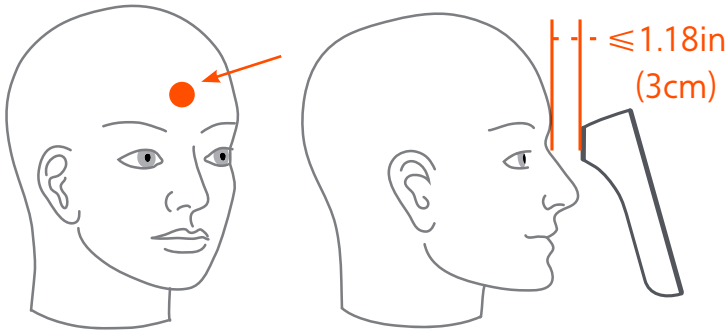



# How to Use the iHealth Infrared No-Touch Forehead Thermometer

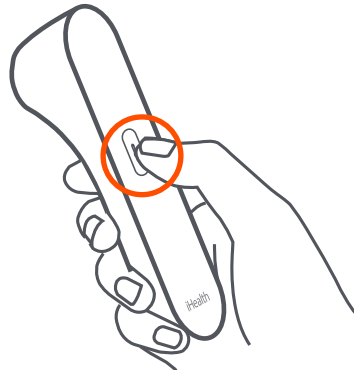


iHealth PT3 is designed to measure human body temperature and should not be used to measure the temperatures of other objects or the environment.

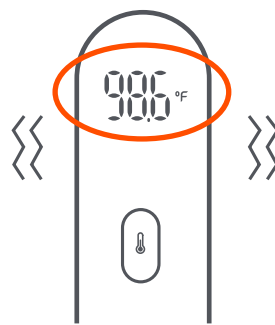
- 1 Aim the probe of the thermometer at the center of the forehead and maintain a distance of less than 1.18in(3cm) away (the ideal distance will be the width of an adult finger). Do not touch the forehead directly.



- 2 Gently press the measurement button [  ] to start measuring.



- 3 The device will vibrate once a reading is obtained. The reading will be displayed on the screen. If the measurement is failed, the device will not vibrate and the screen will display [ - - - °F ] instead.



- The average normal body temperature is generally accepted as 98.6°F (37°C).
- It is risky to perform self-diagnostics and treatment by using measurement readings alone. We advise consulting a physician when needed.
- When measuring temperature, remove nearby electromagnetic emitting products, such as a cellphone in-use, when measuring temperature.

## TIPS FOR THE THERMOMETER

- Normal body temperature varies by person, age, activity, and time of day.
- Some studies have shown that the “normal” body temperature can have a wide range, from 97°F (36.1°C) to 99°F (37.2°C).
- For most adults, a temperature over 100.4°F ( 38°C ) may indicate you have a fever caused by an infection or illness.
- Body temperature normally changes throughout the day, depending on how active you are and the time of day. Body temperature is very sensitive to hormone levels, so a woman’s temperature may be higher or lower when she is ovulating or having her menstrual period.
- A rectal or ear temperature reading will be a little higher than an oral reading. A temperature taken in the armpit will be a little lower than an oral reading. The most accurate way to measure temperature is to take a rectal reading.

*\*References: Morrison SF. Regulation of body temperature. In: Boron WF, Boulpaep EL, eds. Medical Physiology. 3rd ed. Philadelphia, PA: Elsevier; 2017:chap 59.*

## SPECIAL REMINDERS:

1. The thermometer is designed to take temperature readings from the center of the forehead. Do not take measurements from other parts of the body.
2. When introducing the thermometer into a new environment (such as bringing the thermometer home from the outdoors), let the thermometer sit for 30 minutes to achieve equilibrium before measuring.
3. When measuring the body temperature of a baby, keep in mind that crying and taking a bath will change the baby’s body temperature. We therefore advise against taking measurements at these times.
4. Local skin temperature on forehead may appear abnormal and provide little reference value if forehead is covered by hair, fever relief pads, or sweat. We recommend keeping forehead uncovered and clean for 30 minutes before taking any measurement.

\*After taking a measurement, the **thermometer will be automatically switched OFF after 8 seconds**. For the Unit switching, please refer to the Instruction For Use in the User’s manual.

This product is a precision instrument. The product should be placed in its original packaging after use to ensure proper storage. To ensure accurate measurements, **avoid contact with any liquid or droplets**. Avoid tiny particles (such as dust or powder) falling into the probe.