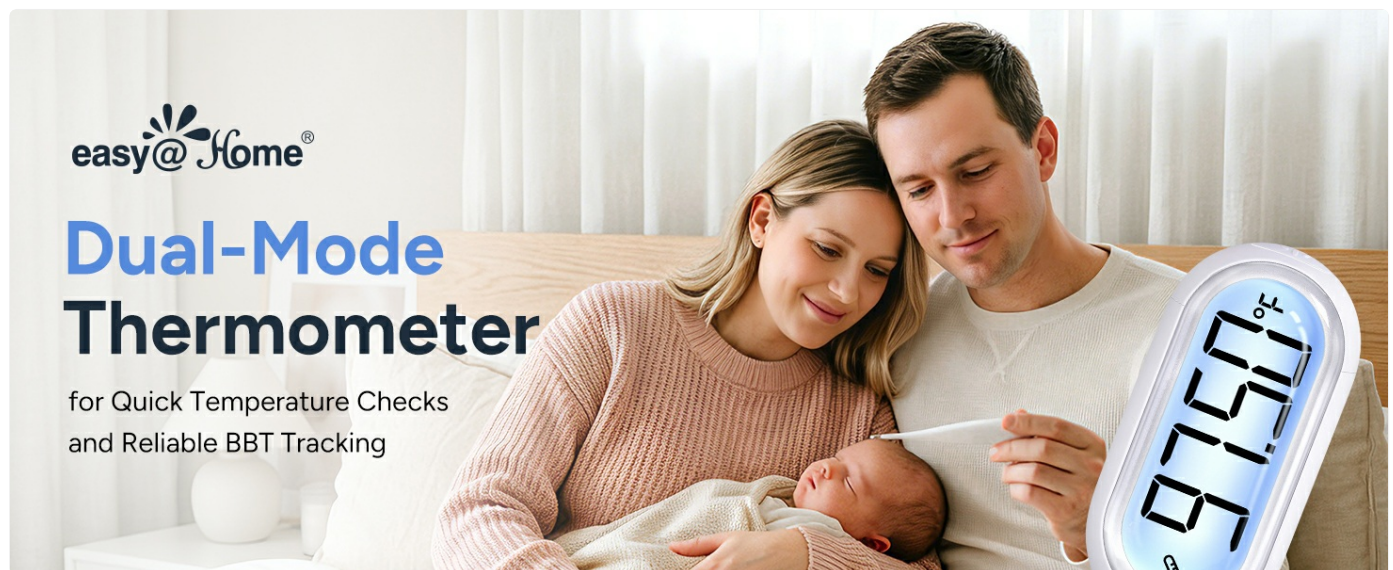


Image: The Easy@Home EBT-013 thermometer, illustrating its dual functionality for both fertility tracking and general temperature measurement for the family.

