

CITIZEN™

English

**INSTRUCTION MANUAL  
FOR  
CT915**

**Japan CBM Corporation**

## SAFETY PRECAUTIONS

### **WARNING**

- Keep the battery away from children. If the battery is swallowed, contact a doctor immediately.
- Measure temperature according to the directions given by your doctor.

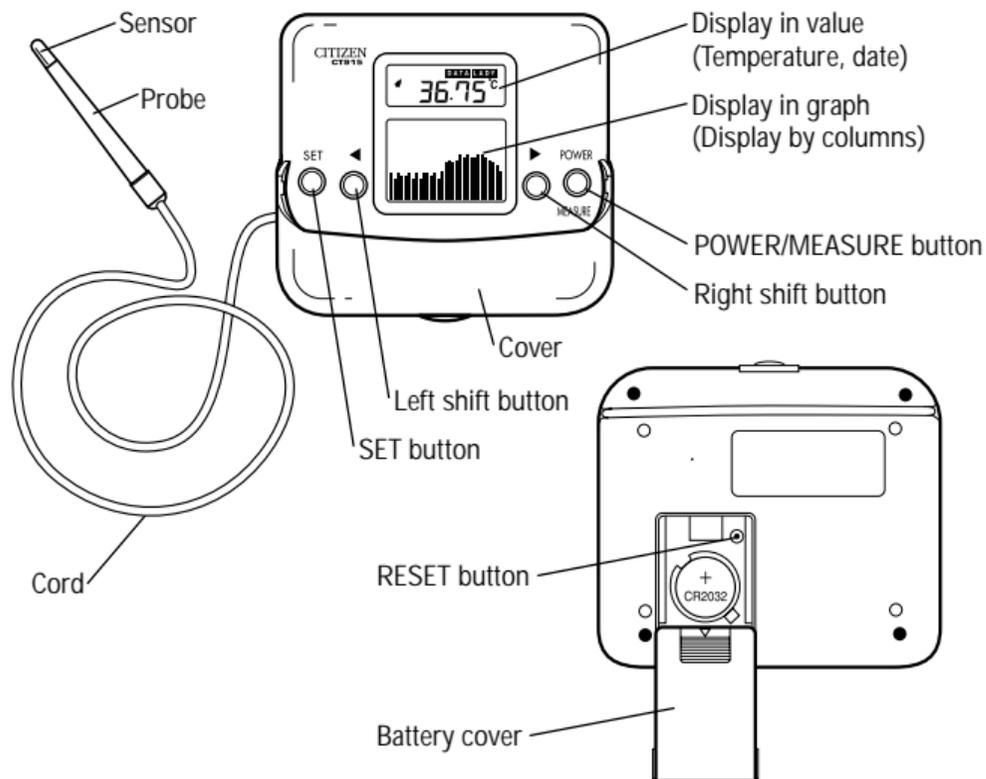
### **CAUTION**

- Do not disassemble the thermometer.
- Do not pull the cord.
- Do not splash water over the thermometer.
- Do not leave the thermometer in a place where it will be exposed to high temperature, direct sunlight, high humidity or where the ambient temperature is below 0°C.

## FEATURES OF CT915

- **CT915 records measurement results automatically.**  
CT915 records data of up to 120 days (measurements).
- **Basal body temperature recording mode or all-measurements recording mode can be selected.**  
If the basal body temperature recording mode is selected, the temperature is recorded only one time a day. If the all-measurements recording mode is selected, all the measurement results are recorded.
- **You can check the change of your body temperature by graph.**  
Since the temperature data of 31 days (31 measurements) is displayed by a graph, you can also check the measurement result and date.
- **Alarm to notify measurement time is available.**  
You can measure your body temperature at a regular time every day.
- **You can take out and store the probe easily.**  
You can take out and store the probe easily since it is small in size.
- **Antibacterial plastic is used.**  
An antibacterial plastic is used for the probe.

## NAME OF EACH PART



- Eng 4 -

## HOW TO SET THE BATTERY

### 1. Remove the battery cover

Remove the battery cover by sliding it in the direction of the arrow.

