

Welcome!

You are now an integral part of the Walnut family!

Our brand was established by parents with a variety of backgrounds in engineering, design, manufacturing, and tech. However, we all came together with the shared vision of easing the burden of parental anxiety. We're committed to making life easier for the modern parents. Forget constant monitoring at the expense of your own inner calm. With Walnut thermometer, you can go about your day with the assurance that your child's health is taken care of.

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What Comes in the Box



- Walnut Thermometer**
To start tracking your child's temperature, simply position this device unit on their chest.
- Base Station**
The base station is a protective travel case to store your Walnut thermometer and adhesive patches. To charge the thermometer, the thermometer will automatically charge when it's stored in the base station, (via the charging cable in the package)
- Adhesive Patches (10 pieces included)**
To use the Walnut thermometer, place one adhesive patch on the back of the thermometer before positioning it on your child's chest.
- User Manual**
- Type-C Charging Cable**

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Using the Walnut Thermometer

Getting Started

step 1

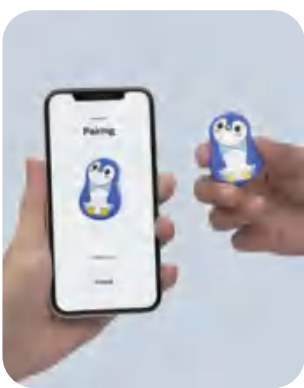
Download the Walnut Cares App
After downloading the Walnut Cares App, review our simple guide for applying and operating the Walnut thermometer. Through the app, you can create an account with an individual profile to track your child's temperature data.



step 2

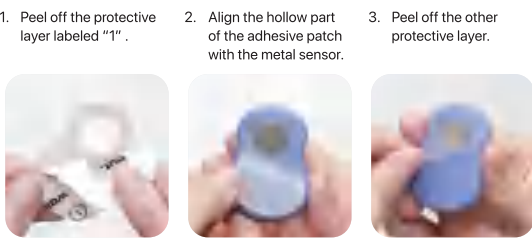
Pair the thermometer with your phone
Take out the thermometer from the base station. The indicator light, located on the penguin's mouth, will flash momentarily to signify that the thermometer is activated.

To pair the thermometer, switch your phone's Bluetooth® on and choose Walnut thermometer from the list of available devices if it doesn't automatically connect.



step 3

Apply an adhesive patch to the thermometer
Peel off the protective layer labeled "1" before carefully aligning the adhesive patch with the metal sensor on the back of the Walnut thermometer.



step 4

Position the thermometer on your child's chest
Peel off the protective back layer of the adhesive patch. Be careful to position the metal sensor in the middle of your child's chest. Press lightly before checking that the Walnut thermometer is fixed securely.



step 5

Calibrate and begin monitoring
Equipped with automatic calibration function, please allow the temperature to be calibrated when the monitoring starts (calibration time: 3-5 minutes for 72°F normal room temperature. And takes 5-10 minutes Between 40°F-60°F). In the meantime, you can use the app to establish a temperature alert.



End of Your Temperature Session

step 1

Remove the adhesive patch
To remove the thermometer, first loosen the edges of the adhesive patch, then slowly raise it off the skin.

Next, simply remove the adhesive patch from the Walnut thermometer and dispose of it. If there's any residue left on the skin, wash gently with soap and warm water.



step 2

Store the thermometer
When not in use, keep the Walnut thermometer and extra adhesive patches in the base station. Please connect the charging cable to charge it again for better maintenance.

Before the next use, thoroughly disinfect both sides of the Walnut thermometer using 70% isopropyl alcohol. Once dry, you can apply a new adhesive patch.



Cleaning and Care

The thermometer is mainly for home use. If used for multiple patients, please clean the device in between uses with the following steps:

step 1

Use an alcohol swab or cotton tissue moistened with alcohol (70% isopropyl) to clean the thermometer casing thoroughly. The wiping process preferably lasts 15 seconds.

step 2

Allow at least 5 minutes drying time before taking a temperature.

step 3

After cleaning, if the device is not visually clean when observed with magnification and adequate lighting, please repeat the clean steps above.

Note:

1. The cleaning steps above have been validated according to the FDA Guidance, "Reprocessing Medical Devices in HealthCare Settings: Validation Methods and Labeling".

