

48mm

336mm

130mm

390mm

157g铜版纸

femometer



Basal Thermometer

FM-VC-201



EN

1. INTENDED USE

The digital basal thermometer is intended for measuring, and recording basal body temperature (BBT) as an aid in ovulation prediction to aid in conception (not to be used for contraception). The basic thermometer is designed to routinely measure the oral temperature of the human body.

2. HOW TO USE

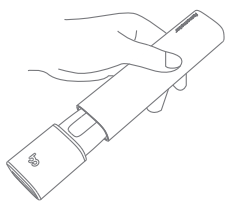
1 Download App

Search "Femometer" on Apple Store or Google Play to download.

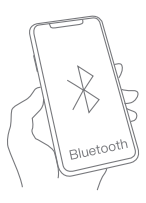


2 Pair Thermeter with Your Smartphone

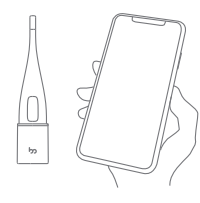
Step 1: Remove the cap from Femometer.



Step 2: Turn on your phone's Bluetooth.



Step 3: Follow the prompts on your phone.



3 Take Your Temperature

Step 1: Set a reminder on your phone to wake up and take your temperature each morning.



Step 2: Upon waking, remove thermometer from its case, place it under your tongue and hold it there for 1-3 minutes, until you hear 3 beeps, indicating temperature has been taken.

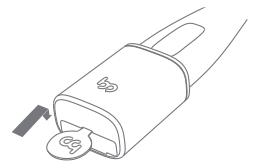


Step 3: Open the application, the data will be transmitted automatically.

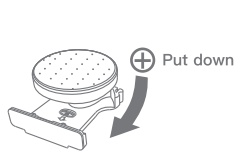


4 Replace the Battery

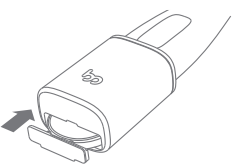
Step1: Insert the stainless steel tool into the crevice at the base of thermometer, gently pry open the battery tray.



Step2: Wait for one minute, put a CR2032 battery in the battery tray with "+" facing down.



Step3: Close the tray from the base of the thermometer. ▲ Remove the battery when not in use for a long time.



5 Upload Data to the App

Once your temperature has been taken, your phone's Bluetooth must be on, the data can be transmitted from the thermometer to your phone.

If the data does not sync, remove the cap from the thermometer, and tap the scale ring in the Femometer App to transmit the data.

3. ALERTS & SOUNDS

- When you remove the thermometer from the case, a single beep indicates that it is on.
- When you close the case, a single beep indicates that the thermometer is off.
- When taking your temperature, 3 consecutive beeps indicate that the measurement is complete.
- A beep lasting longer than 2 seconds indicates an error. Please close the case and reopen the thermometer until the measurement is complete.

4. ABOUT THE DISPLAY

1. Remove the upper cover of the thermometer. will be shown on the screen. Measurement will start when the LED backlight is on and you hear a beep.
2. To extend the battery life, the screen will be off once is displayed 2 seconds after the measurement.

Symptoms	Possible reasons	Solutions
	While measuring, the temperature is lower than 32.00 C (89.60 F)	If the device keeps showing during measurement, please put the cover back, wait for one minute and measure again.
	While measuring, the temperature is higher than 42.00 C (107.60 F)	Put the cover back, wait for one minute and measure again.
	Hardware failure	Remove the battery and wait for one minute. Put the battery back. If the message comes up again, please contact the retailer for solutions.
	Lit up and flashing	Please change the battery (CR2032).