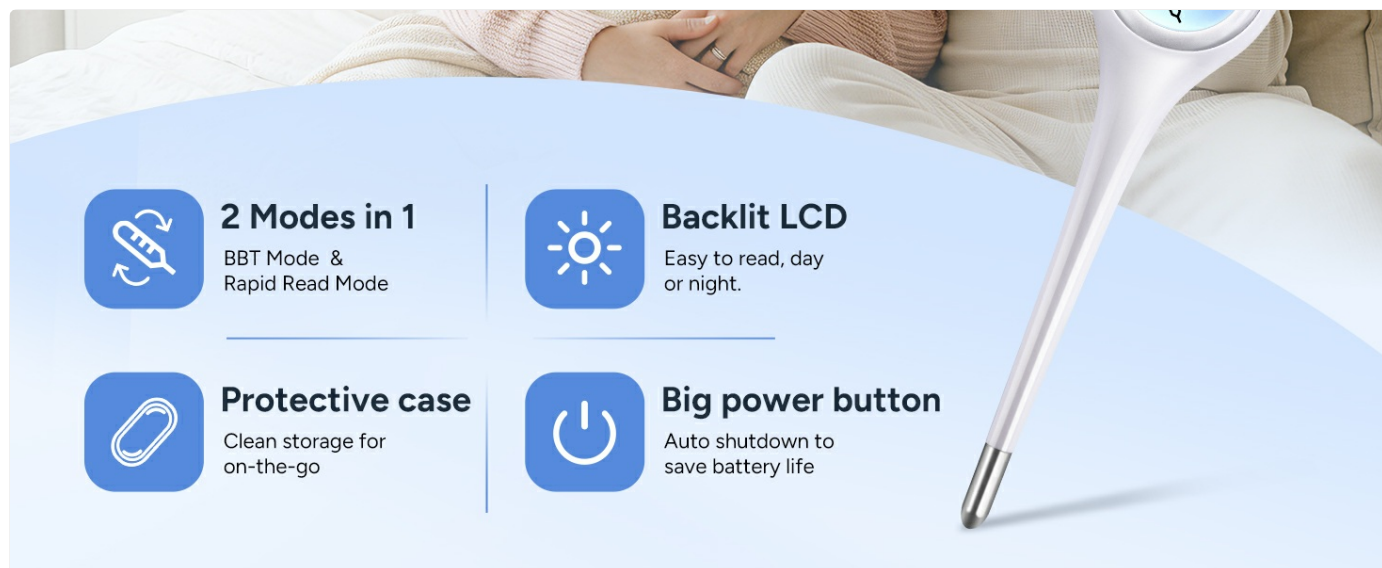


Image: An overview of the thermometer's key features, including its two modes, backlit LCD, protective case, and large power button.

2. PACKAGE CONTENTS

- Easy@Home Basal Thermometer EBT-013
- Protective Storage Case
- Instruction Manual
- 1 Lithium Metal Battery (pre-installed)

3. SETUP

3.1 Initial Use and Cleaning

Before first use, and after each subsequent use, clean the thermometer tip with alcohol or a mild antiseptic solution. The thermometer is not waterproof; only wipe the tip. Ensure the battery is correctly installed. The thermometer comes with one Lithium Metal battery pre-installed.



Rapid Read Mode

Takes about **8-12** seconds

Accuracy within $\pm 0.18^{\circ}\text{F}$

Dual-Function Thermometer



Basal Body Temperature (BBT) Mode

Takes about **60-120** seconds



Image: The Easy@Home Basal Thermometer stored in its protective case, ready for use or travel.

4. OPERATING INSTRUCTIONS

4.1 Power On/Off

Press the power button to turn the thermometer on. It will display the last reading briefly before entering measurement mode. The thermometer will automatically shut off after a period of inactivity to conserve battery life.

4.2 Switching Temperature Units (Fahrenheit/Celsius)

1. Ensure the device is turned off.
2. Press and hold the power button for approximately 9 seconds until the screen displays only °F or °C.
3. Continue holding the button; the unit will switch between Fahrenheit and Celsius approximately every 2 seconds.
4. Release the button when your desired unit is displayed.

How to Switch Between Fahrenheit and Celsius Units

- 01 Turn off the device
- 02 Press and hold the button for **9 seconds** until the screen shows only °F or °C
- 03 Keep holding the button, the unit will switch about every **2 seconds**
- 04 Release the button when the desired unit is displayed

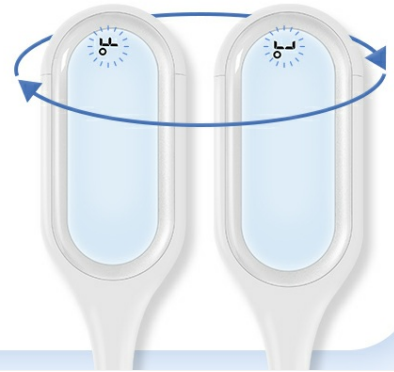


Image: Step-by-step visual guide on changing the temperature unit between Fahrenheit and Celsius.

4.3 BBT (Basal Body Temperature) Mode

This mode is designed for precise fertility tracking, measuring subtle temperature changes with $\pm 0.10^{\circ}\text{F}$ accuracy. Readings typically take 60-120 seconds.

1. Take your temperature immediately upon waking, before any activity, for consistent readings.
2. Place the thermometer tip under your tongue and close your mouth. It typically takes about 60-120 seconds to complete the measurement and beep.
3. Read your temperature immediately or use the device's memory function to review it later.

How to Use the BBT (Basal Body Temperature) Mode

Step 1

Take your temperature

immediately upon waking, before any activity, for consistent readings.



Step 2

Wait for beep

Place the thermometer under your tongue and close your mouth; it typically takes about 60–120 seconds to beep.



Step 3

Read your temperature

right away and save it in the Premom app, or view it later using the device's memory function.

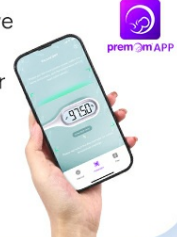


Image: A three-step guide on how to correctly use the thermometer in BBT mode for accurate basal body temperature readings.