2. Ensure that no liquid enters the interior of the device. Never use abrasive cleaning agents, thinners, or benzene for cleaning, and never immerse the device in water or other cleaning liquids.



Indicator Light

When you remove the Walnut wearable smart thermometer device from the base station, the indicator light located in the penguin's mouth will flash blue. This lets you know that the thermometer is activated.

If the indicator light doesn't turn after removing the thermometer from the base station, this signifies that the device is either out of battery. The light on the base will turn blue when charging, and turn white when fully charged.

You will also be notified by the app if the device runs out of battery while you're using it.

Adhesive Patches

Low-sensitivity Silicone Adhesive Patches

The silicone adhesive patches that come with your device are a proprietary Walnut thermometer accessory. The adhesive is medical grade, low-sensitivity, and free of color and odor. This makes them safe for use on children and sensitive skin.

PRECAUTIONS FOR USING THE ADHESIVE PATCHES

- Do not leave the adhesive patch on longer than 24 hours. You may want to replace it sooner if any discomfort occurs.
- If skin rash or irritation occurs, carefully remove the thermometer and consult your doctor.
- Do not apply the adhesive patch to broken, irritated, or wounded skin.
- Do not apply the adhesive patch to skin with excess body hair, as removal is more likely to be painful.
- Store the adhesive in a cool, dry place, away from direct sunlight.
- Only use the designated Walnut thermometer adhesive patches with the thermometer device.
- Do not apply the adhesive patches to babies who are premature or undersized, or who have a low birth weight.

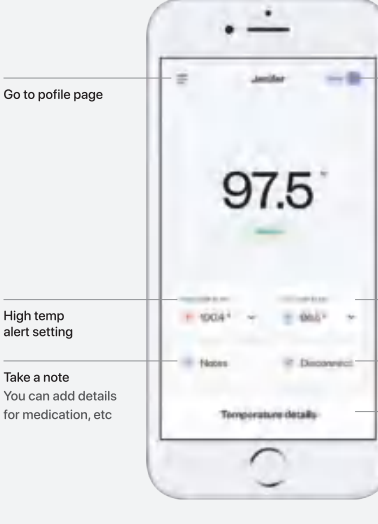
The Walnut Cares App

The Walnut Cares app has complete compatibility with all the latest iPhone/iPad and Android models. For more information on compatibility, visit: WalnutCares.com

scan the QR code to download the Walnut APP

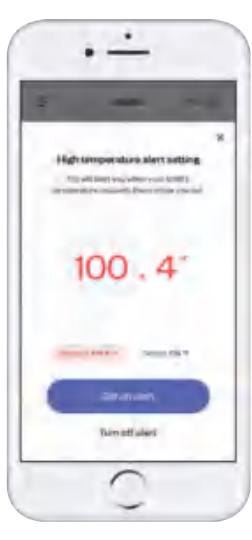
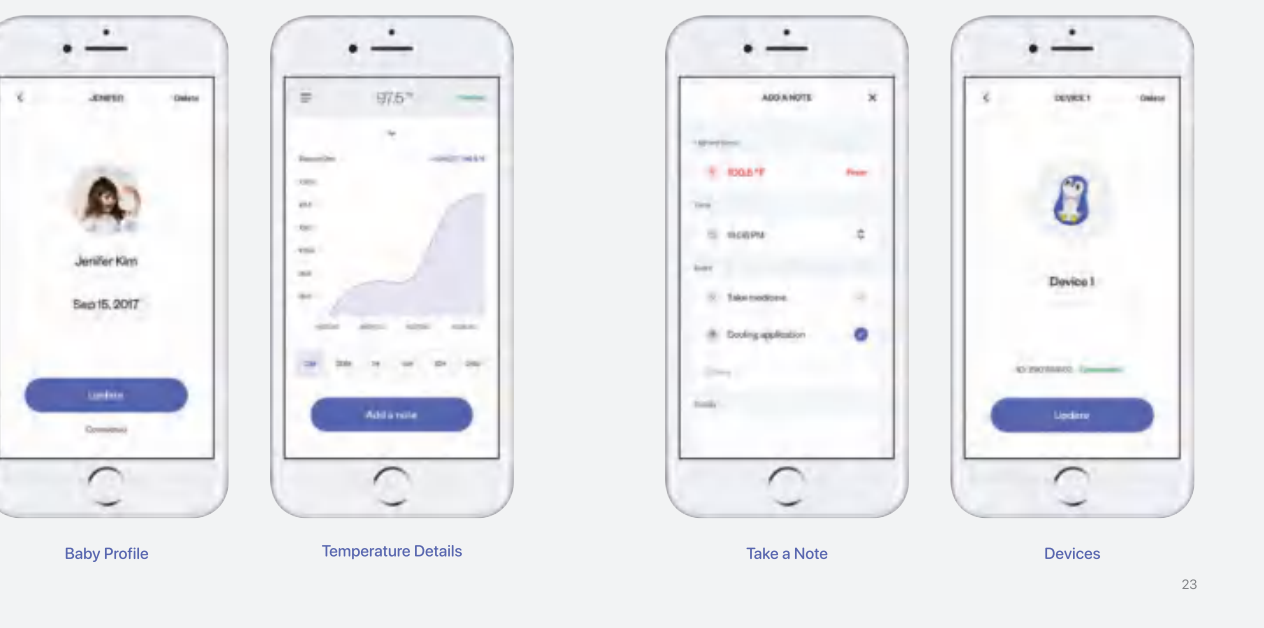


