beurer

Woman's Life

OT 30

EN Basal thermometer

Instructions for use 2

CE 0197

ENGLISH

Read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

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1. INCLUDED IN DELIVERY

Check that the exterior of the cardboard delivery packaging is intact and make sure that all contents are present. Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Service address.

- 1 x basal thermometer
- 1 x protective cap
- 1 x 3 V button cell battery CR 2032
- 1 x set of these instructions for use

2. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

⚠ WARNING

Indicates a potentially impending danger. If it is not avoided, there is a risk of death or serious injury.

⚠ CAUTION

Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may result.

NOTICE

Indicates a potentially harmful situation. If it is not avoided, the system or something in its vicinity may be damaged.

	Product information Note on important information
	Observe the instructions Read the instructions before starting work and/or operating devices or machines
	Type BF applied part
	The electronic device must not be disposed of with household waste

	Batteries must not be disposed of with household waste
	Manufacturer
EU REP	Authorized representative in the European Community
CH REP	Swiss authorised representative
IP64	Dust-proof and protected against splashes from all directions
SN	Serial number
	Temperature limit
	Humidity limitation
	Atmospheric pressure limitation
⎓	Direct current

	Coin battery
	CE labelling This product satisfies the requirements of the applicable European and national directives.
B A	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard
RECYCLE	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	Importer
	Distributor

3. INTENDED USE

3.1 Ovulation thermometer

The basal thermometer is a special digital thermometer designed to measure the basal temperature in women of childbearing age.

3.2 Ovy app

The predictions in the Ovy App are based on an algorithm that compares the current medical knowledge on the symptothermal method, temperature method and calendar method with the individual entries and information regarding the woman and provides a result. The Ovy App therefore helps women to track and understand their cycle in order to naturally prevent or plan a pregnancy

Please read the instructions for use for the Ovy App carefully. You can find them in the Ovy App in the settings and on the Ovy website.

4. IMPORTANT SAFETY NOTES

To make optimum use of all the benefits of the thermometer, read the instructions for use carefully before initial use, retain them for future use and make them available to other users.

- The thermometer is intended for the measurement of human body temperature only.
- The thermometer is only designed for the measuring area on the human body stated in the instructions for use.
- Do not leave children unattended with the device.
- This thermometer is not a contraceptive. Only the Ovy App is a contraceptive app. The thermometer cannot be used for contraception without the Ovy App.
- This thermometer is not a contraceptive.
- Check the thermometer for signs of damage or wear before each use. If the thermometer is damaged or worn, it must no longer be used.
- The minimum duration of measurement until the acoustic signal must always be observed. Discuss the measured values with your doctor.
- The thermometer contains delicate electronic components. It should therefore be protected against impacts, bending, high temperatures and direct sunlight.
- This thermometer features a flexible measuring tip and therefore provides more comfort and safety during measurement. Do not bend the tip more than 90°.
- Operation in the vicinity of strong electromagnetic fields, for example next to a mobile phone, may cause malfunctions.
- The thermometer conducts a self-test when you switch it on. There is no need to check the measurement accuracy.

- Influencing factors such as alcohol consumption and unusual body signals such as fever, disrupted sleep, your mood or out-of-the-ordinary physical activity may also distort your basal temperature and make it unusable for evaluation.
- If you obtain unusual temperature results, please contact your doctor straight away.
- The device conforms with the respective national regulations and European standard EN 60601-1-2 (Group 1, Class B, in accordance with CISPR 11,IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-8, IEC 61000-4-39) and is subject to particular precautions with regard to electromagnetic compatibility. The device is suitable for use in all environments listed in these instructions for use, including domestic environments. Please note that portable and mobile HF communication systems may interfere with this device.

NOTES ON HANDLING BATTERIES

⚠ WARNING

- **Risk of explosion! Risk of fire!** Failure to comply with the following points can result in personal injury or cause overheating, leakage, venting, breakage, explosion, or fire on the battery.
- This device contains non-rechargeable batteries which must not be charged.
- Do not throw batteries into a fire.

- Never charge, forcibly discharge, heat, disassemble, open, crush, deform, encapsulate, or modify batteries.
- Never short-circuit batteries or battery compartment contacts.
- Protect the batteries from direct sunlight, rain, heat, and water.
- Exposure of batteries to an environment with extremely high temperatures or an extremely low air pressure may result in explosion or leakage of flammable liquids and gases.
- Dispose of defective and discharged batteries immediately and properly (see chapter on disposal).
- Do not use modified or damaged batteries.
- Always select the correct battery type.
- Always insert the batteries correctly, taking into account the polarity (+ / -).
- Never mix batteries of different manufacturers, capacities (new and used), size, or type within a device.
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth.
- If fluid from a battery comes into contact with your skin or eyes, wash the affected areas with water and seek medical assistance.

