

360mm 157g铜版纸

OWNER'S MANUAL

1. INDICATIONS FOR USE

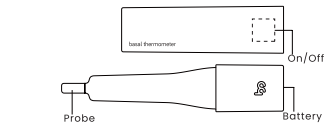
The digital basal thermometer is intended for measuring, and recording basal body temperature (BBT) as an aid in ovulation prediction to aid in conception (not to be used for contraception). If used as a fertility aid, it is recommended for women aged 18-40. The digital thermometers are intended to measure the human body temperature in regular mode orally, under the arm. And the devices are reusable for clinical or home use on people of all ages, including children under 8 years old with adult supervision.

2. PLEASE READ CAREFULLY BEFORE USING

This digital thermometer provides a quick and highly accurate reading of an individual's body temperature. To better understand its functions and to provide years of dependable results, please read all instructions first. This appliance conforms to the following standards: ASTM E1112 Standard Specification for Electronic Thermometer for Intermittent Determination of Patient Temperature, ISO 80601-2-56 Medical electrical equipment -Part 2-56:Particular requirements for basic safety and essential performance of clinical thermometers for body temperature measurement, IEC 60601-1-1 Medical electrical equipment -Part 1-1: General requirements for basic safety and essential performance -Collateral Standard: Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment and complies with the requirements of IEC 60601-1-2(EMC), AAMI/ANSI ES60601-1(Safety) standards. And the manufacturer is ISO 13485 certified.

CONTENTS

1 Thermometer, 1 Owner's Manual, 1 Quick Guide, 1 Battery, 1 Stainless steel tool



C/F SWITCHABLE

When thermometer connected to mobile phone successfully, then switch the unit (C/F) in the app.

3. HOW TO USE

1 Download App

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



2 Pair Thermometer 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: Place the CR1632 battery into the battery tray.



Step3: Close the tray from the base of the thermometer.



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.

4. 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.

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. TECHNICAL SPECIFICATIONS

Product name Basal Thermometer	Measurement 32°C-42°C (89.6°F-107.6°F) Accuracy ±0.05°C (±0.09°F) 35°C-38°C (95.0°F-100.4°F) ±0.1°C (±0.18°F) 32°C-35°C & 38°C-42°C (89.6°F-95°F) & (100.4°F-107.6°F)	Receiver Apple devices: iPhone 5 or above with version at least iOS 8.0, iPhone 4/4s excluded. Android devices: 4.3 or above and supports Bluetooth 4.0/4.1
Model FM-VC-101	Storage conditions Temperature:-20°C-55°C (-40°F-131°F) Luftfeuchtigkeit:<93% Atmosphärendruck: 70Kpa-106Kpa	Battery CR1632
Size 108.7mm*22.2mm*16.2mm	Battery endurance 3-6 months	Operating conditions Temperature: 5°C-40°C (41°F-104°F) Luftfeuchtigkeit:<85% Atmosphärendruck: 70Kpa-106Kpa
Weight 17g(without battery)		
Ingress protection rating IP 22		
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. The thermometer has actual measurement and prediction functions

9. 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 visit our company website at www.bongmi.com

10. SYMBOL KEY

Device Type is BF	Serial number	CE conformity marking	Recyclables
Read user manual before use	Manufacturer	Batch Code	Direct Current
IP22 Protected from touch by fingers and objects greater than 12 millimeters. Protected from water spray less than 15 degrees from vertical.			

11. 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 use thermometer in ear. Designed use is for oral and armpit (axilla) readings only.
- *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 measurements when the thermometer is wet as inaccurate readings may result.
- *Do not bite the thermometer. Doing so may lead to breakage and/or injury.
- *Do not attempt to disassemble or repair the thermometer. Doing so may result in inaccurate readings.
- *After each use, disinfect the thermometer especially in case the device is used by more than one person.
- *Do not force the thermometer into the rectum. Stop insertion and abort the measurement when pain is present. Failure to do so may lead to injury.
- *Do not use thermometer orally after being used rectally.
- *For children who are two years old or younger, please do not use the devices orally.
- *If the unit has been stored at temperatures over 5°C ~ 40°C (41°F ~ 104°F), leave it in 5°C ~ 40°C (41°F ~ 104°F) ambient temperature for about 15 minutes before using it.
- *There is no any toxicity and action on tissues and materials with which the patient or any other person can come into contact

12. PRECAUTION

- *The performance of the device may be degraded should one or more of the following occur:
 - Operation outside the manufacturer's stated operating temperature and humidity range.
 - Storage outside the manufacturer's stated operating temperature and humidity range.
 - Mechanical shock (for example, drop test) or degraded sensor.
 - Patient temperature is below ambient temperature.
 - Do not use the devices in the MR environment.
- * Portable and mobile RF communications may affect the device. The device needs special pre-cautions regarding EMC according to the EMC information provided in the accompany documents.

13. 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 of thermometer. Please send the complete device to the dealers or manufacturer. 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 ordinances where the device is used.

14. FCC INFORMATION

Caution: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user 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. *NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment. Such modifications or changes could void the user's authority to operate the equipment. *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. 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 and correct the interference by one or more of the following measures: - Reorient or relocate the receiving antenna. - Increase the distance between the equipment and the receiver. - Connect the equipment to 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. Federal Communication Commission (FCC) Radiation Exposure Statement. Power is so low that no RF exposure calculation is needed.

15. LIMITED WARRANTY

The thermometer is guaranteed for one year from the date of purchase. If the thermometer does not function properly due to defective components or poor workmanship, we will repair or replace it free of charge. All components are covered by this warranty excluding the battery. The warranty does not cover damages to your thermometer due to improper handling. To obtain warranty service, an original or copy of the sales receipt from the original retailer is required.

240mm



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



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Made in China

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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.

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. 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.
RF emissions CISPR 11	Class B	
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 25/50 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 bands	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 $d = \left[\frac{3.5}{V_i} \right] \sqrt{P}$ $d = \left[\frac{3.5}{E_i} \right] \sqrt{P} \quad 80\text{ MHz to }800\text{ MHz}$ $d = \left[\frac{7}{E_i} \right] \sqrt{P} \quad 800\text{ MHz to }2.7\text{ GHz}$ 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.	

Table 4

Rated maximum output of transmitter	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz $d = \left[\frac{3.5}{V_i} \right] \sqrt{P}$	80 MHz to 800 MHz $d = \left[\frac{3.5}{E_i} \right] \sqrt{P}$	800 MHz to 2.7 GHz $d = \left[\frac{7}{E_i} \right] \sqrt{P}$
W			
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	2	0.3	28	28	
870					
930					
1720	2	0.3	28	28	
1845					
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.

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.