Kinsa QuickCare Thermometer™

INSTRUCTIONS FOR USE
Catalogue# 500-00011-000

KINSA
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For patents:
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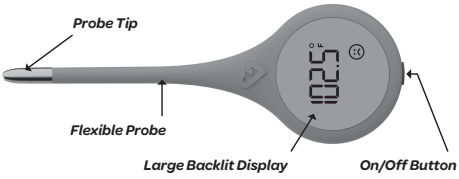
L-00001 Rev. AB

READ AND SAVE THESE INSTRUCTIONS

Thank you for purchasing the Kinsa QuickCare Thermometer™, a professionally accurate instrument for fast and easy temperature taking. Please read these instructions carefully to ensure accurate temperatures and safe operation. If you have any questions or comments about the Kinsa QuickCare Thermometer, contact Customer Happiness at **kinsahealth.com/contactus**.



PACKAGE CONTENTS

- Smart Thermometer
- Quick Start Guide
- Instructions for Use
- Travel Pouch

The Kinsa QuickCare Thermometer is intended to be used with Apple and Android mobile phones. Please see **kinsahealth.com/phones** for the full list of supported devices.

INDICATIONS FOR USE

The Kinsa QuickCare Thermometer is used for the intermittent measurement and monitoring of human body temperature, orally, rectally and under the arm. The device is for the adult and pediatric population.

WARNINGS:

- Never use the thermometer for purposes other than those it has been intended for.
- Do not allow children to walk or run while taking a temperature.
- High, prolonged fever requires medical attention. Be sure to contact your physician.
- WARNING Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to QuickCare. Otherwise, degradation of the performance of this equipment could result.
- WARNING: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.
- Power line magnetic fields (in excess of 3A/m) should be kept at a distance to reduce the likelihood of interference. Warning keep DEVICE away from sources of high levels of power line magnetic fields (in excess of 30 A/m) to reduce the likelihood of interference.

PRECAUTIONS

- This thermometer uses Bluetooth Low Energy 4.1 to communicate with Apple and Android mobile devices. Please see **kinsahealth.com/phones** for the full list of supported devices.
- Clean the probe before and after use.
- Thermometer is water resistant, not waterproof. Never dip the thermometer into water or other liquids. Do not boil the probe. For cleaning and disinfecting, please see Cleaning and Storage.
- Keep out of reach of unattended children.
- Do not bend or bite the probe as this may damage the probe.
- Do not use thermometer if there are signs of damage. If damaged, do not attempt a repair. Please contact Customer Happiness at **kinsahealth.com/contactus**.
- Do not store the unit in direct sunlight or at high temperatures.
- Avoid exercise and drinking hot or cold beverages before taking a temperature as these activities may affect accuracy of the reading.
- If the thermometer has been stored in cold conditions, allow it to warm to room temperature before attempting a measurement.
- Underarm measurement may take longer than oral or rectal measurements.
- When using thermometer for rectal measurement, do not insert probe past the metal tip.
- Kinsa recommends using a password on your smartphone to protect your information.

FEATURES

- Fast 8 second reading time *Results will vary by individual and method used. Under ideal conditions, measurements occur in 8 seconds.*
- Meets ASTM & ISO standards for professional accuracy.
- Smartphone-connected thermometer with easy-to-read display, and additional Smart functionality available through Kinsa app.
- Use orally, rectally, or under the arm, and conveniently displays in °F or °C.
- Flexible design for comfort, and water resistant for safe cleaning.

TEMPERATURE READINGS

Although there is no one "normal" temperature reading, a temperature taken orally, ranging between 97.0°F and 99.9°F (36.1°C and 37.7°C), is considered normal. A rectal temperature is generally about 1° higher and an underarm temperature will be about 1° lower. A person's body temperature will usually be several tenths to one full degree lower in the morning than it is in the late afternoon. Therefore, if your temperature is 97.9°F (36.6°C) in the morning, it could be 98.4°F (36.9°C) or more in the late afternoon and still be normal. The best method to determine your own normal temperature is to use the thermometer when you are feeling well. Record your temperature twice a day (early morning and late afternoon). Take the average of the two temperatures. This is considered your normal body temperature. Any variation from it may indicate some sort of illness and you should consult your physician. This device is calibrated at the time of manufacturing. No recalibration is required. Contact Customer Happiness for any accuracy issues.