Store Up to 30 Temperature Readings



Sync to **Premom app** to track your full temperature history

Image: A woman taking her basal body temperature orally with the Easy@Home thermometer, demonstrating proper placement.

4.4 Rapid Read Mode (Fever Detection)

This mode provides quick oral temperature readings for general fever detection, typically within 8-12 seconds.

Rapid Read Mode

Fast results for the whole family

 **8-12**
seconds



Image: A child having their temperature taken orally with the thermometer, illustrating the Rapid Read Mode for quick results.

4.5 Switching Between BBT and Rapid Read Modes

The default setting is BBT Mode (indicated by a small thermometer icon). Follow these steps to switch modes:

1. Turn off the thermometer.
2. Press and hold the power button for 6 seconds until the thermometer icon disappears.
3. Release the button, then press it once. The thermometer will now be in Rapid Read Mode.
4. To switch back to BBT Mode, repeat the steps until the thermometer icon reappears.

How to Switch the BBT Mode to Rapid Read Mode

The default setting is BBT Mode, the screen shows 

01 Turn off

02 Press and hold the button for **6 seconds** until the screen shows 



03 Release the button, then press the button once. It will enter rapid read mode when the BBT Mode icon disappears



04 If you want to switch back to the BBT mode, following the same steps until the screen shows 



Image: A visual guide demonstrating the process of switching the thermometer between BBT and Rapid Read modes.

4.6 Memory Recall Function

The thermometer stores up to 30 previous temperature readings, allowing you to log data at your convenience.

1. Turn off the thermometer.
2. Press and hold the power button for 3 seconds until the memory icon **M** appears, then release.
3. Press the button again to view the latest reading. Continue pressing to scroll through previous readings.

How to Read the Memory Recall

- 01 Turn off the thermometer



- 02 Press and hold the button for **3 seconds** until the memory icon  appears, then release



- 03 Release the button, then .Press the button to view the latest reading; press again to scroll through previous readings



Image: A visual guide detailing the steps to access and review stored temperature readings using the memory recall function.

The **Better** Choice for You

easy@Home[®]

EBT-013

- ✓ Backlit LCD screen
- ✓ Big screen
- ✓ Clear result
- ✓ Premom App support
- ✓ Big power button
- ✓ About 60-120 sec measurement



VS

Other

- ✗ No LCD screen
- ✗ Small screen
- ✗ Small result
- ✗ No APP support
- ✗ Hard to find the button
- ✗ 90-180 sec measurement



Image: The thermometer's display showing several past temperature readings, demonstrating the memory recall feature.

5. PREMOM APP INTEGRATION

The Easy@Home Basal Thermometer EBT-013 integrates with the Premom app, allowing you to easily log and track your BBT data for ovulation prediction. The app features an OCR (Optical Character Recognition) scan function, eliminating the need for manual data entry.

5.1 Using the Premom App

1. Download the Premom app from the App Store (iOS) or Google Play Store (Android).
2. After taking your BBT reading, open the Premom app.
3. Use the app's OCR scan feature to capture the temperature displayed on the thermometer. The app will automatically record the reading.
4. The app will then help you track your temperature patterns and predict your fertile window.

