

**CITIZEN**

**Micro HumanTech**

**INSTRUCTION MANUAL  
FOR  
CT915**

# SAFETY PRECAUTIONS



## WARNING

- Keep the battery away from infants. If an infant swallowed the battery, meet a doctor immediately.
- Measure temperature according to directions given by a doctor and consult him (her).



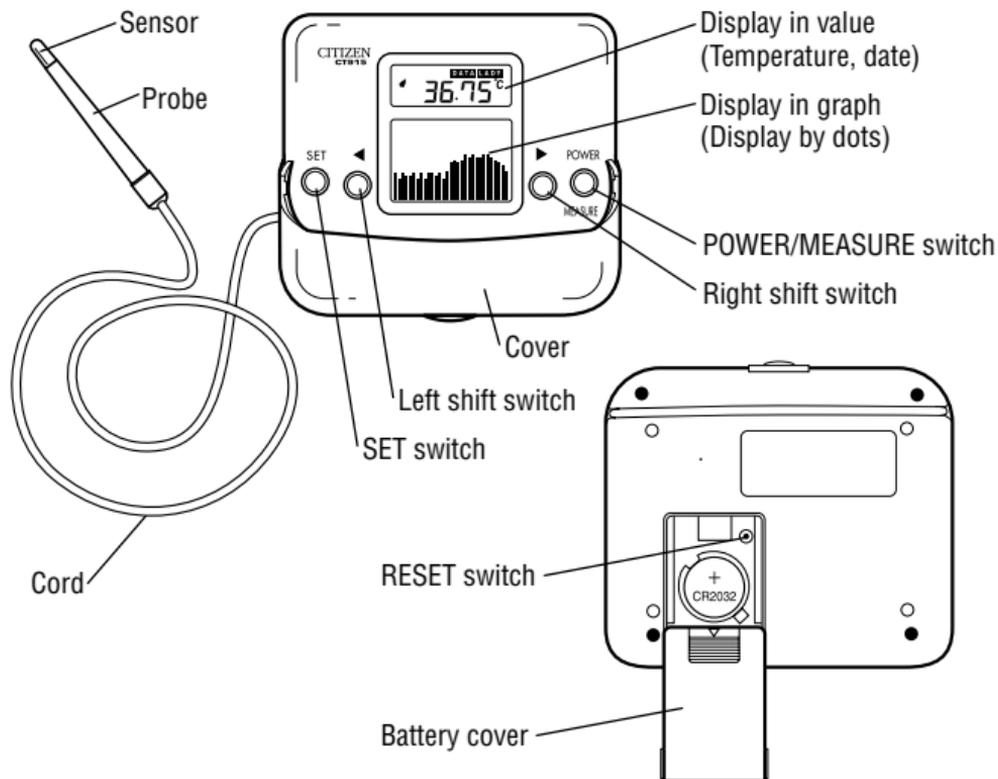
## CAUTION

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

# 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) are displayed by a graph, you can check the measurement result and measurement date in order.
- **Alarm to notify measurement time is available.**  
You can measure your body temperature at regular time every day.
- **You can take out and store the probe easily.**  
You can take out and store the probe easily and carry the whole set easily since it is small in size.
- **Antibacterial plastic is used.**  
Since an antibacterial plastic is used for the probe, it is kept clean.

# NAME OF EACH PART



# HOW TO SET BATTERY

## 1. Remove the battery cover

Pressing the battery cover by the arrow, slide it in the direction of the arrow to remove it.

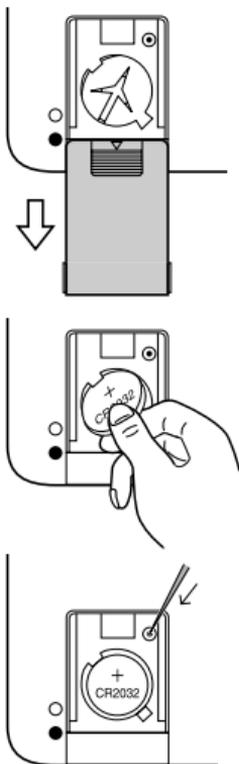
## 2. Set the battery

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.

