

WARNING: THIS THERMOMETER IS NOT TO BE USED AS A CONTRACEPTIVE. Consult with and follow your physicians' instructions, as we make no claims as to the reliability of the results since there are a variety of factors that may influence the readings in each individual case.

WHAT IS BASAL BODY TEMPERATURE?

Basal temperature is the lowest normal body temperature of a person immediately upon awakening in the morning. Specifically, it is the body temperature that is measured AFTER a MINIMUM of 3 hours of sleep, but BEFORE you get out of bed, move, talk, drink, eat, etc. To achieve the optimum basal temperature reading, it should be taken while still lethargic and taken at the same time every morning upon first waking.

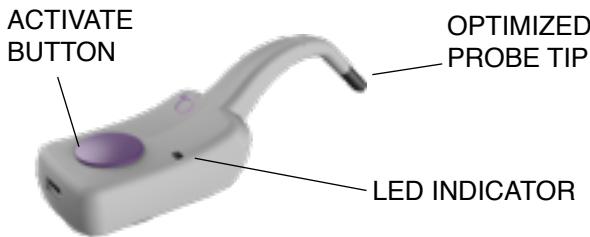
Charting basal body temperature will indicate a pattern of temperature fluctuation in the monthly cycle, which helps to improve timing of intercourse for pregnancy achievement. A cycle's biphasic curve indicates and confirms ovulation, and with constant measuring the fertile window will become apparent after a couple of cycles.

A women's pre-ovulatory waking temperatures typically range from about 97.0°F to 97.7°F (36.11°C to 36.5°C), with post-ovulatory temperatures rising to about 97.8°F (36.56°C) and higher. After ovulation, they will usually stay elevated until her next period, about 12 to 16 days later. If she were to become pregnant, temperatures would remain high throughout her pregnancy.

NOTE:

1. It is important to carefully record basal temperature upon first awakening.
2. Normal temperature varies according to the location of the temperature reading. ORAL measurement is recommended.
3. ONLY YOUR DOCTOR SHOULD INTERPRET YOUR MONTHLY CHARTS.

FEATURES OF YOUR THERMOMETER



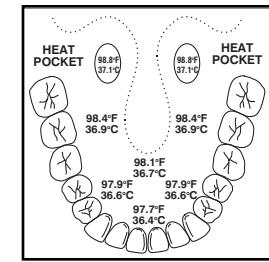
CARING FOR YOUR DIGITAL BASAL THERMOMETER

1. The thermometer should only be used under the supervision of an adult.
2. Do not bend, drop or attempt to disassemble the basal thermometer.
3. Do not run, walk or talk during temperature taking.
4. Simply place the sensor tip under the tongue while taking your oral temperature.
5. Before and after each use, clean the thermometer and store in the case provided with the unit.
6. Do not store the unit where it will be exposed to direct sunlight, dust or humidity. Avoid extreme temperatures.
7. Prevent water, cleaning solution or saliva from entering the USB port.
8. CLEANING INSTRUCTIONS: If the thermometer becomes contaminated, clean it with a soft cloth and USE ONLY ISOPROPYL ALCOHOL TO DISINFECT THE TIP.

NOTE: Performance of the device may be degraded if: operated outside of stated temperature and humidity range; stored outside of stated temperature and humidity range; thermometer undergoes mechanical shock (drop); patient temperature is below ambient temperature.

HOW TO TAKE YOUR ORAL BASAL BODY TEMPERATURE?

1. Place the temperature probe as close to the HEAT POCKET (indicated in the diagram below) and quickly press and release the button to initiate a temperature measurement which will be indicated by a single beep and green flashing of the LED.
2. Once a temperature measurement is taken the thermometer will beep 3 times and will begin syncing of the taken temperature recording to your iOS device indicated by yellow blinking of the LED. If a connection is established the LED will turn yellow and then off indicating a successful transmission.
3. If your iOS device is not within range the thermometer will store your temperatures until you sync with your iOS device.



SYNCING WITH YOUR iOS DEVICE

1. Press the button for 3 seconds or until the thermometer beeps three times and the LED begins blinking yellow.
2. When a connection with your iOS device is established the LED will turn yellow and commence syncing. After syncing is finished or the connection times out the thermometer will go back to a sleeping state.

CHARGING

1. To charge connect the USB cable provided to a USB port. While charging the LED will flash yellow. When the battery is fully charged the LED will turn to a solid green.

SPECIFICATIONS

TEMP. MEASUREMENT RANGE:	32.0°C TO 59.0°C (89.6°F TO 138.0°F).
RESOLUTION:	4 DIGITS, 1/10 OF A DEGREE INCREMENTS (0.1°F / 0.01°C). DISPLAYED ON YOUR IOS DEVICE.
ACCURACY:	±0.04°C/0.07°F BETWEEN 32°C AND 42°C (89°F AND 108°F)
TEMPERATURE SENSOR:	THERMISTOR
MEASUREMENT TIME:	MEASUREMENT IS COMPLETE WHEN TEMPERATURE IS STABLE FOR 5 SECONDS. TOTAL MEASUREMENT TIME IS APPROXIMATELY 25 SECONDS AND WILL NOT EXCEED 90 SECONDS.
BATTERY:	RECHARGEABLE BATTERY MANGANESE-LITHIUM CELL
CHARGE LIFE:	APPROXIMATELY 8 DAYS
OPERATING TEMPERATURE: HUMIDITY:	10°C to 40°C (50°F to 104°F) and 30% to 80% RH
STORAGE TEMPERATURE: HUMIDITY:	-4.0°F AND 140.0°F (-20.0°C AND 60.0°C) 15% TO 95% RH
DIMENSIONS:	3 3/4" X 1 1/16" X 1 2/16" (9.5cm X 2.94cm X 2.85cm)
WEIGHT:	0.70 OUNCES (20 GRAMS)

FCC Statement:

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 to an outlet on a circuit different from that to which the receiver is connected.

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.

Note: Modifications to this product will void the user's authority to operate this equipment.