scan the QR code to view the video tutorial



- Alert setting**
Alert is turned off by default. Please turn it on before use, otherwise there will be no reminder function.
- High temp. alert setting**
You can add details for medication, etc.
- Low temp. alert setting**
You can add details for medication, etc.
- Disconnect the device**
- Showing temperature details chart**

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Alerts

Please note that the Walnut thermometer measures the chest temperature, and then calculates the body temperature through an algorithm.

Temperature fluctuates throughout the body, so the reference temperature depends on the area of measurement.

High Temperature Alert:
**38°C
100.4°F**

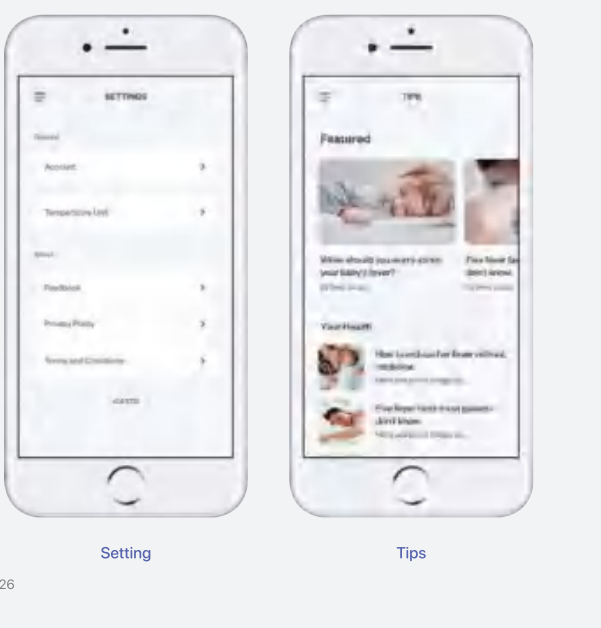
If not due to a fever, classified as hyperthermia. Symptoms include sweating more than usual and feeling overheated, thirsty, a little hungry, and generally uncomfortable. May be accompanied by chills if due to fever.

Calibration Time:

Walnut smart wearable thermometer is equipped with automatic calibration function, please allow the temperature to be calibrated when the monitoring starts (calibration time: 3-5 minutes for 72°F normal room temperature. And takes 5-10 minutes Between 40°F-60°F).

Low Temperature Alert:
**35°C
95°F**

Body temperature under 35°C (95°F) is classified as hypothermia. Symptoms include shivering, numbness and a blue/gray tinge to the skin. May also experience increased heart rate.



Technical Specifications

| | |
|---|-----------------------------------|
| Product name: | Walnut Wearable Smart Thermometer |
| Size: | 1.95in*1.44in |
| Thickness: | 0.22in |
| Weight: | 11g*1g |
| Duration of continuous battery use: | about 5 days |
| Charging time: | about 11 hours |
| Transmission distance: | ≤33ft |
| Accuracy: | ±0.3°F |
| Water resistance: | IPX5 |
| Operation/Storage conditions Temperature: | 41°F-104°F |
| Humidity range: | ≤85%RH |
| Working voltage: | 3.6V |
| Battery capacity: | 25mAh |
| Standby power: | 0.005mA |
| Working power: | 0.17mA-0.3mA |

Reference Temperature Guidelines

Due to the influence of room temperature, it need 5-10 minutes to calibration. Keep in mind that the room temperature can affect your child's temperature measurement, so try to avoid an overly hot or cold room when measuring.