- **Choking hazard!** Keep batteries out of the reach of children. Seek medical attention immediately if swallowed. Swallowing them may cause burns, severe internal injuries, and death.
- Never allow children to replace batteries without adult supervision.

⚠ CAUTION

- Store batteries in a well-ventilated, dry, and cool place in a non-conductive container in which the batteries cannot be short-circuited to each other or by other metal objects.
- Keep batteries clean and dry.
- Keep batteries away from water.
- If the device is not going to be used for a long period of time, remove the batteries from the battery compartment.

NOTICE

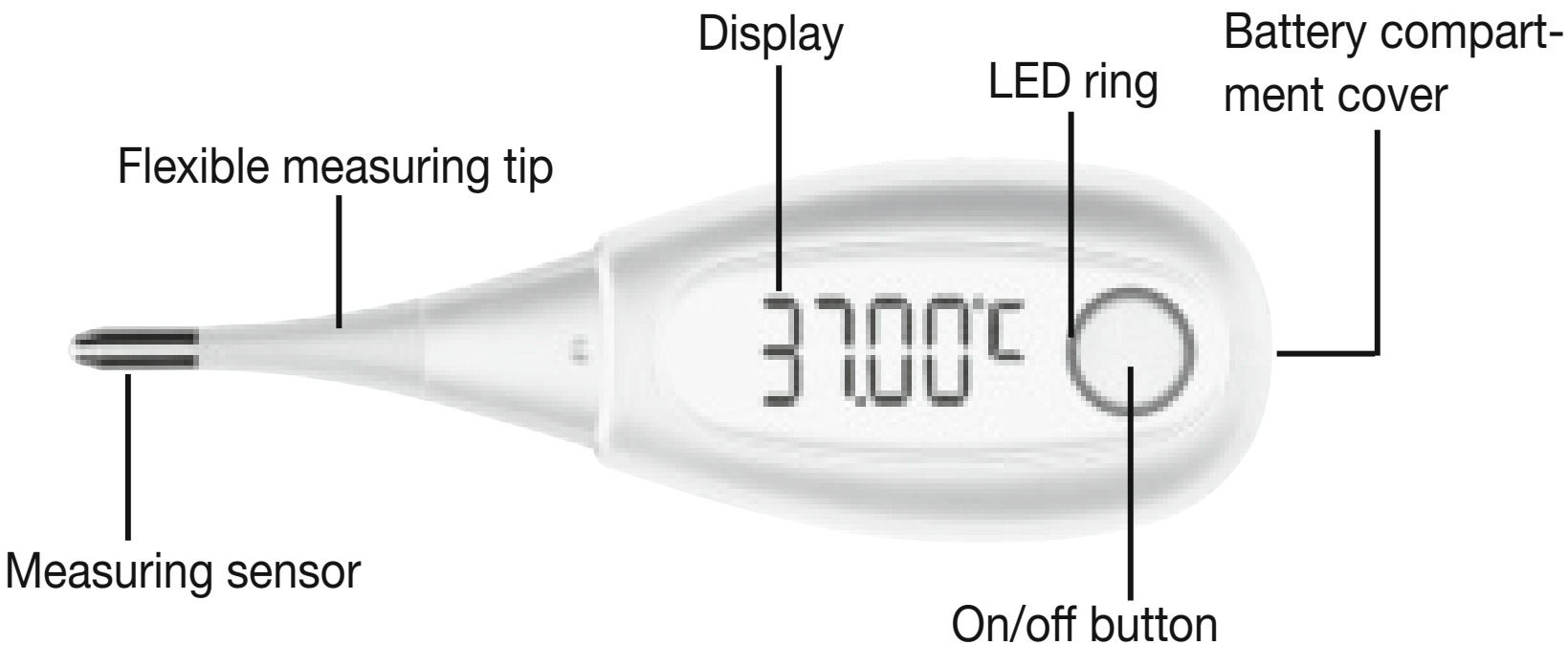
- Do not use rechargeable batteries.

Notes on electromagnetic compatibility

- The device is suitable for use in all environments listed in these instructions for use, including domestic environments.

