



## PATIENT & CAREGIVER EDUCATION

# How To Take Your Temperature With The Zewa 1115 Thermometer

This information will explain how to take a temperature reading using the Zewa 1115 thermometer.

1. Open the MSK Remote Monitoring mobile app and log in (see Figure 1).

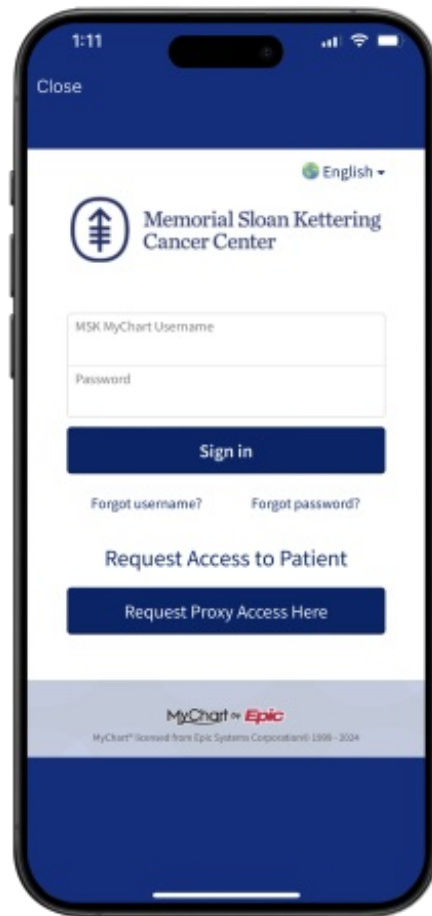


Figure 1. MSK Remote Monitoring app

2. Review the authorization screen and select “Continue” (see Figure 2).

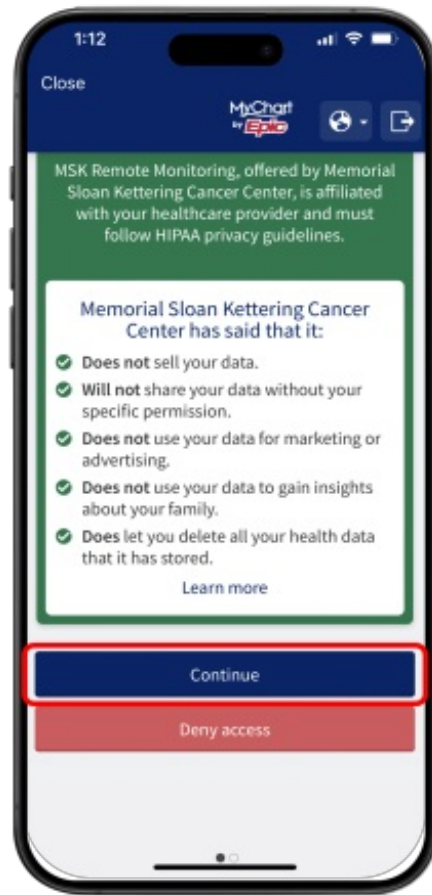


Figure 2. Authorization screen

3. Review the data authorization screen and select a time range, then tap “Allow access” (see Figure 3).

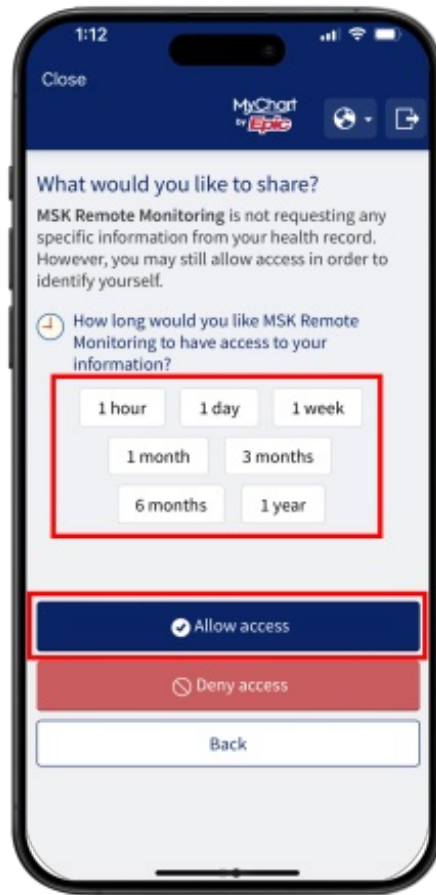


Figure 3. Allow access

4. On the devices screen look for the Thermometer tile. Select Zewa 11115 (see Figure 4).

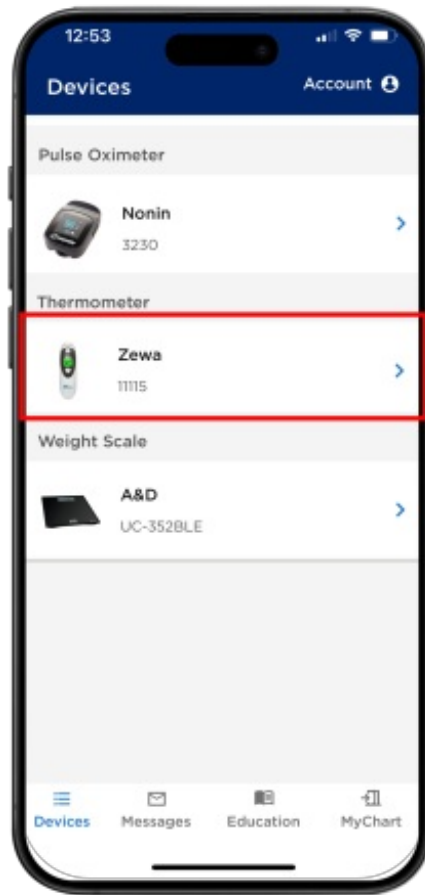


Figure 4. Select device

5. Tap “Take a reading” (see Figure 5).

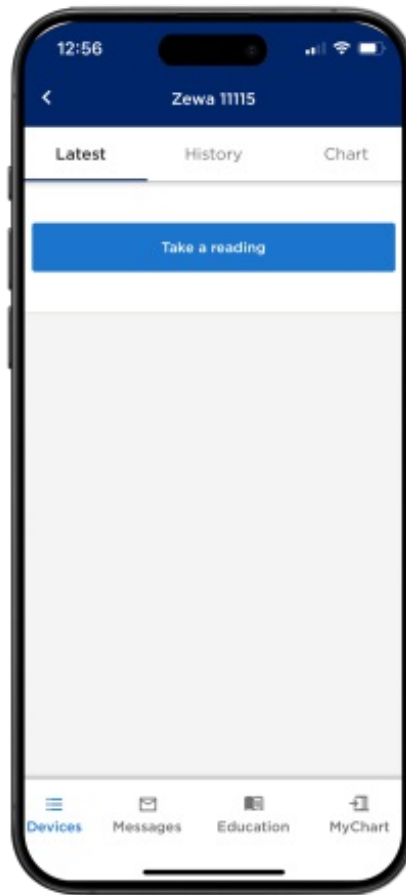


Figure 5. Take a reading

