Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

How To Set Up And Use The Withings Thermo Thermometer

This information will explain how to set up and take a temperature reading using the Withings Thermo thermometer.

How to set up the Withings Thermo thermometer

1. Download the Withings Health Mate app from iOS or Google Play Store (see Figure 1).

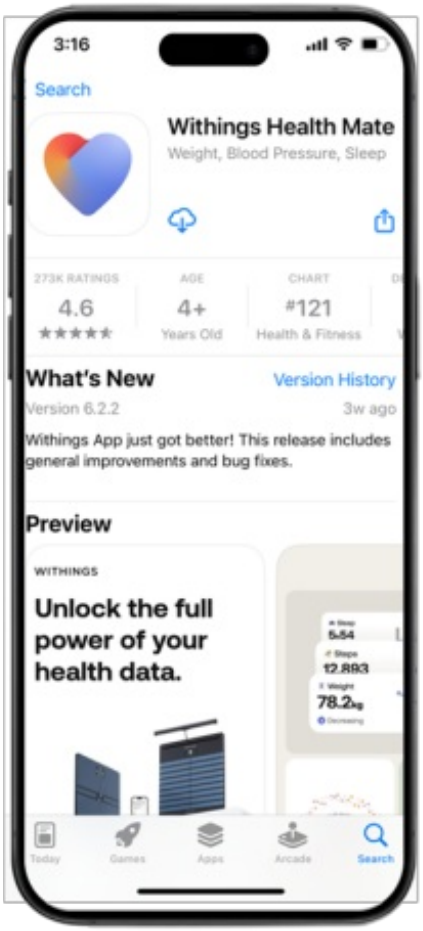

Figure 1. Withings Health Mate app

2. Select “Get Started” (see Figure 2).

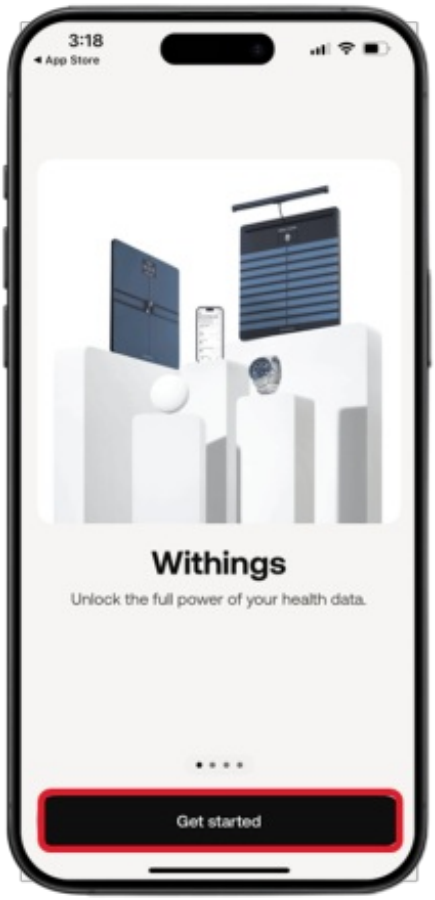

Figure 2. Get started

3. Enter the email address you would like to login with and click “Continue” (see Figure 3).

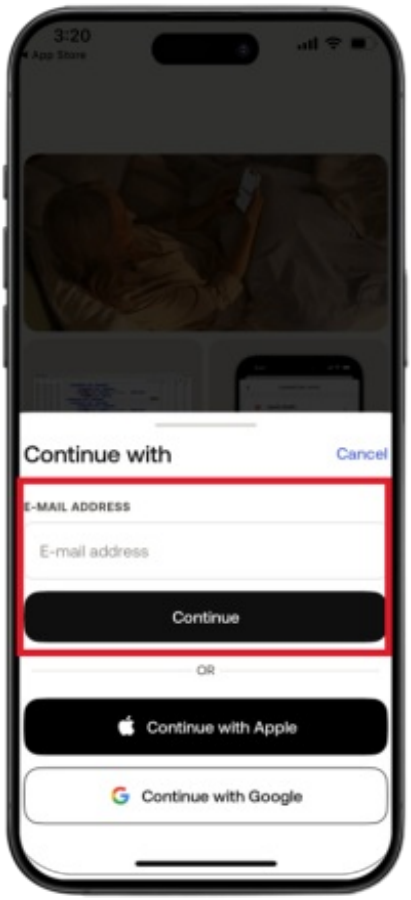

Figure 3. Enter your email

4. Check your email address for a Withings verification code. Enter the code into the Withings Health Mate App and click “Continue” (see Figure 4).