Note:

When you use the Walnut Thermometer at a room temperature higher than 89.5°F, first cool down the Walnut Thermometer below 89.5°F for an accurate reading purpose.

Should you experience an unexpected dip in temperature or if the reading is surprisingly low, check to make sure that the sensor is attached properly and in full contact with the chest.

| | 0-3 MONTHS | 4-36 MONTHS | 3+ YEARS |
|----------|---------------------------------|---------------------------------|---------------------------------|
| Normal | 94.5 - 98.4°F 34.7 - 36.9°C | 94.5 - 99.1°F 34.7 - 37.3°C | 96.6 - 98.1°F 35.9 - 36.7°C |
| Moderate | 98.5 - 100.2°F 37.0 - 37.9°C | 99.2 - 100.2°F 37.4 - 37.9°C | 99.2 - 101.1°F 36.8 - 38.4°C |
| High | ≥100.3°F ≥38°C | ≥100.3°F ≥38°C | ≥101.2°F ≥38.5°C |
| Low | <95°F <35°C | <95°F <35°C | <95.9°F <35.5°C |

Through this simple color-coded system, Walnut thermometer instantly shows you if your child's temperature is in the low, moderate, normal, or high range, according to their age.

Frequently Asked Questions

Q: Besides the middle chest, can I put Walnut Thermal in other body areas?
A: No. If you put it onto other areas, it may affect the temperature reading accuracy.

Q: What is the maximum range of Bluetooth?
A: It's about 30 feet (10 meters) between the Walnut Thermal and the smartphone.

Q: How can I tell if the thermometer has a battery?
A: As the video shows, please use your fingers to push down the baby's skin, and then slowly take it off.

Q: What if there is some rash after I take off the Walnut Thermal?
A: Every baby's skin types are different. We used the best 3M adhesive options. If there is any rash, please use some cream or Vaseline to put on the skin.

Q: Is the temperature reading accurate?
A: It's accurate, the difference for the temperature is +/- 0.3°F. It has been tested to the ASTM E1112-00 standard,

which is required for all clinical digital thermometers. Please make sure 1. place the thermometer in the middle of the chest. 2. Don't put it in an extreme environment.

Q: Can I use multiple phones to monitor the same thermometer?
A: No. You can only connect one phone with one Walnut Thermal.

Q: Can I close the app/run it in the background?
A: Yes you can. You still can send messages or taking a phone call.

Q: Do I have to re-pair the device to my smartphone every lever occasion, or it connects automatically after the initial pairing?
A: After the first time pair with your phone, you don't need to pair again next time. If you want to pair with a different phone, you have to disconnect the original paired phone, and then connect with the new phone.

Q: What if a child accidentally puts Walnut Thermal in his mouth?
A: Walnut Thermal is made of food-grade liquid silicone. However, please do NOT swallow. If you put it in your mouth, take it out as soon as possible.

Q: Can adults use Walnut Thermal?
A: We recommend not to because an adult's temperature measurement algorithm standard is different compared to a kid's.

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Q: Can I close the app/run it in the background?
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Satisfaction Guarantee and Limited Warranty

30-Day Guarantee

We will give you a full refund if you are not satisfied with the product.

Free Support

Ask us anything anytime, we will get back to you ASAP at support@walnutcares.com

One-Year Warranty

We offer a limited warranty that commences from the date of purchase of the product.