Symptoms	Mode	Description
	Fast Mode	Duration: approximately 30 seconds Advantage: fastest Suitable for: users with good temperature measuring habits
	Normal Mode	Duration: 1 - 1.5 minutes Advantage: optimal balance between stability and speed Suitable for: Femometer newbies
	Mercury Mode	Duration: 3 minutes Advantage: safest Suitable for: users who want to follow NFP rule exactly to avoid pregnancy

5. TROUBLESHOOTING

Symptoms	Possible reasons	Solutions
I never heard the end tone while the thermometer is under my tongue.	Thermometer is off.	Close the cover and reopen it to restart the thermometer.
	Measurement time is too short.	Keep measuring for 1-3 minutes.
	Button battery has run out.	Replace the button battery.
The data did not sync to the App after my measurement.	The Bluetooth is not open.	Open the Bluetooth on the phone.
	The phone is too far to sync.	Put the phone close to the thermometer.
There is no sound when opening the thermometer.	Button battery has run out or the thermometer is broken.	Replace the button battery and if the thermometer still makes no sound, the thermometer is broken.

6. PRODUCT MAINTENANCE & CARE

1. Battery care

- Replace the battery when instructed via notification in the Femometer app.
- Always dispose of used batteries according to local laws and regulations.

2. Cleaning & Disinfection

- Clean the tip of the thermometer with a solution of 75% rubbing alcohol and 25% water before and after every use.
- Do not use cleaning agents other than alcohol and water to clean the device as it may damage or decrease the lifetime of the product and/or present safety risks.
- Never submerge the device in water – this can damage the device and result in erroneous data.

7. TECHINCAL SPECIFICATIONS

Product name Vinca II	Measurement 89.6°F-107.6°F	Operating conditions Temperature: 41°F-104°F Humidity: ≤85% Atmospheric pressure: 70Kpa-106Kpa
Model FM-VC-201	Accuracy ±0.09°F (95.0°F-100.4°F) ±0.18°F (89.6°F-95°F) & (100.4°F -107.6°F)	Storage conditions Temperature: -40°F -131°F Humidity: ≤93% Atmospheric pressure: 70Kpa-106Kpa
Size 120.2mm*24.4mm*16.4mm	Battery CR2032	Contraindications None
Weight 24.8g(without battery)	Battery endurance 3-6 months	Classification Type BF
Ingress protection rating IP 22	Expected service life Three years	
Transmission distance Up to 16 feet		

8. PRODUCT FUNCTIONS & FEATURES

1. Basal body temperature measurement & Bluetooth

- Thermometer measures basal body temperature to 1% degrees Fahrenheit accuracy. Your basal body temperature is automatically uploaded to your phone via Bluetooth, which is fast and energy - efficient, and represented via temperature Charts and graphs to track and make predictions about your menstrual-cycle.

2. Data stored in the cloud

- All your data is stored in the cloud, so you don't have to worry about manually uploading or losing your information. You can also sync thermometer to different devices.

3. Share date with friends

- Share your data easily with your partner or doctor from the Femometer App via E-mail.

9. SAFETY STATEMENT

1. The EMC of the product is up To standard of IEC60601-1-2.
2. The material that contacts Skin is nontoxic, nonirritating And up to standard of ISO10993-1,-5,-10.

10. DISCLAIMER

- This manual is written in accordance with available information and contents are subject to change without notice. Bangtang has made the best effort to guarantee the manual's accuracy and reliability. However, the company does not assume liability for loss or damage caused by omissions, inaccuracies or typographical errors in this manual.

- If there are discrepancies in this manual due to software upgrades, instructions and function dictated by the software should prevail. If improvements are made to the product or the product technology changes, please visit Bangtang's technical support website for further information.

- All symbols and logos associated with Bluetooth, including the Bluetooth word mark, figure mark, combination mark and Bluetooth Smart and Bluetooth ready marks, are all trademarks owned by the Bluetooth SIG. Any use of such marks by Bangtang is under license. Other trademarks and trade names used belong to their respective owners.