Figure 4. Enter verification code

5. From top right-hand corner of the Home screen, tap the “Devices” icon (see Figure 5).

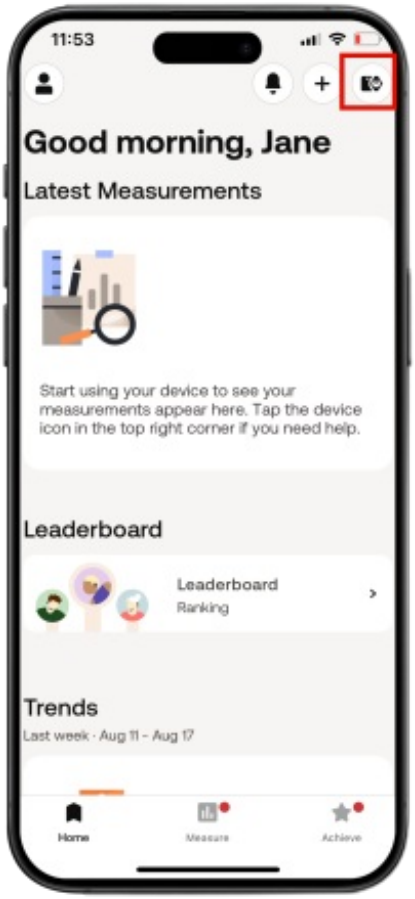

Figure 5. Tap devices icon

6. Tap the “Install a device” (see Figure 6).

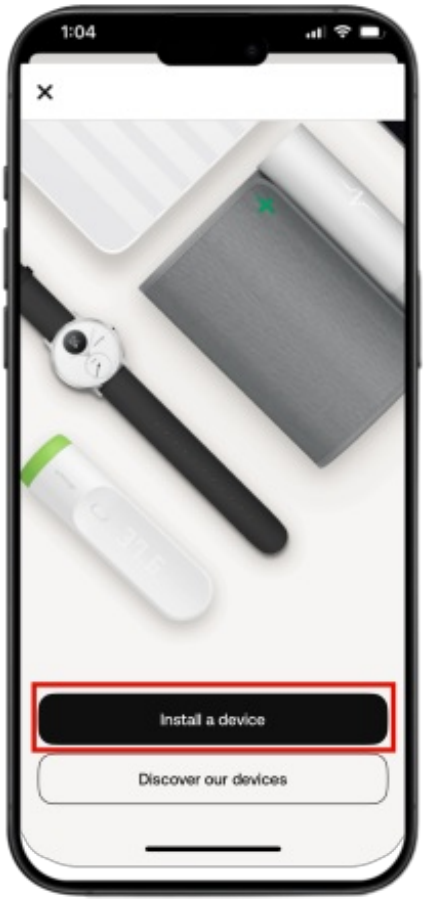

Figure 6. Install device

7. Select “Thermo” from the list (see Figure 7).

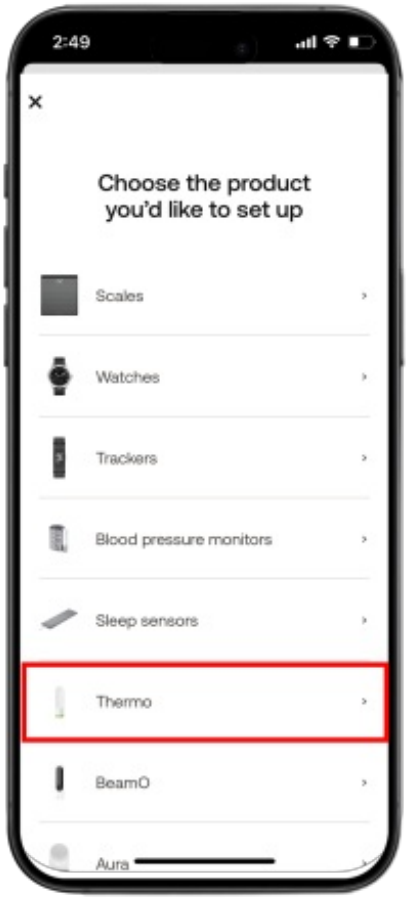

Figure 7. Choose device

8. Select “Install” (see Figure 8).

Figure 8. Install device

9. Press and hold the button on your Thermo device until the display shows SETUP. Tap “Next” to continue (see Figure 9).

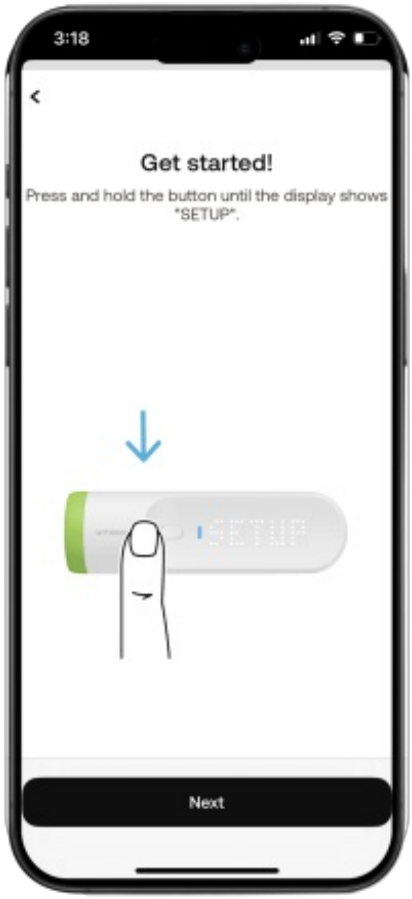

Figure 9. Set up Thermo device

10. Once the Thermo is detected tap “Next” (see Figure 10).

Figure 10. Thermo detected

11. Tap “Pair” to start the pairing process (see Figure 11).

Figure 11. Start to pair

12. Tap “Pair” when the Bluetooth Pairing Request appears (see Figure 12).

Figure 12. Bluetooth pairing

13. Your Thermo has connected. Tap “Next” (see Figure 13).

Figure 13. Thermo is connected

14. Tap “I don’t have Wi-Fi”. The phone will be set up to connect to Bluetooth (see Figure 14).

Figure 14. Wi-Fi networks

15. The Thermo setup is complete. Tap “Next” (see Figure 15).

Figure 15. Set up is complete

How to take a reading with the Thermo device

1. Review the on-screen instructions to take your first reading. First, take the cap off the Thermo device. Tap “Next” (see Figure 16).