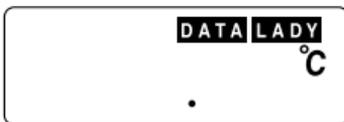
- \* If the battery is replaced, the time, date, and alarm must be set again.
- \* After the battery is set, if the display is disordered or the switches do not work, push the reset switch in the battery cover with a toothpick, etc.
- \* Even if the reset switch is pushed, the recorded data are not deleted.



# SETTING ALARM, TIME, DATE, AND MODE

## 1. Turn the power on

Push and hold the POWER/MEASURE switch for a while (about 1 second). A pip is heard and the power is turned on.



## 2. Turn the alarm ON/OFF

1) Push and hold the SET switch for a while (about 1 second). The screen for setting the alarm appears.



2) Push the right (▶) or left (◀) shift switch to display the bell mark (🔔). If the shift switch is pushed again, the bell mark (🔔) disappears. While the bell mark (🔔) is displayed, the alarm is ON. While the former is not displayed, the latter is OFF.



3) Push the SET switch to set the displayed item.

\* When stopping setting halfway, push the POWER/MEASURE switch.

### 3. Set the “minute” of the alarm time

- 1) The alarm time is displayed and the “minute” blinks.
- 2) Push the right (▶) or left (◀) shift switch to set the “minute”. If the shift switch is pushed and held, the number changes fast. If the right (▶) shift switch is pushed the number increases. If the left (◀) shift switch is pushed the number decreases.
- 3) Push the SET switch to set the “minute”. The item to be set next blinks.



### 4. Set the “hour” of the alarm time

- 1) The alarm time is displayed and the “hour” blinks.
  - 2) Set the “hour” by the operation in 3. 2) above, then push the SET switch to set the “hour”.
- \* The “hour” is displayed in 24-hour display mode.



### 5. Set the “minute” of the present time

- 1) The present time is displayed and the “minute” blinks.
- 2) Set the “minute” by the operation in 3. 2) above, then push the SET switch to set the “minute”.



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

- 1) The present time is displayed and the "hour" blinks.
- 2) Set the "hour" by the operation in 3. 2) above, then push the SET switch to set the "hour".



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

- 1) The present date is displayed and the "day" blinks.
- 2) Set the "day" by the operation in 3. 2) above, then push the SET switch to set the "day".



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

- 1) The present date is displayed and the "month" blinks.
- 2) A Set the "month" by the operation in 3. 2) above, then push the SET switch to set the "month".



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

- 1) The present date is displayed and the "year" blinks.
  - 2) A Set the "year" by the operation in 3. 2) above, then push the SET switch to set the "year".
- \* The "year" can be set to 2000 - 2099.



## 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.

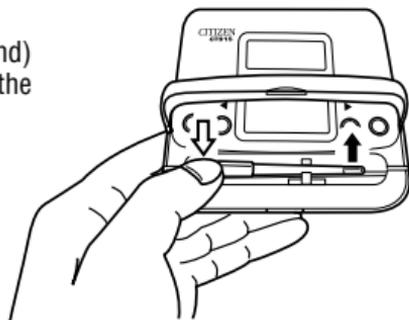
- 1) Push the right (▶) or left (◀) shift switch to turn on (or off) the display of “LADY”.
- 2) Push the SET switch to set turning-on (or turning-off) of the display of “LADY”.

- \* If you have made any mistake in setting or you need to change the alarm time, repeat setting from the first.
- \* 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. Remove the probe from the body

- 1) Open the cover and push the rear end (left end) of the probe lightly to remove the probe from the hook.
- 2) Unwound the cord from the body.



## 2. Measure the basal body temperature

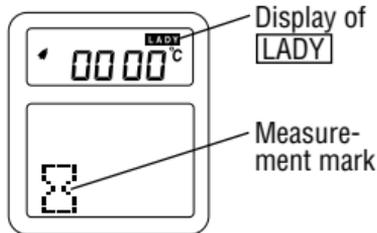
### ■ Method of measuring basal body temperature (at a regular time once a day)

- 1) The alarm buzzer wakes you.
- 2) Push any one of the switches.

