

In association with



**St John**

  
WELLBEING

# -Quick Start Guide-

DT-K111D

Digital  
Thermometer

1



Open box and  
remove thermometer.

2



Disinfect the probe  
(do not submerge  
in water).

4



Once “L” appears  
the thermometer is  
ready for use.

3



Press the power button  
to run the  
self check test.

5



Insert the thermometer in the desired location to take a reading. Wait until the thermometer beeps to display a constant reading before removing it.



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