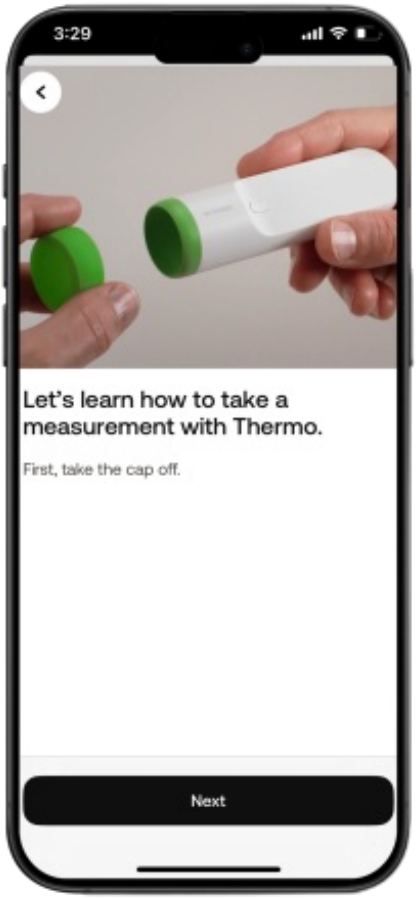

Figure 16. Starting to take your temperature

2. Press the button to turn the Thermo on. Tap “Next” (see Figure 17).

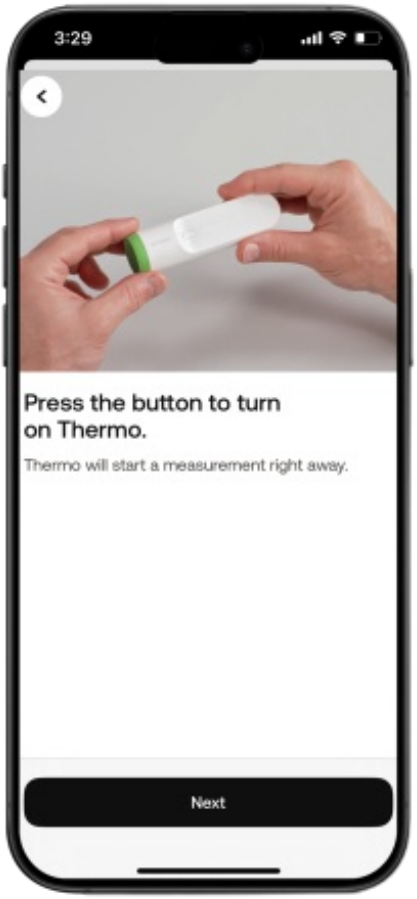

Figure 17. Turn Thermo on

3. Place the Thermo over the middle of your forehead. Scan towards your hairline in a straight line. The device does not need to touch your skin (see Figures 18-21). Tap “Next” after each screen.