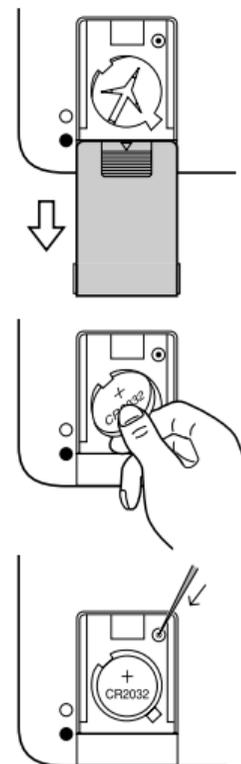
### 2. Set the battery

Insert the rim of the battery under the battery hook with the positive side up, then push in the battery until it is fixed securely. If the battery is set correctly, the buzzer sounds and the display segments light up for 5 seconds. If the battery is slanted, the thermometer does not operate.

### 3. Fix the battery cover

Fix the battery cover securely to the body.

- \* If the battery is replaced, the time, date, and alarm must be set again.
- \* After setting the thermometer, if the display is disordered or the buttons do not work, push the reset button with a toothpick.
- \* Even if the reset button has been pushed, the recorded data is not deleted.



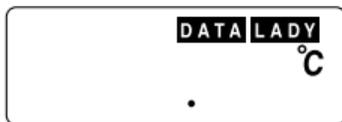
- Eng 5 -

- Eng 4 -

## SETTING THE ALARM, TIME, DATE, AND MODE

### 1. Turn the power on

Press and hold the POWER/MEASURE button for 1 second. A pip is heard and the power is on.



### 2. Turn the alarm ON/OFF

a) Press and hold the SET button for 1 second. The screen for setting the alarm appears.

b) Press the right (▶) or left (◀) shift button to display the bell mark (🔔). If the shift button is pushed again, the bell mark (🔔) disappears. While the bell mark (🔔) is displayed, the alarm is ON. When the bell mark is not displayed, the alarm is OFF.

c) Press the SET button again to set the alarm time.

\* To stop setting at any time, press the POWER/MEASURE button.



### 3. Set the "minutes" of the alarm time

a) The alarm time is displayed and the "minutes" blinks.

b) Press the right (▶) or left (◀) shift button to set the "minutes". Press and hold either shift button to speed up the "minutes" setting.

c) Press the SET button to set the "minutes". The "hour" setting of the alarm time now blinks.



### 4. Set the "hour" of the alarm time

a) The alarm time is displayed and the "hour" blinks.

b) Set the "hour" by the step in 3. b) above.

\* The "hour" is displayed in 24-hour display mode.

c) Press the SET button to set the "hour". The "minutes" setting of the present time now blinks.



### 5. Set the "minutes" of the present time

a) The present time is displayed and the "minutes" blinks.

b) Set the "minutes" by the step in 3. b) above.

c) Press the SET button to set the "minutes". The "hour" setting of the present time now blinks.



**6. Set the "hour" of the present time**

- The present time is displayed and the "hour" blinks.
- Set the "hour" by the step in 3. b) above.
- Press the SET button to set the "hour". The "day" setting of the present date now blinks.

**7. Set the "day" of the present date**

- The present date is displayed and the "day" blinks.
- Set the "day" by the step in 3. b) above.
- Press the SET button to set the "day". The "month" setting of the present date now blinks.

**8. Set the "month" of the present date**

- The present date is displayed and the "month" blinks.
- Set the "month" by the step in 3. b) above.
- Press the SET button to set the "month". The "year" setting of the present date now blinks.

**9. Set the "year" of the present date**

- The present date is displayed and the "year" blinks.
- Set the "year" by the step in 3. b) above.
  - \* The "year" can be set to 2000 - 2099.
- Press the SET button to set the "year". The basal body temperature recording mode/all-measurements recording mode is now ready to be set.