- The use of the device may be limited in the presence of electromagnetic disturbances. This could result in issues such as error messages or the failure of the display/device.
- Avoid using this device directly next to other devices or stacked on top of other devices, as this could lead to faulty operation. If, however, it is necessary to use the device in the manner stated, this device as well as the other devices must be monitored to ensure they are working properly.
- The use of accessories other than those specified or provided by the manufacturer of this device can lead to an increase in electromagnetic emissions or a decrease in the device's electromagnetic immunity; this can result in faulty operation.
- Failure to comply with the above can impair the performance of the device.

5. THE BASAL THERMOMETER



6. INITIAL USE

Remove the battery isolation strip

A battery is included in delivery with your thermometer. It has already been inserted into the thermometer.

In order to use the thermometer for the first time, you must first remove the battery isolation strip on the battery compartment cover. In order to remove the battery isolation strip, you must first open the battery compartment cover by twisting it anti-clockwise using a coin. Then remove the battery isolation strip. Then close the battery compartment cover by twisting it clockwise using a coin until you feel it click firmly into place. The thermometer is now ready for use.

Connecting the thermometer with a smartphone

The thermometer can be connected with the Ovy app. In this manner, you can document your entire cycle and keep an eye on it using your smartphone.

Before initial use, you have to connect the thermometer with the Ovy app in order to synchronize the time. You can find further information about the Ovy app in the “Ovy app” section.
Please read the instructions for use for the Ovy App carefully. You can find them in the Ovy App in the settings and on the Ovy website.

Before you can transfer your measurements to your smartphone, you first have to connect the thermometer with the smartphone. Proceed as follows:

1. Download the Ovy App on the Apple App Store (iOS) or on Google Play (Android™).
2. Activate *Bluetooth*® on your smartphone.
3. Open the Ovy app on your smartphone.

4. Press the on/off/measure button on the thermometer in order to switch it on.
5. Press the on/off/measure button again in order to access the measurement memory.
6. Follow the instructions in the Ovy app. Once the Ovy app is connected with the thermometer, a six-digit numerical code appears in the display of the thermometer.
7. Enter the six-digit numerical code in the smartphone. The thermometer is now connected with your smartphone.

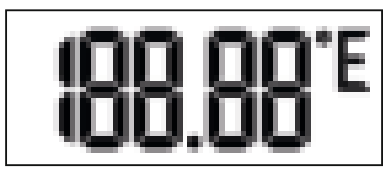
You can only set the temperature unit and thermometer tone via the Ovy app.

7. MEASURING YOUR BASAL TEMPERATURE

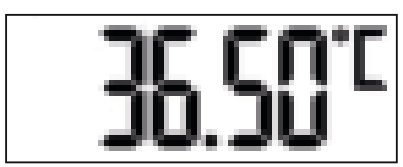
Take your temperature at the same time, as soon as you wake up and before you get out of bed. You should have slept for at least 4 hours before the measurement. If you have slept for less than 4 hours before the measurement, enter the amount of sleep you have had in the Ovy app or activate “Disrupted sleep”. Do not eat anything before the measurement and avoid physical exertion.
You can take oral, rectal or vaginal measurements, but you should always take the measurements in the same place in a cycle. We recommend taking the measurement under your tongue with your mouth closed.

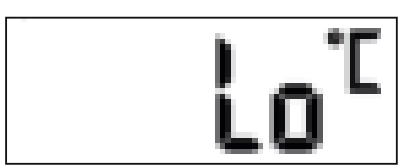
The thermometer should not be changed during the cycle. If you change the thermometer during the cycle, you must also note it as a disruption, just like a change to the place of measurement. For this cycle, a reliable evaluation is then no longer guaranteed.

1. Remove the protective cap from the measuring tip. In order to switch on the thermometer, press the on/off/measure button. A short acoustic signal confirms that the device is switched on. The thermometer first conducts a self-test for approx. 2 seconds. All segments of the display are visible during this time.

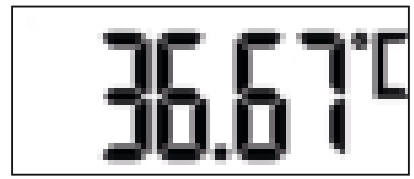


2. The last measurement then appears. Then the measurement symbol “°C” flashes and “Lo” is shown on the display. The thermometer is ready for use.