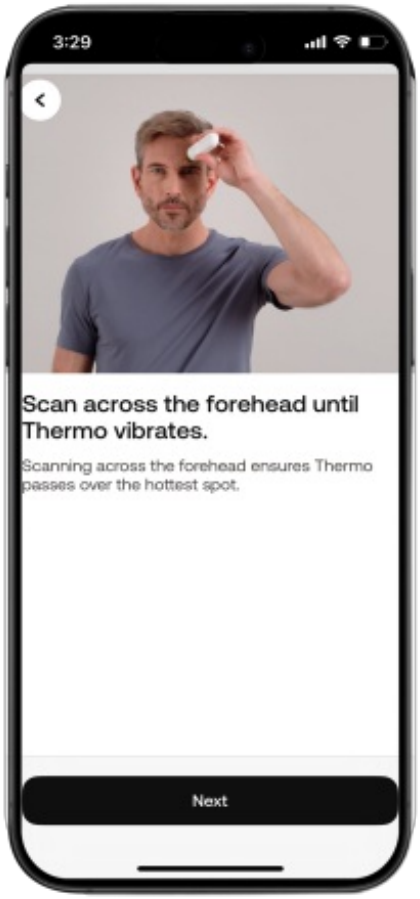

Figure 18. Review on screen instructions

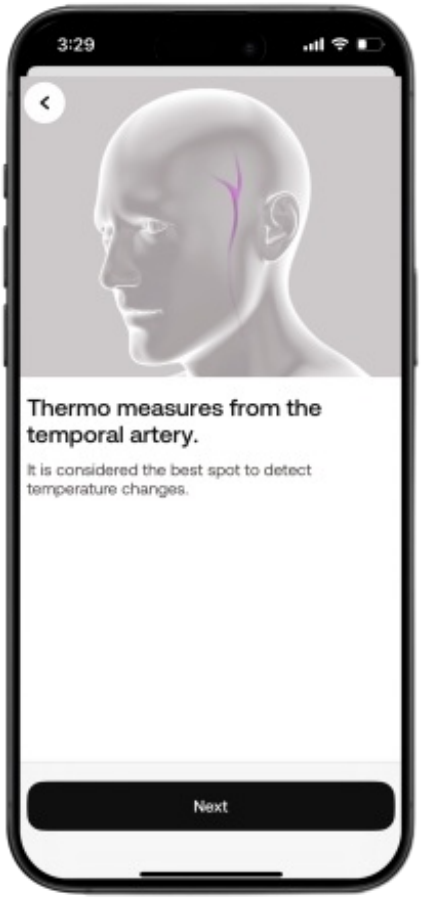

Figure 19. Temporal artery is measured

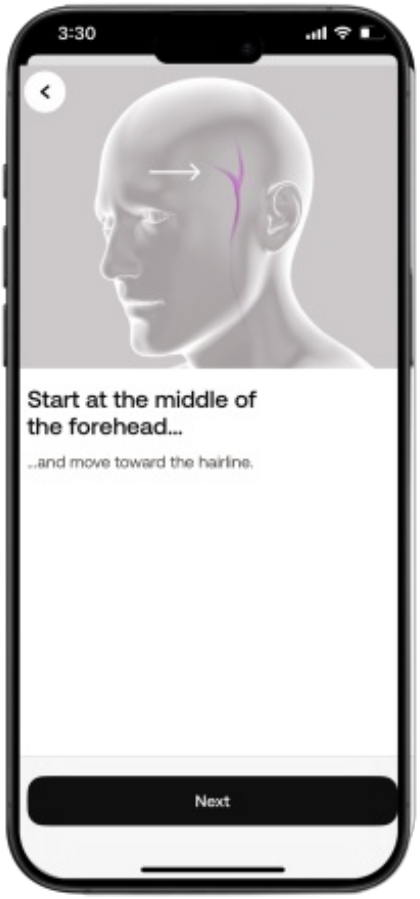

Figure 20. Review where to measure

Figure 21. Follow a straight line

4. Once the temperature is taken, slide your finger on the Thermo until you see your name. Tap “Next” (see Figure 22).

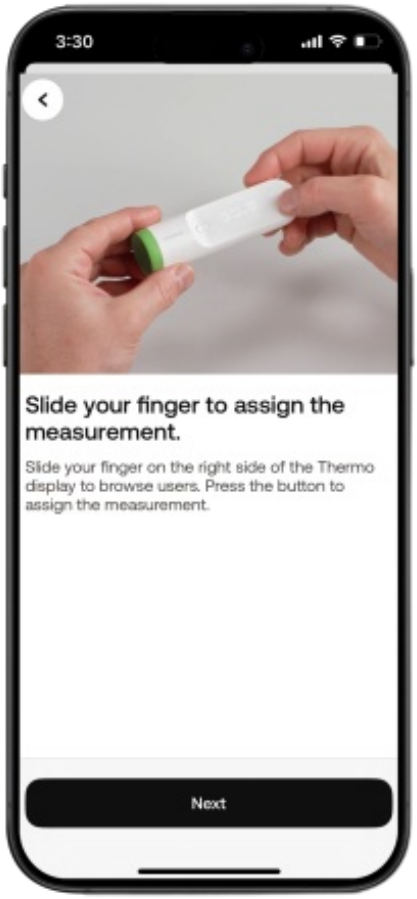