**10. Set the basal body temperature recording mode/all-measurements recording mode.**

If the "LADY" mark is displayed, the thermometer is in the basal body temperature recording mode. In this mode, the basal body temperature measured for the first time on each day is recorded. If the "LADY" mark is not displayed, the thermometer is in the all-measurements recording mode. In this mode, all the measured temperatures are recorded.

- Press the right (▶) or left (◀) shift switch to turn on (or off) the display of "LADY".
- Press the SET switch to set turning-on (or turning-off) of the display of "LADY".

You are now ready to take and record your temperature.

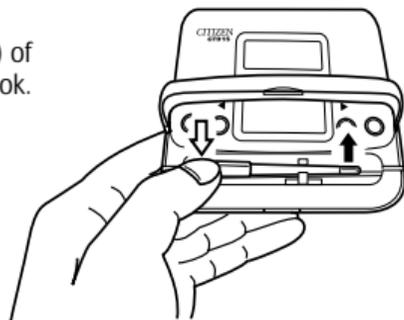
- \* If you have made a mistake in setting or need to change any of the above settings, repeat the steps from the beginning.
- \* If any key is not touched for about 1 minute, the set screen changes to the record display screen automatically.



## BASAL BODY TEMPERATURE RECORDING MODE

### 1. Take out the probe

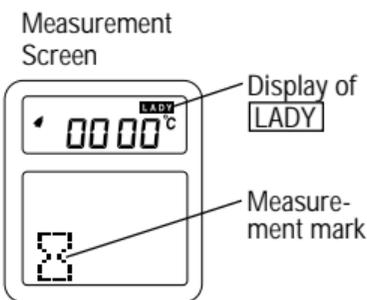
- Lift the cover and press the rear end (left end) of the probe lightly to raise the probe from the hook.
- Unwind the cord from the body.



### 2. Measure the basal body temperature

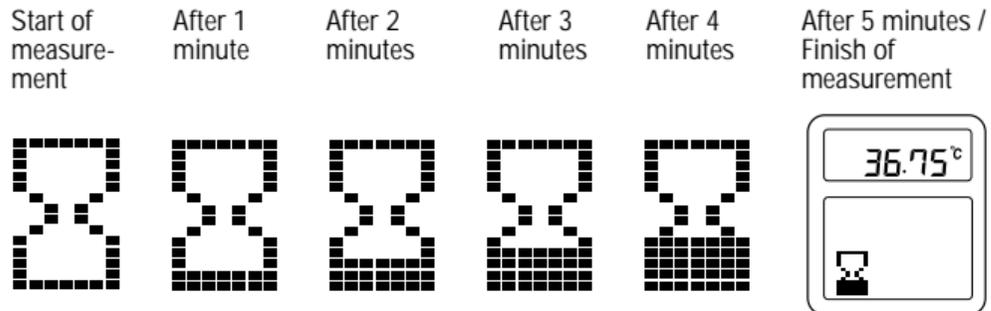
#### ■ Method of measuring basal body temperature (at a regular time once a day)

- The alarm buzzer alerts you.
- Press any button for the alarm buzzer to stop and the measurement screen to appear.  
The alarm buzzer stops after about 30 seconds automatically.  
If any button still has not been pressed, the alarm buzzer sounds again after 7 minutes.



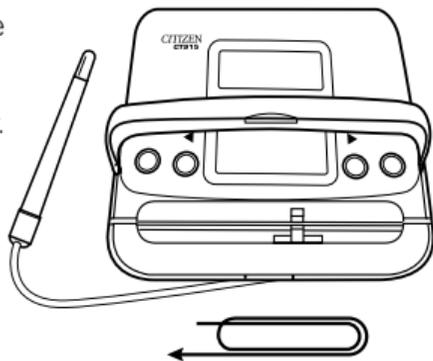
- \* If you do not want to be woken by the alarm of this thermometer (See "Turn the alarm ON/OFF" on page 6.)
- \* If the POWER/MEASURE button is pressed and held for 1 second, the power turns off.
- c) Place the probe under your tongue.  
(See "How to measure basal body temperature correctly" on page 20.)  
Apply the probe tip (sensor) to the groove at the center of the underside of your tongue and close your mouth lightly.
- \* If peeps are heard, the measurement is in error ("E" is displayed). In this case, press the POWER/MEASURE button again and start measurement.
- d) A pip is heard when the temperature is being measured. When more pips are heard 5 minutes later, measuring has finished.
- \* The first electronic pip indicates that the temperature is being measured normally.
- \* In the basal body temperature recording mode, the temperature measured for the first time on each day is the one to be recorded automatically.