The alarm buzzer stops after about 30 seconds automatically. If any switch is pushed, however, the alarm buzzer stops and the measure screen appears.

If any switch is not pushed, the alarm buzzer sounds again after 7 minutes.

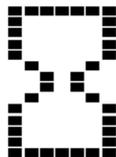
Measurement Screen



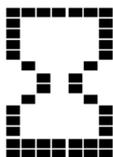
- \* If you do not want to be woken by the alarm of this thermometer but by your own alarm clock, etc., push and hold the POWER/MEASURE switch for a while (about 1 second) to turn on the power. Then, push the POWER/MEASURE switch momentarily to display the measure screen.
  - \* If the POWER/MEASURE switch is pushed and held for a while (about 1 second), the power is turned off. When displaying the measure screen while the power is turned on, push and release the POWER/MEASURE switch quickly.
- 3) 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, push the POWER/MEASURE switch again and start measurement.
- 4) A pip is heard. When more pips are heard about 5 minutes after measurement is started, measurement is 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 recorded automatically.

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

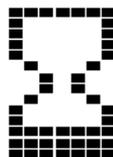
Start of measurement



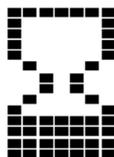
After 1 minute



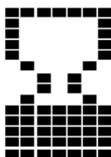
After 2 minutes



After 3 minutes



After 4 minutes

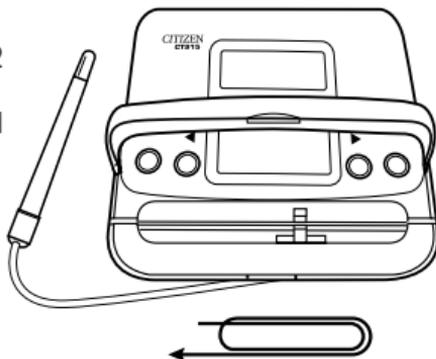


After 5 minutes /  
Finish of measurement



### 3. Store the probe in the body

- 1) Wipe off saliva with tissue paper, etc.
- 2) Wind the cord clockwise onto the body by 2 turns and a half.
- 3) Fix the probe to the hook with a click and close the cover.



**4. Push and hold the POWER/MEASURE switch for a while (about 1 second) to turn off the power.**

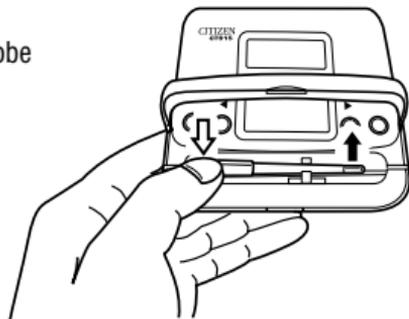
If the POWER/MEASURE switch is not pushed, the record display screen appears automatically and the power is turned off 30 more seconds after.

\* In the basal body temperature recording mode, the temperature measured for the first time on each day is recorded automatically, but 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, push the SET switch while the measurement finish screen is displayed, and the record is rewritten.

# ALL-MEASUREMENTS RECORDING MODE

## 1. Remove the probe from the body

- 1) Open the cover and push the rear end of the probe lightly to remove the probe from the hook.
- 2) Unwound the cord from the body.



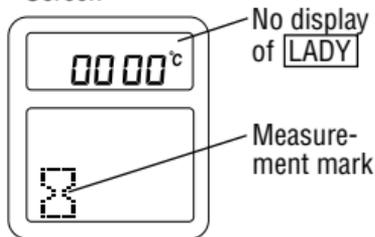
## 2. Measure the body temperature

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

- 1) Push and hold the POWER/MEASURE switch for a while (about 1 second) to turn on the power. Fix the probe to the hook with a click and close the cover.

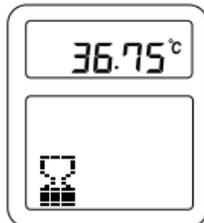
When the power switch is pressed ON, the display will read as a check that all part of the display is working (Safety test for system).