Figure 22. Slide finger on Thermo

5. Press the button to assign the reading to yourself (see Figure 23).

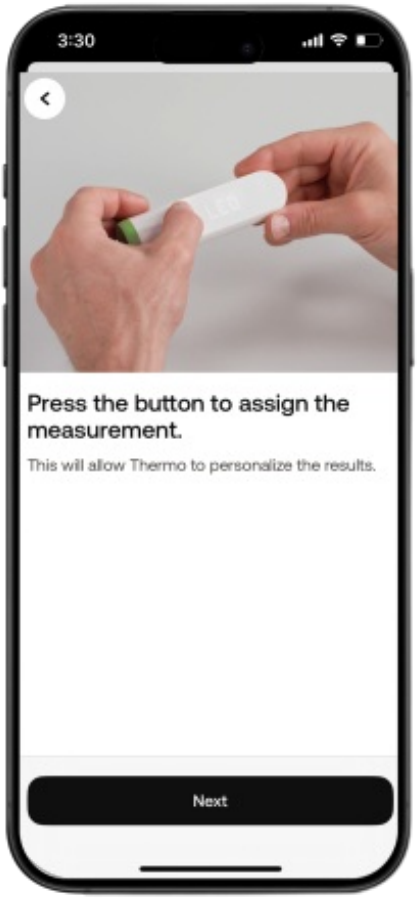

Figure 23. Press button to assign measurement

6. Review your results and tap “Next” (see Figure 24).

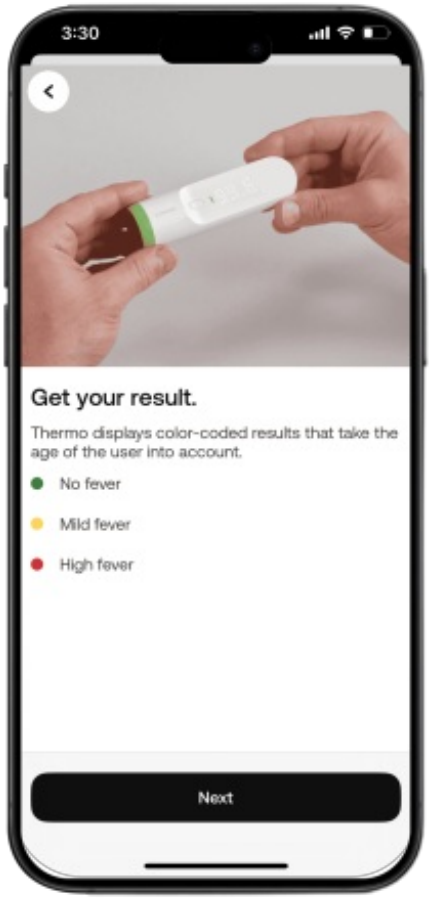

Figure 24. Get your result

7. You can review your temperature measurements in the Withings app. The reading may take a couple minutes to appear. You will be given some