\* The measure mark indicates how many minutes have passed after measurement is started as shown below.



### 3. Store the probe in the body

- Wipe off saliva on the probe using tissue paper.
- Wind the cord clockwise onto the body.
- Fix the probe to the hook and close the cover.



### 4. Press and hold the POWER/MEASURE button for 1 second to turn off the power.

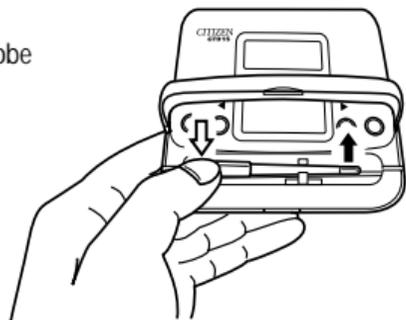
If the POWER/MEASURE button is not pressed, the record display screen appears automatically and the power is turned off 30 more seconds later.

\* In the basal body temperature recording mode, the temperatures measured for the second time and after on the same day are not recorded automatically. When recording the temperature measured for the second time or after, press the SET button while the measurement finish screen is being displayed, and the record is rewritten.

## ALL-MEASUREMENTS RECORDING MODE

### 1. Remove the probe from the body

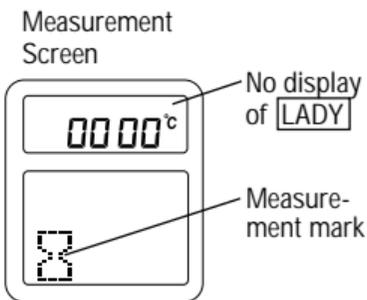
- Lift the cover and press the rear end of the probe lightly to raise the probe from the hook.
- Unwind the cord from the body.



### 2. Measure the body temperature

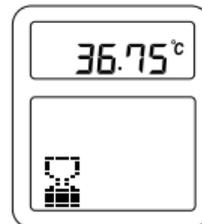
#### ■ Method of measuring body temperature (All-measurements recording mode)

- Press and hold the POWER/MEASURE button for 1 second to turn the power on. With the power on check that all part of the display are working (Safety test for system).



- Press the POWER/MEASURE button momentarily to display the measure screen.
  - \* If the POWER/MEASURE button is pressed and held for 1 second, the power turns off.
  - \* To change the basal body temperature recording mode (LADY is displayed) to the all-measurements recording display (LADY is not displayed), repeat the operation of "Setting alarm, time, date, and mode" (on pages 6-9), then select the all-measurements recording mode.
- Place the sensor of the probe under your tongue to start measurement. If peeps are heard, the measurement is in error ("E" is displayed). In this case, press the POWER/MEASURE button again and start measurement.
- A pip is heard when the temperature is being measured. When more pips are heard 5 minutes later, measuring has finished.
  - \* The first electronic pip indicates that the temperature is being measured normally.

Ending of measurement

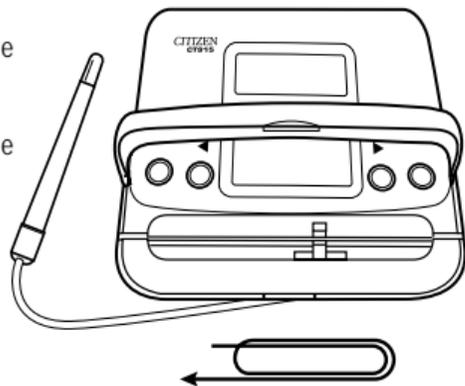


e) In the all-measurements recording mode (LADY is not displayed), all the measured temperatures are recorded automatically.