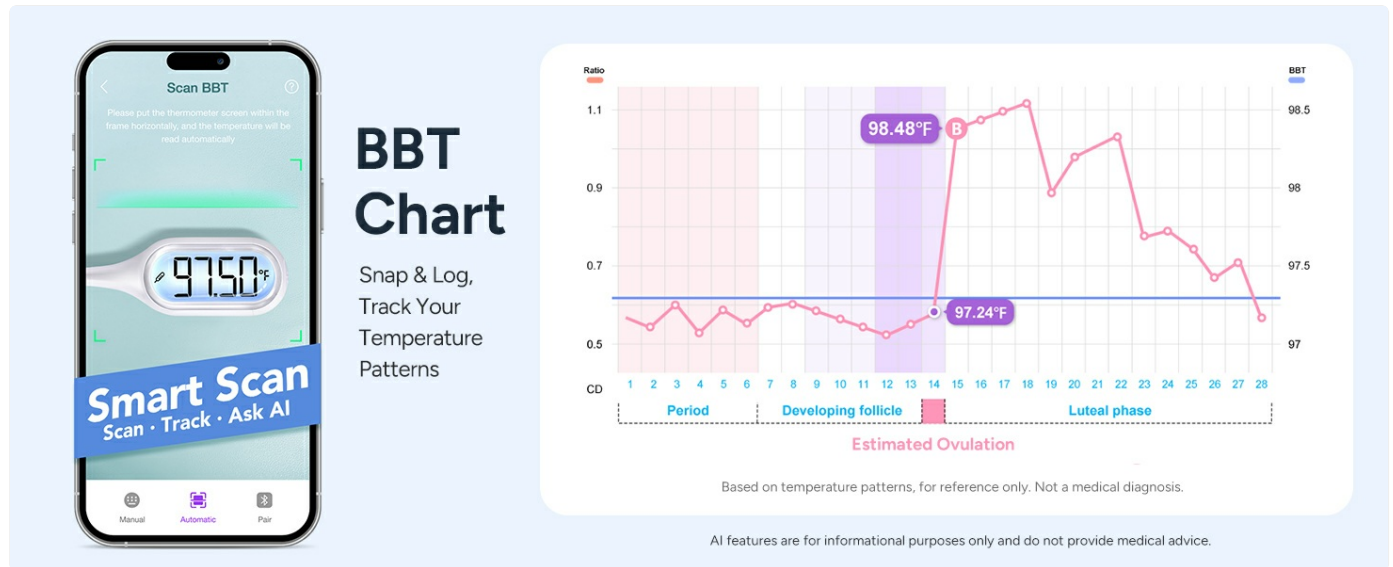


Image: The Premom app displaying a BBT chart and the smart scan feature for logging thermometer readings.



Backlit LCD Soft Beeps

Sleep-Friendly

Caring without disturbance.

Image: The Easy@Home thermometer positioned next to a smartphone running the Premom app, demonstrating the OCR scan functionality.

Your browser does not support the video tag.

Video: An official Easy@Home video demonstrating how to use the dual digital basal thermometer EBT-013, including its various modes and features.

6. MAINTENANCE AND CARE

6.1 Cleaning

The thermometer is designed for hand washing only. Wipe the tip with a soft cloth moistened with alcohol or a mild antiseptic solution. Do not immerse the entire thermometer in water or other liquids.

6.2 Battery Replacement

The thermometer uses one CR1632 Lithium Metal battery. When the low battery indicator appears on the display, replace the battery. Use a small Phillips head screwdriver to open the battery compartment, replace the old battery with a new one, ensuring correct polarity, and securely close the compartment.

6.3 Storage

Store the thermometer in its protective case in a cool, dry place, away from direct sunlight and extreme temperatures. Keep out of reach of children.

7. TROUBLESHOOTING

- **No Display/Power On:** Check if the battery is correctly installed or needs replacement.
- **Inaccurate Readings:** Ensure the thermometer tip is placed correctly under the tongue and the mouth is closed during measurement. Avoid talking or moving during the reading. Allow sufficient time for the reading to complete (60-120 seconds for BBT, 8-12 seconds for Rapid Read).
- **Error Messages:** Refer to the specific error code in the full user manual for detailed instructions. Generally, turning the device off and on again can resolve minor issues.
- **Difficulty Switching Modes/Units:** Ensure the button is pressed and held for the specified duration as per the operating instructions.

8. SPECIFICATIONS

Model Name	EBT-013
Brand	Easy@Home
Special Feature	Backlit LCD Display
Display Type	LCD
Accuracy (BBT Mode)	± 0.10°F
Measurement Time (BBT Mode)	60-120 seconds
Measurement Time (Rapid Mode)	8-12 seconds
Memory Recall	30 readings
Power Source	1 Lithium Metal battery (CR1632)
Product Care	Hand Wash Only (wipe tip)
Certifications	CE, FCC, FDA, ISO 13485

9. SAFETY INFORMATION

- Do not bite the thermometer.
- Keep batteries out of reach of children. Swallowing batteries can be fatal.
- Do not use the thermometer for purposes other than measuring body temperature.
- Consult a healthcare professional for interpretation of temperature readings, especially for fertility tracking or fever management.
- Dispose of the device and batteries according to local regulations.

10. CUSTOMER SUPPORT

For any questions, concerns, or technical assistance regarding your Easy@Home Basal Thermometer EBT-013, please contact Easy@Home customer support. Refer to the packaging or the official Easy@Home website for contact details.



Image: A customer support representative, symbolizing available assistance for product inquiries.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question