11. CALIBRATION

The thermometer is initially calibrated at the time of manufacture. If the thermometer is used according to the use instruction, periodic readjustment is not required. However, we recommend checking calibration every two years or whenever clinical accuracy of the thermometer is in question. Turn on the thermometer and insert into the water bath and then check the laboratory accuracy. Please send the complete device to the dealers or manufacturer. ASTM Laboratory accuracy requirements in the display $\pm 0.09^{\circ}\text{F}$ (95.0 $^{\circ}\text{F}$ - 100.4 $^{\circ}\text{F}$) , $\pm 0.18^{\circ}\text{F}$ (89.6 $^{\circ}\text{F}$ -95.0 $^{\circ}\text{F}$) & (100.4 $^{\circ}\text{F}$ -107.6 $^{\circ}\text{F}$) . The above recommendations do not supersede the legal requirements. The user must always comply with legal requirements for the control of the measurement, functionality, and accuracy of the device which are required by the scope of relevant laws, directives or dinances where the device is used.

12. WARNING

- * Read instructions thoroughly before using digital thermometer.
- * Choking. Hazard: Thermometer cap and battery may be fatal if swallowed. Do not allow children to use this device without parental supervision.
- * Do not place thermometer battery near extreme heat as it may explode.
- * Remove battery from the device when not in operation for a long time.
- * The use of temperature readings for self-diagnosis is dangerous. Consult your doctor for the interpretation of results. Self-diagnosis may lead to the worsening of existing disease conditions.
- * Do not attempt to disassemble or repair the thermometer. Doing so may result in inaccurate readings.
- * For children who are two years old or younger, please do not use the devices orally.



- *The performance of the device may be degraded should one or more of the following occur:
 - Operation outside the manufacturer's stated temperature and humidity range.
 - Storage outside the manufacturer's stated temperature and humidity range.
 - Mechanical shock (for example, drop test) or degraded sensor.
 - Patient temperature is below ambient temperature.

- * Portable and mobile RF communications can affect the device.

FCC REQUIREMENT

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.
- The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

13. COPYRIGHT STATEMENT

- Lollipop Technology (Hangzhou) reserves all rights, and retains the final right to interpret and revise this handbook and the statements contained therein. Copyright of this manual belongs to Lollipop Technology (Hangzhou) Co., Ltd. Without prior written permission, no company or individual is allowed to reproduce, copy or translate this many or any information contained therein.



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Telephone: +86-571-81957767 Fax: +86-571-81957750

Made in China

14. 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 accident, misuse, abuse, commercial use or unauthorized adjustment and repair of product. Please direct all returns to the place of original purchase and retain your original receipt, as you may be asked to provide a copy fix proof of purchase. To find the customer service menu, please contact us: support@femometer.com

48mm











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15. SYMBOL KEY

 Type BF	 Serial number	 CE conformity marking	 Recyclables
 Refer to instruction manual/booklet	 Manufacturer	 Batch Code	 Direct Current
 Storage and Transportation Temperature Limit: -4°F/-13°F (-20°C-55°C)		 Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.	

Question?
E-mail: support@femometer.com

16. PURCHASING RECORD

Model Prchased/Gekauftes Model: FM-VC-201

Name: _____

Serial Number/Seriennummer: _____

Phone Number/Telefonnummer: _____

Data of Purchase/Datum des Kaufs: _____ No. 2021.3 –bongmi–Vinca II–00

E-Mail Address/E-Mail Adresse: _____ Versionsnummer: _____

Electromagnetic Compatibility Information

The device satisfies the EMC requirements of the international standard IEC 60601-1-2. The requirements are satisfied under the conditions described in the table below. The device is an electrical medical product and is subject to special precautionary measures with regard to EMC which must be published in the instructions for use. Portable and mobile HF communications equipment can affect the device. Use of the unit in conjunction with non-approved accessories can affect the device negatively and alter the electromagnetic compatibility. The device should not be used directly adjacent to or between other electrical equipment.

