

In association with



**St John**



**kinetik**  
WELLBEING

# -Quick Start Guide-

DT-K11B

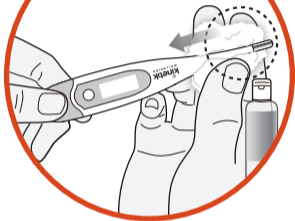
Digital  
Thermometer

1



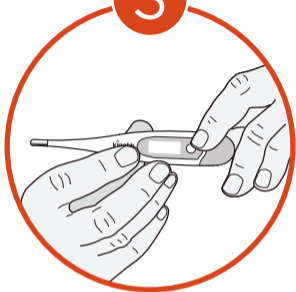
Open box and  
remove thermometer  
from protective case.

2



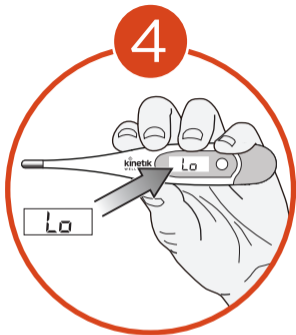
Clean thermometer tip by applying a disinfectant (e.g. 70% medical alcohol) with a damp cloth.

3



Press the power button  
to turn on the device.

4



Once "Lo" appears and a flashing "°C" or "°F", the thermometer is ready for use.

5



Insert thermometer  
in the desired location.

6



The measurement is complete once the thermometer beeps – this may take up to 30 seconds. The reading will be shown on the display.



for more information visit :  
[kinetikwellbeing.com](http://kinetikwellbeing.com)