



USER GUIDE

# THERMOMETER





With Omply, measuring your body temperature at home is a simple and reliable way to find out whether your body is in its normal state or fighting something such as an infection. The measurement is safe, and the results are saved automatically to the app, from which you can share them directly with your doctor.

Before measuring, make sure you have been indoors for at least ten minutes. If you have just eaten, drunk, exercised or come out of the shower, wait a moment and let your body temperature settle so that the result is as accurate as possible.

## Connecting the thermometer to your phone

- Start by fitting the funnel-shaped cap supplied with the device onto the tip of the thermometer.
- Several family members can use the thermometer when the single-use cap is replaced between every measurement.
- Turn on the thermometer by pressing the ON button.
- The device beeps once and then gives a double beep when it is ready to measure.



## During and after the examination

- Insert the thermometer firmly into the ear, as deep as is comfortable, and press the measurement button.
- The measurement takes about a second, and a beep signals when it is complete.
- The result is transferred automatically to the Omply app. If you are in contact with your doctor during the measurement, they will see the result immediately in real time.
- Once the measurement is complete, you can turn off the device.