tips about using the Thermo. Once you review, tap “Done” to return to the homepage (see Figure 25).

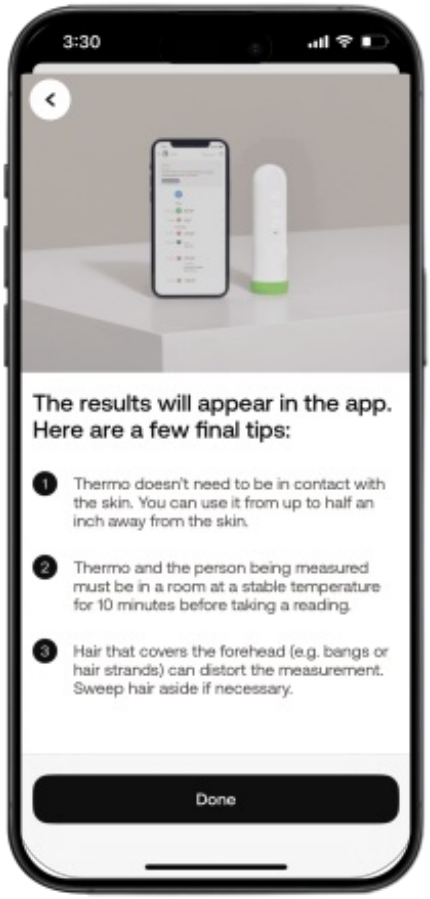

Figure 25. Tips for using Thermo

8. The reading will automatically be sent to your doctor at MSK (see Figures 26).

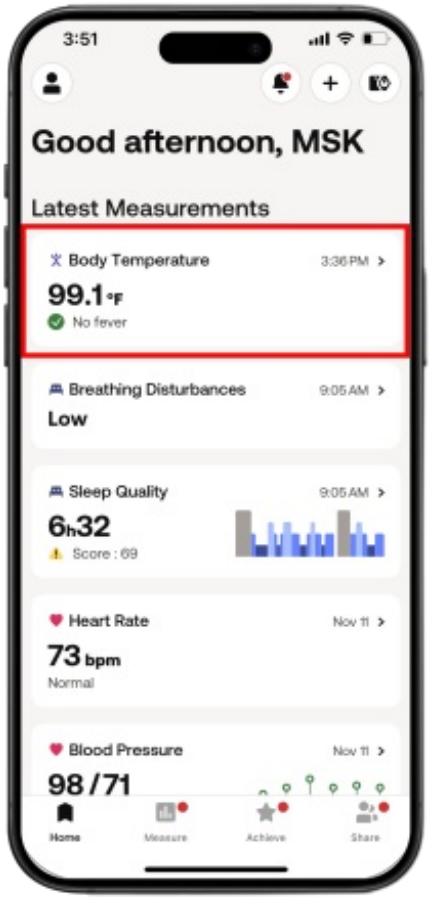

Figure 26. Your results will be sent to MSK

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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