\* Even in the basal body temperature recording mode (LADY is displayed), you can measure your body temperature by the above method. Your body temperatures measured after measuring your basal body temperature are not recorded.

### 3. Store the probe in the body

- Wipe off saliva on the probe using tissue paper.
- Wind the cord clockwise onto the body.
- Fix the probe to the hook and close the cover.



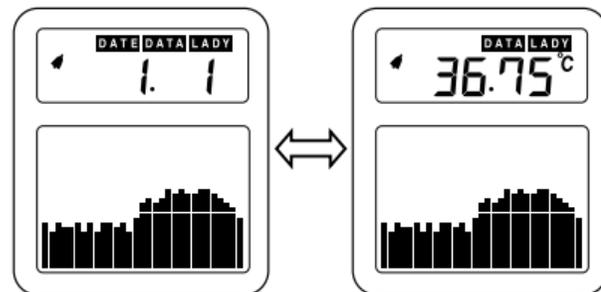
### 4. How to turn off the power

Press and hold the POWER/MEASURE button for 1 second to turn off the power. If the POWER/MEASURE button is not pressed, the record display screen appears automatically and the power turns off 30 seconds later.

## READING RECORDS/CHECKING GRAPH

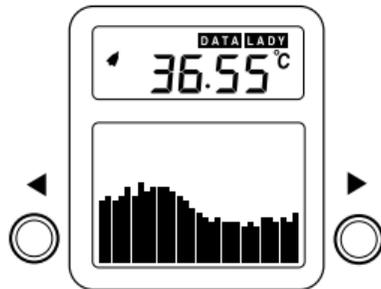
- You can check the results of your body temperatures over 31 days (measurements) at a glance.

- Press and hold the POWER/MEASURE button for 1 second to turn on the power. (The record display screen appears.)
- The temperatures recorded are displayed on the lower graph display unit. In the upper value display unit, the temperature and the date of the blinking bar are displayed.

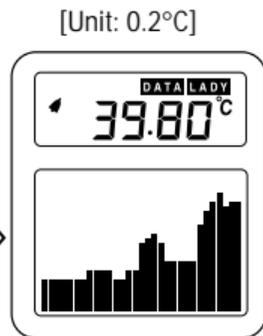
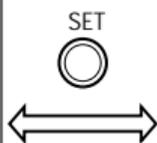


3) Move the graph forward or backward with the right (▶) or left (◀) shift button and check the temperature and date of each bar displayed.

\* If the SET button is pressed, the unit of the vertical axis of the graph changes (0.05°C or 0.2°C). Select either unit to check the change of your body temperature.



Detailed graph in the range of 1.5°C suitable for of basal body temperature



Wide graph in the range of 6°C suitable for check of usual body temperature

## Number of recorded days (measurements)

This thermometer can record data of up to 120 days (measurements). Data taken after this 120 days (measurements) is now stored whilst past records are deleted from the oldest automatically. It is recommended that you should take notes of important data.

## HOW TO MEASURE BASAL BODY TEMPERATURE CORRECTLY

### ● Measure temperature at a regular time every morning

Measure your basal body temperature at a regular time every morning. Measure immediately after waking up and before getting out of bed.



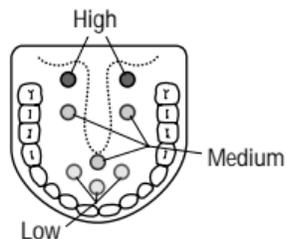
### ● Measure correctly under tongue

Place the sensor at the base of your tongue and close your mouth.



### ● Difference of temperature by measuring points

There is a slight temperature difference in areas under your tongue. To obtain the accurate basal body temperature, always measure it in the same spot at the base of your tongue.