BEFORE USE

The Kinsa QuickCare Thermometer is intended for the intermittent measurement and monitoring of human body temperature orally, rectally, and under the arm. Whichever method is used, it is recommended to avoid eating or drinking any liquids, exercising, taking showers or baths, or smoking for 10 minutes prior to use, as these can cause mild variations in temperature. Disinfect the probe with isopropyl (rubbing) alcohol before use. See Cleaning and Storage section below.

PROBE COVERS

Probe covers can be purchased at most drug stores or pharmacy departments. Place a cover on the probe tip each time the thermometer is used to help prevent the spread of germs.

OPERATING YOUR KINSA QUICKCARE THERMOMETER

You can use your Kinsa QuickCare thermometer on yourself or others by itself, or paired to the Kinsa app.

TO SET UP YOUR THERMOMETER FOR FIRST TIME USE

1. Enable Bluetooth on your mobile device.
2. Download the Kinsa app from the App Store or Google Play. The app can also be downloaded by going directly to **kinsahealth.com/download**. Please see kinsahealth.com/phones for the full list of supported devices.
3. Launch the Kinsa app. (The app will be on your Home screen or in your Apps folder depending on type of mobile device.)
4. Turn the thermometer on and follow the in-app prompts to connect.
5. Your thermometer is now successfully connected to your mobile device. For future temperature readings, open the Kinsa app to automatically sync readings to your mobile device and assign to individual family members, add notes or symptoms/medications, and see guidance.

HAVING PROBLEMS?

Your thermometer will display APP until it is connected with the Kinsa app. If your thermometer won't connect to the app, you can activate it on its own by pressing the ON/OFF button once to turn the thermometer on and then pressing the ON/OFF button 2 more times in rapid succession. *Note: viewing temperature history or receiving guidance will not be possible until the thermometer has been connected to the app. For additional support, contact Customer Happiness at* ***kinsahealth.com/contactus***.

TO SET UP YOUR THERMOMETER WITH A NEW MOBILE DEVICE

1. If you have the original phone, open Kinsa, go to "More," select the thermometer to remove and choose "Forget Thermometer."
2. On the additional mobile device, repeat Steps 3 through 5 above.
3. Your thermometer is now successfully connected to an additional mobile device.

TAKING A TEMPERATURE

1. Tap the ON/OFF button to turn on the thermometer. You will hear a beep when the thermometer is ready to take a temperature. The thermometer will be ready for temperature taking when the screen shows three dashes.
2. Place the thermometer according to your desired reading location (under the base of the tongue, under the base of the armpit, or with only the silver tip placed in the rectum).
3. A beep will indicate when the temperature measurement is successfully completed. Temperature readings typically take 8 seconds.
4. The temperature reading will be shown on the illuminated display. A smiling face icon indicates that the temperature is normal while a neutral or frowning face indicates a mild or high fever, respectively.
5. The thermometer will automatically turn off after 30 seconds of inactivity. The display will briefly flash OFF and it will go blank. You can also press and hold the ON/OFF button for 2 seconds to power off.

UNDERSTANDING YOUR THERMOMETER DISPLAY

DISPLAY		SITUATION / SOLUTION
UPd	UPd	Firmware update in progress.
APP	APP	1. On initial setup, pair the app with thermometer 2. Battery is critically low 3. Fever guidance available in app 4. Queued readings; sync to app ASAP
Err	Err	Problem detected, check the app for details.
Happy Face [No Fever]:	☺	≥ 96.9°F (36.1°C) and < 100°F (37.8°C)
Neutral Face [Mild/Moderate Fever]:	😐	≥ 100°F (37.8°C) and < 102.6°F (39.2°C)
Sad Face [High Fever]:	☹	≥ 102.6°F (39.2°C)

RELIABLE METHODS TO MEASURE TEMPERATURE

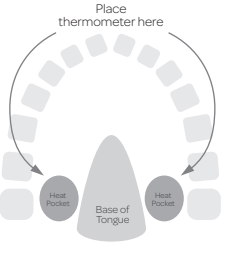
Body temperature is one of the most important indicators of illness and so it is important that temperatures be taken accurately. Please follow these instructions for use closely.

Oral Use: Place the probe tip well under the tongue in a heat pocket. See Figure 1 for correct placement. Keep mouth closed while the temperature reading is being taken. A normal oral temperature is considered 97.0°F - 99.9°F (36.1°C - 37.7°C). A probe cover is suggested for oral use to prevent the spread of germs. Discard the probe cover after taking a temperature.