Measurement  
Screen



- 2) Then, push the POWER/MEASURE switch momentarily to display the measure screen.
- \* If the POWER/MEASURE switch is pushed and held for a while (about 1 second), the power is turned off. When displaying the measure screen while the power is turned on, push and release the POWER/MEASURE switch quickly.
  - \* 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 6-10) from the first, then select the all-measurements recording mode.
- 3) 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, push the POWER/MEASURE switch again and start measurement.
- 4) A pip is heard. When more pips are heard about 5 minutes after measurement is started, measurement is finished.
- \* The first electronic pip indicates that the temperature is being measured normally.

Ending of  
measurement

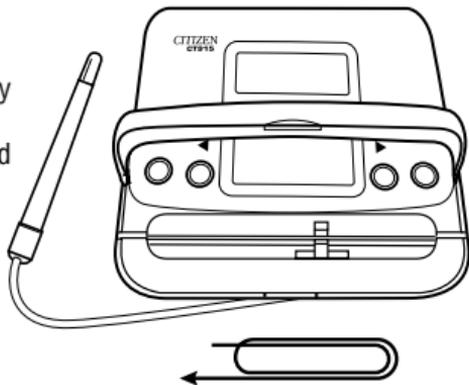


5) In the all-measurements recording mode (**LADY** is not displayed), all the measured temperatures are recorded automatically.

\* 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 your basal body temperature is measured are not recorded, however.

### 3. Store the probe in the body

- 1) Wipe off saliva with tissue paper, etc.
- 2) Wind the cord clockwise onto the body by 2 turns and a half.
- 3) Fix the probe to the hook with a click and close the cover.



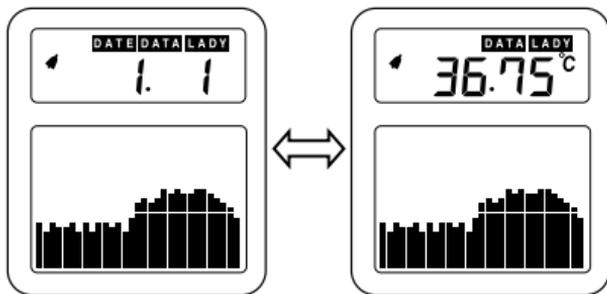
### 4. How to turn off the power

Push and hold the POWER/MEASURE switch for a while (about 1 second) to turn off the power.

If the POWER/MEASURE switch is not pushed, the record display screen appears automatically and the power is turned off 30 more seconds after.

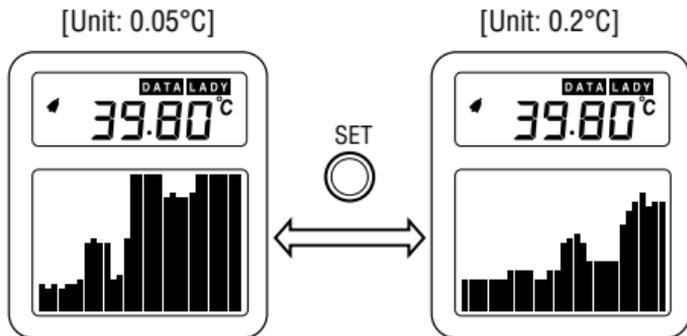
## READING RECORDS/CHECKING GRAPH

- You can check the change of your body temperatures in 31 days (31 measurements) at a glance.
  - 1) Push and hold the POWER/MEASURE switch for a while (about 1 second) to turn on the power. (The record display screen appears.)
  - 2) The temperatures recorded up to now are displayed in graph on the lower graph display unit. In the upper value display unit, the temperature and the date of the blinking bar are displayed alternately.



3) Move the graph forward or in reverse with the right (▶) or left (◀) shift switch and check the temperature and date of each bar displayed on the value display unit.

\* If the SET switch is pushed, 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 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). If the temperature is measured more, the past records are deleted automatically in order from the oldest one. It is recommended that you should take notes of important data.

## HOW TO MEASURE BASAL BODY TEMPERATURE CORRECTLY

- **Measure temperature at regular time every morning**

Measure your basal body temperature at regular time every morning as long as possible. Measure immediately after waking, before getting out of bed, moving, or stretching. Accordingly, prepare the thermometer by the bed.