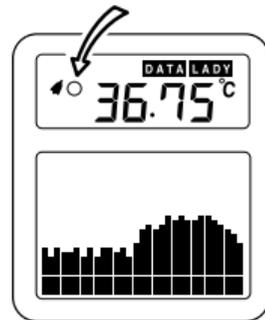


## EXPLANATION OF OTHER FUNCTIONS

### ■ How to make personal mark "○"

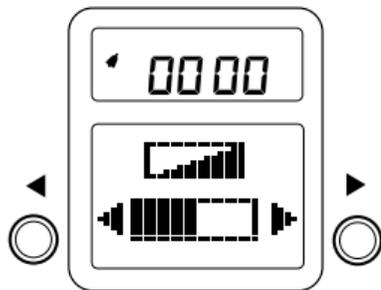
You can make a personal mark for your menstrual period for convenience.

1. Press and hold the POWER/MEASURE button for 1 second to turn on the power. (The record display screen appears.)
2. Move the graph forward or backward with the right (▶) or left (◀) shift button to select a date on which you want to make a personal mark.
3. Press both right (▶) and left (◀) shift buttons simultaneously and the personal mark "○" blinks. If both buttons are pressed and held, the display contrast adjustment screen appears (See page 22.) In this case, press the POWER/MEASURE button to return to the record display screen, then press both buttons.
4. Press the SET button, and "○" lights up and is set.
5. To delete the set personal mark, display the data on which "○" is placed and press both right (▶) and left (◀) shift buttons simultaneously. Check that "○" is blinking, then press the POWER/MEASURE button.
6. Press and hold the POWER/MEASURE button for 1 second to turn off the power.



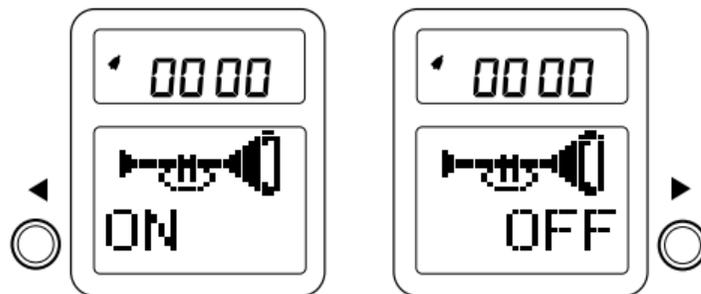
### ■ Method of adjusting display contrast

1. Press and hold the POWER/MEASURE button for 1 second to turn on the power.
2. Press and hold both right (▶) and left (◀) shift buttons simultaneously for 1 second, and the display contrast adjustment screen appears.
3. To increase the contrast, press the right (▶) shift button. To decrease the contrast, press the left (◀) shift button. The contrast can be adjusted to 5 levels.
4. Press the POWER/MEASURE button twice (once to return to the record display screen, then press and hold the POWER/MEASURE button a second time to turn the power off).



### ■ Setting switching sound

1. Press and hold the POWER/MEASURE button for 1 second to turn on the power.
2. Press and hold both right (▶) and left (◀) shift buttons simultaneously for 1 second, and the display contrast adjustment screen appears.
3. Press the SET button, and the trumpet mark is displayed.
4. Press the right (▶) or left (◀) shift button to display the ON (or OFF) mark of the switching sound. If you do not need the switching sound, select the OFF mark.
5. Press the POWER/MEASURE button twice (once to return to the record display screen, then press and hold the POWWER/MEASURE button a second time to turn the power off).



## ■ Method of deleting the data

<When you use the thermometer again after leaving it unused for a long period or when a person other than you uses it.>

1. Press the POWER/MEASURE button for 1 second to turn on the power.
2. Press and hold both right (▶) and left (◀) shift buttons simultaneously for 1 second, and the display contrast adjustment screen appears.
3. Press the SET button. After checking that the trumpet mark is displayed, press the SET button again.
4. Press the right (▶) or left (◀) shift button, and "CLEAR" blinks.
5. Press the SET button, and "CLEAR" lights up.
6. Press the SET button again, and all the measurement data is deleted. It takes several seconds to delete the data.  
\* To stop deleting the data halfway, press the POWER/MEASURE button.
7. Press and hold the POWER/MEASURE button for 1 second to turn off the power.