3. Close your mouth and breathe calmly through your nose so that the air from your breathing does not influence the measurement. During measurement, the display is switched off to save the battery and the LED ring flashes slowly. Measuring ends when a stable temperature is reached. An acoustic signal sounds and the measured temperature value is shown.



4. If *Bluetooth*® is activated on your smartphone and your smartphone is in range, the measurement is transferred to your smartphone immediately after completion of the measurement. During data transfer, the LED ring on the thermometer lights up blue. Once the data transfer has been successfully completed, the LED ring flashes twice.

If you want to transfer the measurements at a later point in time, you have to switch to the thermometer‘s measurement memory.

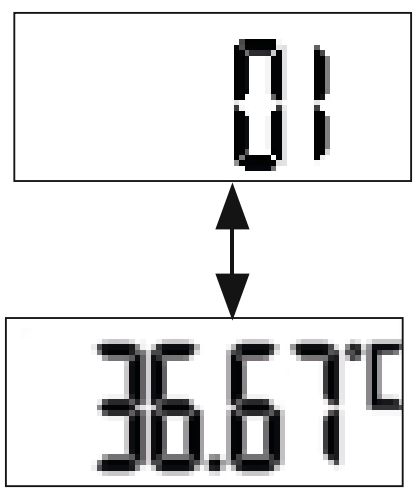
5. The measurement duration is 3 minutes. Once the measurement is completed, the acoustic signal sounds. Please always wait until the end of the measurement before you remove the thermometer from the place of measurement. The last 30 measured values remain saved. The device switches off automatically around 30 seconds after the end of the measurement. You can also switch off the thermometer before this time by pressing the On/Off button for 3 seconds.

Memory

The thermometer has 30 memory spaces for measurements. The memory menu cannot be opened during data transfer.

1. In order to access the memory menu, press the on/off button to switch on the thermometer. After the self-test, briefly press the on/off button again. The thermometer now sends measurements to your smartphone. During data transfer, the LED ring on the thermometer lights up blue. Once the data transfer has been successfully completed, the LED ring flashes twice.

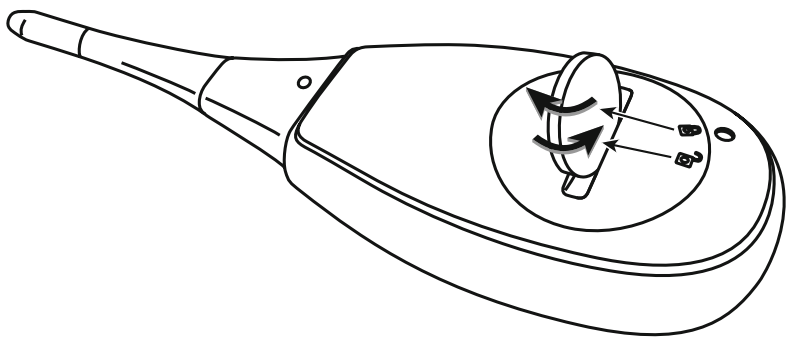
2. The measurement is displayed during data transfer. After data transfer, the memory space number first appears in the display and then the relevant measurement.



3. In order to navigate between the saved measurements, repeatedly press the on/off button briefly. In order to leave the memory menu again and switch off the device, press and hold the On/Off button for three seconds.

8. BATTERY REPLACEMENT

1. Replace the battery when the battery status indicator appears on the display:
2. Open the battery compartment cover by twisting it anti-clockwise with a coin.
3. Remove the battery compartment cover.
4. Remove the flat battery from the battery compartment.
5. Insert a new battery (type 3 V CR 2032) with the + symbol facing upwards.



6. Place the battery compartment cover back onto the battery compartment.
7. Close the battery compartment cover by twisting it clockwise using a coin until you feel it click firmly into place.

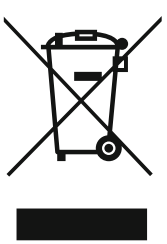
9. CLEANING THE DEVICE

- Clean the basal thermometer with a soft, clean cloth before and after each use.
- In the case of stubborn stains, you can clean the basal thermometer with a cloth dampened with water or a neutral cleaning agent. Then dry the basal thermometer with a soft, dry cloth.

- You can also disinfect the basal thermometer with 75% ethanol or isopropyl alcohol diluted with water. To disinfect, do NOT dip the measurement sensor (tip of the basal thermometer) in alcohol or hot water (≥50 °C/122 °F).
- In order to prevent damage to the basal thermometer, do not use benzene, petrol or other strong thinners and solvents for cleaning.
- Do NOT sterilise the basal thermometer by boiling, with gas or with an autoclave.