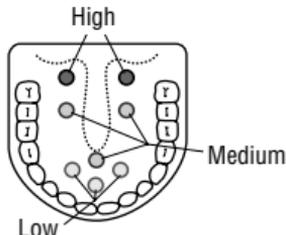
- **Measure correctly under tongue**

Place the sensor under your tongue and fit it to the base of your tongue and close your mouth.



- **Difference of temperature by measuring points**

There is a slight temperature difference between parts under your tongue. To obtain the accurate basal body temperature, always measure it at a fixed point of the base of your tongue.

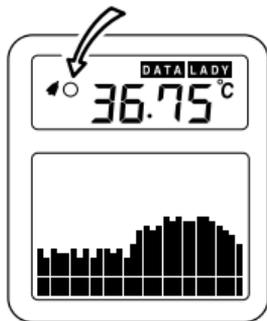


# EXPLANATION OF OTHER FUNCTIONS

## ■ How to make personal mark “○”

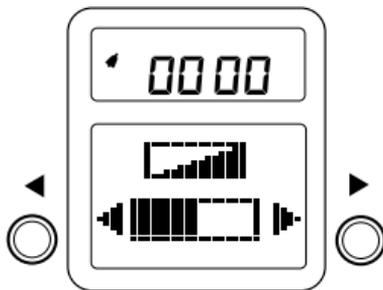
You can make a personal mark for your menstrual period, etc. for convenience.

1. Push and hold the POWER/MEASURE switch for a while (about 1 second) to turn on the power. (The record display screen appears.
2. Move the graph forward or in reverse with the right (▶) or left (◀) shift switch and to select a date on which you want make a personal mark.
3. Push both right (▶) and left (◀) shift switches simultaneously and momentarily, and the personal mark “○” blinks. If both switches are pushed and held for a while simultaneously, the display contrast adjustment screen appears (See page 22.) In this case, push the POWER/MEASURE switch to return to the record display screen, then push both switches momentarily.
4. Press the SET switch, and “○” lights up and is set.
5. To delete the set personal mark, display the data on which “○” is made and push both right (▶) and left (◀) shift switches simultaneously and momentarily. Check that “○” is blinking, the push the POWER/MEASURE switch.
6. Push and hold the POWER/MEASURE switch for a while (about 1 second) to turn off the power.



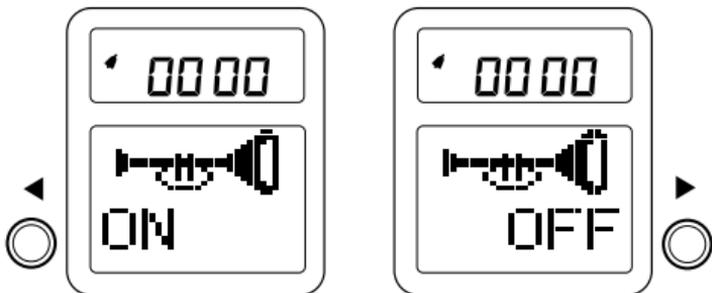
## ■ Method of adjusting display contrast

1. Push and hold the POWER/MEASURE switch for a while (about 1 second) to turn on the power.
2. Push and hold both right (▶) and left (◀) shift switches simultaneously for a while (about 1 second), and the display contrast adjustment screen appears.
3. To heighten the contrast, push the right (▶) shift switch. To lower the contrast, push the left (◀) shift switch. The contrast can be adjusted to 5 levels.
4. Push the POWER/MEASURE switch twice [push and hold it for a while (about 1 second) at the second time] to turn off the power.



## ■ Setting switching sound

1. Push and hold the POWER/MEASURE switch for a while (about 1 second) to turn on the power.
2. Push and hold both right (▶) and left (◀) shift switches simultaneously for a while (about 1 second), and the display contrast adjustment screen appears.
3. Push the SET switch, and the trumpet mark is displayed.
4. Push the right (▶) or left (◀) shift switch to display the ON (or OFF) mark of the switching sound. If you do not need the switching sound, select the OFF mark.
5. Push the POWER/MEASURE switch twice [push and hold it for a while (about 1 second) at the second time] to turn off the power.