## REPLACING BATTERY

### ◆ Function indicating low battery voltage

**Lighting of battery mark:** The battery voltage is low. Replace the battery immediately.



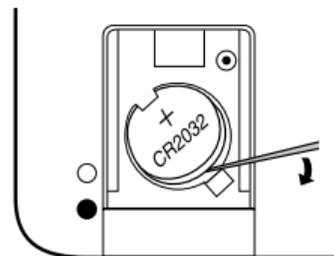
**Blinking of battery mark:** The battery mark blinks for 4 seconds. The battery is almost dead. Replace it immediately.

**Display condition:** If the display is faint or cannot be read, replace the battery immediately.

- \* Since the battery attached to the purchased thermometer is for monitoring, it may be used up before the standard life.
- \* Dispose of the used battery correctly to protect the environment.

### ■ How to replace battery

- Referring to "How to set battery" on page 5, replace the battery.
- Remove the used battery with a toothpick.
- Use the specified lithium battery (CR2032).



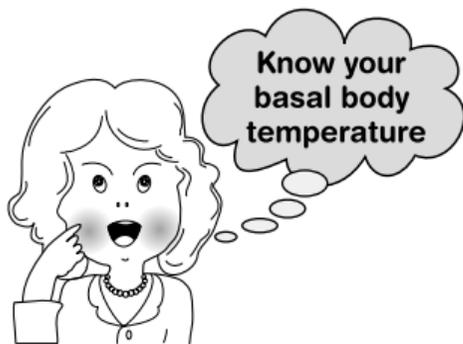
## BASAL BODY TEMPERATURE

<Basal body temperature is important information from a woman's body.>

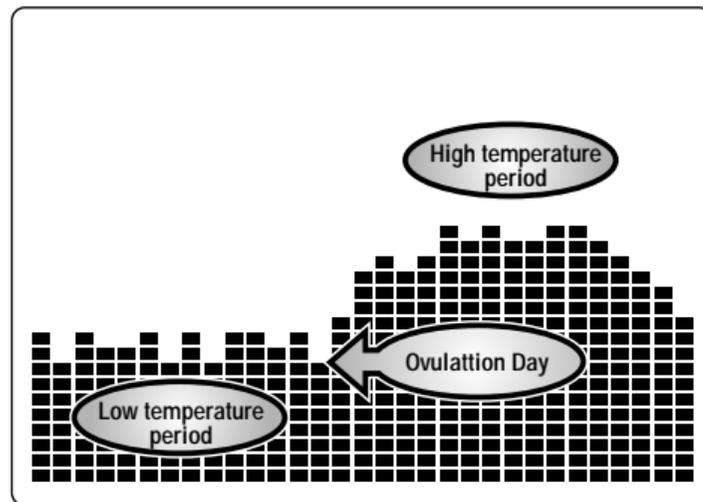
The body temperature of an adult woman increase and decrease regularly after each ovulation period. That is, the body temperature remains low until an ovulation period, then rises after the ovulation period. It decrease again after the menstruation.

The difference between the high temperature and low temperature is less than 1°C. The temperature measured to check the high and low-temperature periods is the basal body temperature (BBT). The BBT should be measured ideally in your mouth just after you wake up each morning.

If you record your BBT for several months, you will observe the temperature change unique to your body. From the change of the BBT, you can forecast your ovulation period and menstruation, which allows you to control birth. If your menstruation is not regular, you can receive proper medical advice based on the record of your BBT from your doctor. Furthermore, you can forecast a menopausal disorder by observing your BBT. The BBT is important information for every woman.



## Basal body temperature graph



### [Precaution]

The change of the BBT depends on each woman.

When using the BBT graph, record the BBT continuously for at least three months and consult your doctor.