1 A

Table 1


Guidance and manufacturer’s declaration – electromagnetic emission		
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The device uses 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 emissions CISPR 11	Class B	The device 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.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations / flicker emissions IEC 61000-3-3	Not applicable	

Table 2

Guidance and manufacturer’s declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device 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	± 8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	± 8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrostatic transient / burst IEC 61000-4-4	± 2 kV for power supply lines 100 kHz repetition frequency ± 1 kV for input/output lines	N/A	N/A
Surge IEC 61000-4-5	± 0.5 kV, ± 1 kV differential mode line-line	N/A	N/A
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0 % UT (100 % dip in UT) for 0.5 cycle at 0°, 45°, 90°, 135°, 180°, 225°, 270°, and 315° 0 % UT (100 % dip in UT) for 1 cycle at 0° 70 % UT (30 % dip in UT) for 25/30 cycles at 0° 0 % UT (100 % dip in UT) for 250/300 cycle at 0°	N/A	N/A
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m, 50/60Hz	30 A/m, 50/60Hz	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.

Table 3

Guidance and manufacturer’s declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device 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 6 Vrms 150 kHz to 80 MHz outside ISM bandsa	N/A	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = \left[\frac{3.5}{V_1} \right] \sqrt{P}$ $d = \left[\frac{3.5}{E_1} \right] \sqrt{P}$ 80MHz to 800MHz $d = \left[\frac{7}{E_1} \right] \sqrt{P}$ 800MHz to 2.7GHz 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	10 V/m 80 MHz to 2.7 GHz	10 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 The ISM (industrial, scientific and medical) bands between 0.15 MHz and 80 MHz are 6,765 MHz to 6,795 MHz; 13,553 MHz to 13,567 MHz; 26,957 MHz to 27,283 MHz; and 40,66 MHz to 40,70 MHz. The amateur radio bands between 0.15 MHz and 80 MHz are 1,8 MHz to 2.0 MHz, 3,5 MHz to 4,0 MHz, 5,3 MHz to 5,4 MHz, 7 MHz to 7,3 MHz, 10,1 MHz to 10,15 MHz, 14 MHz to 14,2 MHz, 18,07 MHz to 18,17 MHz, 21,0 MHz to 21,4 MHz, 24,89 MHz to 24,99 MHz, 28,0 MHz to 29,7 MHz and 50,0 MHz to 54,0 MHz.

b The compliance levels in the ISM frequency bands between 150 kHz and 80 MHz and in the frequency range 80 MHz to 2,7 GHz are intended to decrease the likelihood that mobile/portable communications equipment could cause interference if it is inadvertently brought into patient areas. For this reason, an additional factor of 10/3 has been incorporated into the formulae used in calculating the recommended separation distance for transmitters in these frequency ranges.

c 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 device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.

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

Table 4


Recommended separation distances between portable and mobile RF communications equipment and the device			
The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.			
Rated maximum output of transmitter W	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz $d = \left[\frac{3.5}{V_1} \right] \sqrt{P}$	80 MHz to 800 MHz $d = \left[\frac{3.5}{E_1} \right] \sqrt{P}$	800 MHz to 2.7 GHz $d = \left[\frac{7}{E_1} \right] \sqrt{P}$
0.01	0.12	0.04	0.07
0.1	0.37	0.12	0.23
1	1.17	0.35	0.7
10	3.7	1.11	2.22
100	11.7	3.5	7.0

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.


Table 5

Recommended separation distances between RF wireless communications equipment					
The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between RF wireless communications equipment and the device as recommended below, according to the maximum output power of the communications equipment.					
Frequency MHz	Maximum Power W	Distance	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment - Guidance
385	1.8	0.3	27	27	RF wireless communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $E = \frac{6}{d} \sqrt{P}$ 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 meters (m). Field strengths from fixed RF transmitter, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol: 
450	2	0.3	28	28	
710	0.2	0.3	9	9	
745					
780					
810					
870	2	0.3	28	28	
930					
1720					
1845	2	0.3	28	28	
1970					
2450	2	0.3	28	28	
5240	0.2	0.3	9	9	
5500					
5785					

Note 1: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

WARNINGS!

- This device should not be used in the vicinity or on the top of other electronic equipment such as cell phone, transceiver or radio control products. If you have to do so, the device should be observed to verify normal operation.
- The use of accessories and power cord other than those specified, with the exception of cables sold by the manufacturer of the equipment or system as replacement parts for internal components, may result in increased emissions or decreased immunity of the equipment or system.

 Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.

Made in China

EC REP

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