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



# REPLACING BATTERY

## ◆ Function of notifying lowering of battery voltage

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



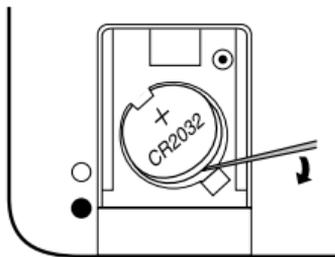
**Blinking of battery mark:** The battery mark blinks for 4 seconds. The battery is almost dead. Replace it as soon as possible.

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

- \* 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 thin bar (toothpick, spit, etc.)
- Use the specified lithium battery (CR2032).



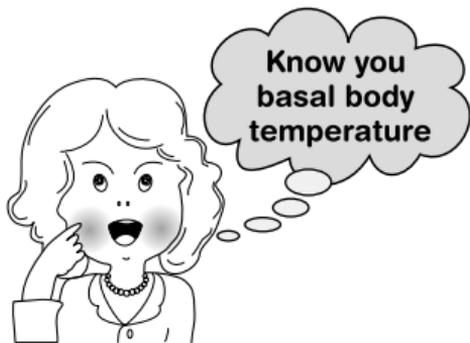
# BASAL BODY TEMPERATURE

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

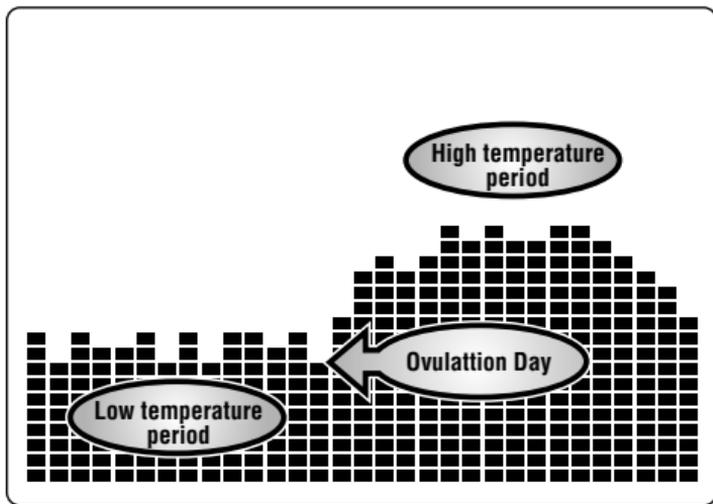
The body temperature of an adult woman becomes low and high regularly after each ovulation period. That is, the body temperature keeps low until an ovulation period, then becomes high after the ovulation period. It lowers again after the menstruation.

The difference between the high temperature and low temperature is less than  $1^{\circ}\text{C}$ . The temperature measured to check the high and low-temperature periods is the basal body temperature. The basal body temperature should be measured ideally in your mouth just after you wake every morning.

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



## ■ Basal body temperature graph



### [Precaution]

The change of the basal body temperature depends on each woman.

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

# PRECAUTIONS

**Observe the following precautions to prevent a malfunction and a trouble.**

1. Do not use the thermometer for any purpose other than measurement of the 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 strongly.
6. Do not pull the cord more than necessity 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, dry cloth, etc.
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, take care extremely.)
- 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.  
Take care extremely, however, that water will not be 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: Bra 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]
Rated voltage	DC 3V ---2mA (--- : Direct current)
Current collector	2mA
Battery life	Approx. 1 year (When used once a day)
Electrical shock protection	Internal power source device
Safety classification	⚡ Type B Equipment
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

⚠ Attention, consult accompanying documents.

\*Specifications and design may be subject to change without notice for improvement purposes.

**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.

**WEEE**

If you want to dispose this product, do not mix with general household waste. There is a separate collection systems for used electronics products in accordance with legislation under the WEEE Directive (Directive 2002/96/EC) and is effective only within European Union.

**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: **CITIZEN SYSTEMS (H.K.) LIMITED**  
Address: Flat A-B, 4th floor, Hung Mou Industrial Building, 62 Hung To Road,  
Kwun Tong, Kowloon, Hong Kong

**European Representative:**

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

**CE**  
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- Design and specification are subject to change without notice.

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