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6. Turn on your Zewa thermometer by pressing the HEAD button. Place the thermometer half an inch from your forehead. Press the HEAD button and wait for your temperature to be taken (see Figure 6).

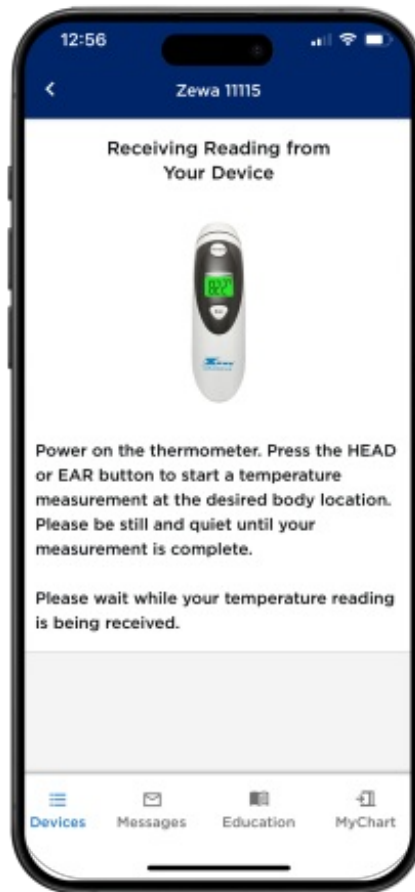


Figure 6. Take temperature

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7. Once the measurement appears in the MSK Remote Monitoring app, tap “Submit” (see Figure 7).

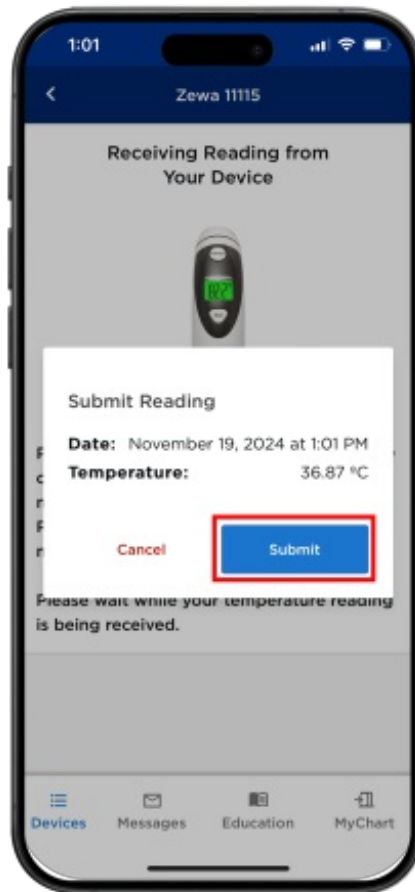


Figure 7. Submit reading

8. The screen will update to show your latest reading. You can view all your readings in the History tab. You can also view your readings as a graph in the Chart tab (see Figure 8).

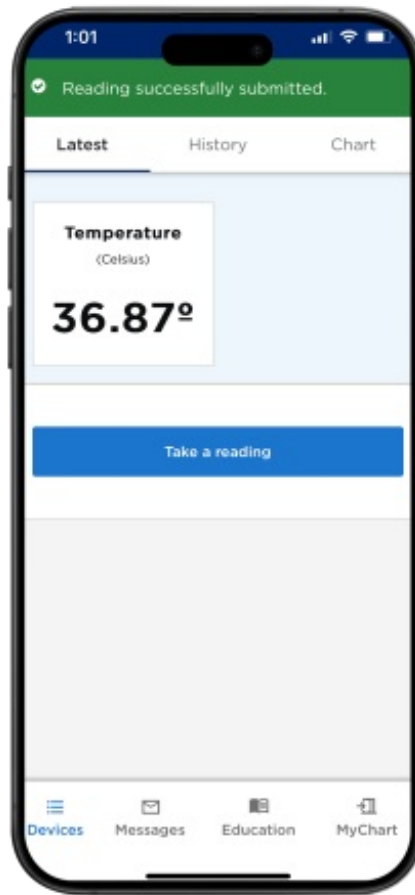


Figure 8. Review reading

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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](http://www.mskcc.org/pe) to search our virtual library.

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