## PRECAUTIONS

### Observe the following precautions to prevent a malfunction.

1. Do not use the thermometer for any purpose other than measuring body temperature.
2. Do not splash water over the body.
3. Do not bring the thermometer near strong static electricity, radio wave, magnet, or TV
4. Do not use a cellular phone near the thermometer.
5. Do not bite the probe.
6. Do not pull the cord or swing the body with the cord.
7. Do not open or close the body cover forcibly.
8. Keep the thermometer away from children since it can injure them and can be damaged.
9. Do not use paint thinner, benzene, or cresol water to clean the thermometer.
10. Do not clean the thermometer with water, hot water, or ultrasonic cleaner.
11. Do not dip the thermometer in disinfectant alcohol.
12. When storing the probe in the body, wipe off moisture with tissue paper, or a dry cloth.
13. Never repair, modify, or disassemble the thermometer.
14. Store the thermometer in a place where water will not be splashed over it.

15. Do not store the thermometer in a place where it may be badly affected by atmospheric pressure, temperature, humidity, ventilation, sunlight, dust, salt, air containing sulfur, etc. or where chemicals are stored or gas is produced.
16. Protect the thermometer from vibrations and impacts (during transportation, too).
17. Do not mistake the polarities of the battery.
18. Do not use the thermometer together with another device.
19. If any trouble is found in the thermometer, turn off the power.

## HOW TO CLEAN

- Wipe the body and cord with a cloth soaked in neutral detergent.  
(Since the body and cord are not water-resistant, extreme care should be taken.)
- Wipe the probe and sensor with a cloth soaked in disinfectant alcohol or neutral detergent.
- Since the probe and sensor are water-resistant, they can be washed in water.  
Extreme care should be taken however, to prevent water being splashed over the body and cord.

## BEFORE ASKING FOR REPAIR OR SERVICE

<b>Nothing is displayed</b>	Is battery set correctly?	See page 5.
<b>Display is light</b>	Is contrast adjusted properly?	See page 22.
	Is battery normal?	See page 25.
 <b>is displayed (Error)</b>	Measure again.	See pages 10 and 14.
 <b>is displayed</b>	Cool down probe, then measure again.	

## RATING AND SPECIFICATIONS

Measuring method	Actual measurement
Temperature sensor	Thermistor
Display method	Display in value: 4-digit LCD (Mm. unit: 0.01) Display in graph: Bar graph of data of 31 days (measurements) [Detailed graph (Unit: 0.05°C), Wide graph (Unit: 0.2°C)]
Measurement range	32.00°C - 42.00°C
Measurement accuracy	±0.05°C (In range of 35.00°C - 38.00°C) ±0.10°C (In range out of above)
Using condition	Temperature: 10°C - 40°C, Humidity: 30% - 85%
Storage condition	Temperature: -20°C - 60°C, Humidity: 30% - 95%
Power source	DC 3V [Lithium battery (CR2032) × 1 piece]
AC/DC	DC
Current collector	2mA
Battery life	Approx. 1 year (When used once a day)
Type of protection from electric shock	Internal power source device
Level of protection from electric shock	Type-B device
Dimensions	Body: Approx. 100mm (W) × 90mm (D) × 23.5mm (H) Probe: Approx. 60mm (including sensor) Cord: Approx. 400mm
Weight	Approx. 100g
Accessories	1 piece of lithium battery (CR2032) for monitoring Instruction manual

### Protect the natural environment:

Please help protect natural environment by respecting national and /or local recycling regulations when disposing of the batteries and the product and at the end of their useful lives.

### Reference European standard:

This products complies with EC instructions 93/42/EEC. (Medical Device Directive) and with the following standards: EN 12470-3.

### Manufacturer:

Name: Premier Precision Ltd.  
Address: Block E, G-H, 6<sup>th</sup> floor, Phase 2, Yip Fat Factory Building,  
73-75 Hoi Yuen Road,  
Kwun Tong, Kowloon, Hong Kong

### European Representative:

Name: WvW elektronische Geräte Vertrieb GmbH.  
Address: Robert-Koch-Straße 20, D-80538 München, GERMANY



●CITIZEN is a registered trademark of Citizen Watch Co., Japan.

CITIZEN GROUP

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**Healthcare Products Division**

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