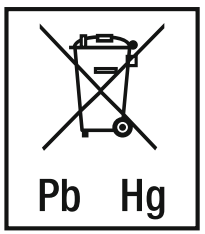
10. STORAGE AND DISPOSAL

Please store the thermometer in the original protective cap when it is not in use.
The accuracy of this thermometer has been carefully checked and it has been developed with a long service life in mind. If the device is used for commercial medical purposes, it must be regularly tested for accuracy by appropriate means. Precise instructions for checking accuracy may be requested from the service address. For environmental reasons, do not dispose of the device in the household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country.
Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.



Empty, completely flat batteries must be disposed of through specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the batteries.

The codes below are printed on batteries containing harmful substances: Pb = Battery contains lead, Cd = Battery contains cadmium, Hg = Battery contains mercury. This battery contains: Pb, Hg.



11. ERROR MESSAGES

Lo °C	The measured temperature is below 32.00°C and is therefore outside the measurement range.
Hi °C	The measured temperature is above 43.99°C and is therefore outside the measurement range.
Err	System error. Switch the device off and wait one minute. Then switch the device on again. If the error message continues to appear, please contact the customer service department.

	The battery is flat. Replace the battery.

12. TECHNICAL DATA

Model	OT 30
Type	DMT-4751
Dimensions	106 x 33 x 19 mm
Weight	approx. 24 g (including battery)
Measurement range	32.00°C - 43.99°C
Measurement accuracy	± 0.05°C between 35.00°C and 38.00°C at an ambient temperature of between 18°C and 28°C, ±0.1°C outside of this measurement and temperature range
Display	OLED display with 5 digits
Storage and transportati-on conditions	Temperature -20°C – +55°C, Rel. humidity 15% – 95% 700 – 1060 hPa ambient pressure

Operating conditions	Temperature 5°C – +40°C, Rel. humidity 15% – 95% 700 – 1060 hPa ambient pressure
Power supply	1 x 3V ⎓ CR2032 battery
Duration of measurement	3 minutes
Expected service life	Information on the product's service life can be found on the website.
Battery life	160 measurements
Data transfer	2402 MHz – 2480 MHz frequency band Max. 2.8 dBM transmission power The thermometer uses *Bluetooth*® low energy technology Compatible with *Bluetooth*® ≥ 4.0 smartphones/tablets
Operating mode	Direct mode
Contraindication	no contraindication

The serial number is located on the device or in the battery compartment.
We hereby confirm that this product complies with the European RED Directive 2014/53/EU. The CE Declaration of Conformity for this product can be found under: https://www.beurer.com/de/mdr-cedeclarationofconformity.php

13. OVY APP

„The Ovy App is available for download in the Apple App Store (iOS) or on Google Play (Android™). The Ovy App supports two objectives: it can help prevent pregnancy or facilitate efforts to conceive in the short term. The Ovy App assists women in achieving pregnancy, pursuing their desire for children, or with hormone-free contraception.
The Ovy App is an independent Class IIb medical device developed by Ovy GmbH.“

System requirements
List of system requirements and compatible devices:

Do you have any questions about the Ovy app?

The Ovy team is on hand to help in such cases and you are welcome to e-mail us at hello@ovyapp.com. The Ovy app also has a contact function in your profile, which you can also use to send us your questions and feedback directly. The Ovy website and the information sections in the app already offer some answers and diverse background information about your cycle.

Website: www.ovyapp.com • Contact: hello@ovyapp.com
Facebook: Ovy • Instagram: @ovyapp • Twitter: @ovyapp

14. WARRANTY AND SERVICE

Further information on the guarantee and guarantee conditions can be found in the guarantee leaflet supplied.

Notification of incidents

For users/patients in the European Union and identical regulation systems, the following applies: If during or through use of the product a major incident occurs, notify the manufacturer and/or their representative of this as well as the respective national authority of the member state in which the user/patient is located.

Subject to errors and changes

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CH REP
MedEnvoy Switzerland, Gotthardstrasse 28, 6302 Zug, Switzerland

UK Importer: Beurer UK Ltd., Suite 16, Stonecross Place, Stonecross Lane North, WA3 2SH Lowton, United Kingdom

JOYTECH Healthcare Co., Ltd., No. 365,
Wuzhou Road, Yuhang Economic Development Zone
Hangzhou City, 311100 Zhejiang, P.R.C.

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