Troubleshooting

| Problem | Troubleshooting Hints |
|--|--|
| Put the thermometer into the base station to charge, but the charging indicator light is not on. | Lightly touch the thermometer with your finger and try to adjust its position. Blue light when charging and a white light when fully charged. |
| The APP cannot properly link to the thermometer. | The battery is low or exhausted, please put the thermometer back in the base station to charge and try to connect again after it is fully charged. (Scan the second QR code on page 20 of the instructions to see the detailed connection steps.) |
| The APP cannot automatically connect to the thermometer. | Make sure the thermometer and phone are within 10 meters of each other and in the same room. Click the directory at the upper left corner of the APP interface, select "Device", and click the "+" button at the upper right corner to automatically match the thermometer line. |

| Problem | Troubleshooting Hints |
|---|--|
| Temperature reading was lower/higher than expected. | Be careful to position the metal sensor in the middle of your child's chest. Press lightly before checking that the Walnut thermometer is fixed accurately. *Please refer to pages 28-29 of the manual, and set the temperature alarm according to the child's age. |
| Temperature reading is much lower than the actual. | The thermometer is equipped with automatic calibration function, please allow the temperature to be calibrated when the monitoring starts (calibration time: 3-5 minutes for 72°F normal room temperature. And takes 5-10 minutes Between 40°F-60°F). Please be patient, it is being automatically calibrated. |
| Other problems. | Please contact customer services. |

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Important Notes

- Walnut Wearable Smart Thermometer Bluetooth? connection reaches a communication range of about 30 feet. This may be affected by obstacles such as walls, people, or large metal objects, in addition to electromagnetic waves.
- Your phone battery will be depleted faster with the consistent use of Bluetooth® communication. Make sure to charge your battery as needed to keep it from dying during monitoring.
- While monitoring, you are free to use any other applications on your phone. However, be careful not to close the Walnut thermometer app or you will lose your current temperature monitoring period.
- To receive temperature notifications, navigate to your phone's settings to enable push notifications from the Walnut thermometer app. Additionally, make sure that your phone is not set to either mute or "do not disturb".
- Monitor your child regularly for any indication of illness.

Intended Use and Precautions

Intended Use
Walnut thermometer is a reusable, non-invasive electronic device to be used at home. It's designed for continuous body temperature monitoring of children ages 0-6 years in non-emergency medical situations.

Precautions
Do not make any modifications to the electronic device and must be appropriately cleaned between uses.
Do not apply bending or twisting pressure to the Walnut thermometer device.
Walnut Wearable Smart Thermometer

Note that there are many indications and symptoms of illness in addition to irregular temperature. It's important to regularly monitor your child for any sign they may need medical care.

Do not use the Walnut thermometer device on broken or irritated skin and make sure it maintains continuous contact with the skin. Note that the thermometer is not a sterile device and must be appropriately cleaned between uses.

You are recommended to consult with a medical professional in the following cases:

- Your child's temperature is elevated above the normal range for a continuous period.
- You notice any of the following symptoms, regardless of whether your child's temperature is within the normal range: difficulty breathing, nasal congestion, unexplained drowsiness, seizure, stiff neck, distention in eating, prolonged vomiting.

Only use the provided proprietary accessories with the Walnut thermometer device. Otherwise, you risk inaccurate temperature readings, or damaging the skin or the device.

The accuracy of the temperature readings may be compromised by positioning the device improperly on the body, extreme room temperatures, certain skin conditions and the use of unauthorized accessories.

Do not use the Walnut thermometer device outdoors.

Apply the thermometer only to the middle of the chest. Incomplete contact with the skin may result in inaccurate temperature measurements.

Do not immerse the Walnut thermometer device in water or any other liquid. Remove the thermometer before bathing.

Do not use the Walnut thermometer in conjunction with an MRI or CT device. If skin rash or irritation occurs, carefully remove the device and consult with a medical professional.

Do not allow the device in the mouths of children or pets.

Ensure the device is set up and operated with adult supervision. Contact customer support should you have any problems arise.

Keep away from children and pets when stored.

Ensure your phone is not set to silent or "do not disturb" during use so you can hear a fever alert should one arise.

Certification & Disclaimer

For Private Households
Information on Disposal for Users of Waste Electrical and Electronic Equipment (WEEE).

Disposal of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment, which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point. Penalties may be applicable for incorrect disposal of this waste, in accordance with your national legislation.

Technical Specification
Compatible with the latest iPhone and a variety of Android phones.

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FCC Caution:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE:

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception,

... Reorient or relocate the receiving antenna.
... Increase the separation between the equipment and receiver.
... Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
... Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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Walnut蓝牙温度计说明书 单面90x90mm 5mm倒角 内页105g哑粉纸 封面157g双铜 36P 骑马钉装帧40p彩印 B1031