Rectal Use: If rectal temperature readings are recommended by your doctor, you may use a probe cover. Insert the temperature probe into a probe cover. Insert the probe tip no more than ½ inch into rectum. STOP if you meet any resistance. The sensing unit is on the very tip of the probe and there is no reason to insert the tip deep into the rectum. Do NOT insert the probe past the metal tip. In general, a normal rectal temperature is considered 97.5°F - 100.3°F (36.4°C - 37.9°C).

Underarm Use: Wipe armpit with a dry towel. Place probe in armpit and keep arm pressed firmly against the body. In general, a normal underarm temperature is considered 96.5°F - 98.9°F (35.8°C - 37.2°C).

FIGURE 1



Placement for oral readings

CLEANING & STORING

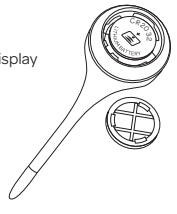
Clean the probe before and after use with a damp, soapy cloth or by disinfecting with rubbing alcohol (70% isopropyl alcohol). Wipe dry with soft cloth. DO NOT BOIL OR CLEAN IN DISHWASHER. This will cause the thermometer to no longer function and will void the warranty. Do not wash the unit with any thinner or chemical solvent.

Do not store the device in direct sunlight or at high temperatures. If the thermometer has been stored in cold conditions, allow it to warm to room temperature before attempting a measurement. Performance of the device may be degraded if device is operated or stored outside of the stated temperature ranges.

REPLACING THE BATTERY

The QuickCare thermometer is powered by a single CR2032 coin cell. When the battery is low, the screen will display "APP" and the Kinsa app on your phone will confirm a low battery. To replace the battery:

- Insert a coin into the groove on the battery cover to turn and open it.
- Remove the old battery and replace with a new one. Make sure the the battery is in the correct polarity direction (positive side faces user).
- Close the battery cover.



Battery Life: More than 600 measurements or approximately 2 years if used every day.

CHANGING FROM FAHRENHEIT TO CELSIUS & VICE-VERSA

To change the reading units on your thermometer, press the ON/OFF button once to turn the thermometer on and then press the ON/OFF button 2 more times in rapid succession. To change the units used in the app, click on the "Menu" icon and select "Settings" icon. An icon will be displayed to indicate which mode the thermometer is in. Touch the icon to switch modes.

FEATURE	DESCRIPTION
Resolution	0.1°F (0.1°C)
Accuracy in Water Bath	± 0.2°F (0.1°C), 89.6°F - 109.2°F (32°C - 42.8°C)
Measurement Time	Regular mode: < 8 seconds
Memory Function	Full temperature history available on mobile device
Out-of-Range Indication	Temperature Range: 89.6°F-109.2°F (32°C - 42.8°C). Thermometer will display 'H' (High) if the temperature is above the operating range
Operating Ambient Temperature	59°F - 95°F (15°C - 35°C) 15% to 85% R.H. non-condensing
Storage Temperature	-13°F to +95°F (-25°C to +35°C) at R.H. up to 90% non-condensing and 95°F to 158°F (35°C to 70°C) at a water vapor pressure up to 50 hPa
Guarantee of Quality	Complies with ISO 80601-2-56, IEC 60601-1, EC 60601-1-2, IEC 60601-1-11
Compatibility	For use with Apple and Android devices. Please visit **kinsahealth.com/phones** for the full list of supported devices.
Service Life	5 years

EXPLANATION OF SYMBOLS

- Consult instructions for use
- Storage temperature limitation
- Manufacturer
- LOT Batch code
- REF Catalogue number
- Humidity limitation
- NON-STERILE Non-sterile
- Caution
- Do not use if product is broken damaged, or open
- Type BF applied part
- IP54 Dust and water rating

The equipment is suitable for use in domestic establishments and is tested to CISPR emissions Class B Group 1 as well a home healthcare immunity criteria found in IEC 60601-1-2 Table 4, 6, and Table 9. During the IEC 60601-1-2 immunity tests performed the thermometer will accurately measure temperature or display an error. QuickCare utilizes Bluetooth Low Energy (BLE), which uses the 2.4 GHz ISM band. BLE operates between 2.402 and 2.480 GHz. QuickCare transmits less than -2 dBm effective radiated power.To protect the environment, dispose of empty batteries at appropriate collection sites according to national or local regulations. Keep out of reach of young children, elderly and pets. FCC WARNING: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTICE: This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: this device may not cause harmful interference, and this device must accept any interference received, including interference that may cause undesired operation.

FCC ID: 2AFEOQC1