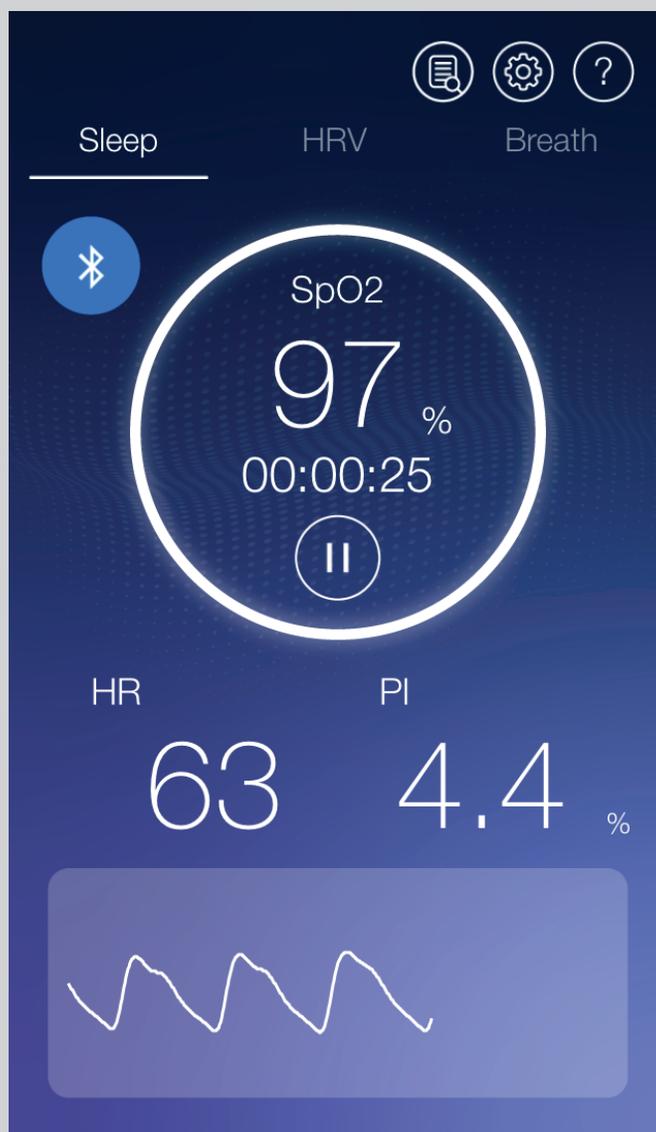


FORA[®] iFORA O2 App



Operations & Procedures Manual

FORA O2 Pulse Oximeter

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OVERVIEW

The FORA O2 with O2 smartphone app is a simpler, more cost-effective solution to monitor pulse oxygen overnight in the comfort of a person's home—which can help physicians diagnose health complications such as sleep apnea.

Patients can place the FORA O2 device on a finger to perform a sleep test in their home, continuously measuring pulse oxygen and beats per minute. Since the device is small, lightweight and easy to use, it's easier to track sleep trends over multiple evenings to see if results improve or worsen.

The device connects to the iFORA O2 smartphone app via Bluetooth and is able to provide various reports based on the data captured including a sleep report and Heart Rate Variability (HRV) analysis.

HRV results could even help physicians diagnose potential health problems including hyperthyroidism, hypertension, diabetes, anxiety, and depression.

Additionally, the breath frequency feature in the iFORA O2 app allows users to practice breathing techniques: 10 minutes of morning exercises can improve physical and mental state throughout the day and 10 minutes in the evening can improve quality of sleep.

Breathing exercises can also help improve snoring, anxiety and stress, asthma, nasal congestion, high blood pressure and more.

PREPARATION AND INITIALIZATION

Register/Login Page

User can register a new account or log in with existing account.

iFORA O2 Register

Email

Password

Name

Age

Age

Creat a new account

Login

Agree [Privacy Policy](#) Skip

Email verification is required to finish registration successfully. Check for the verification email in your email's inbox.

Sleep report will be emailed to the registered email (for users who have the Sleep SpO2 subscription).

Logging in with the same account on multiple devices will allow the user to view the same history records on all the devices.

Bluetooth Pairing with Meter

Bluetooth Pairing Instruction will show when the iFORA O2 App hasn't paired with any Bluetooth oximeter before.

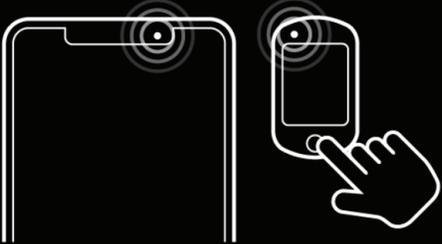
Next

1. Please turn on Bluetooth of your phone, and then back to iFORA O2 App



↓

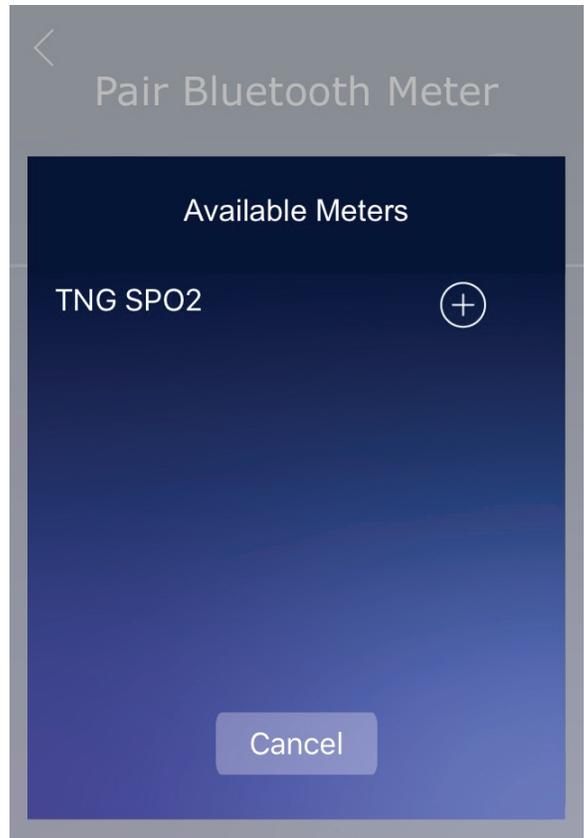
2. Turn on the Oximeter by pressing its power button



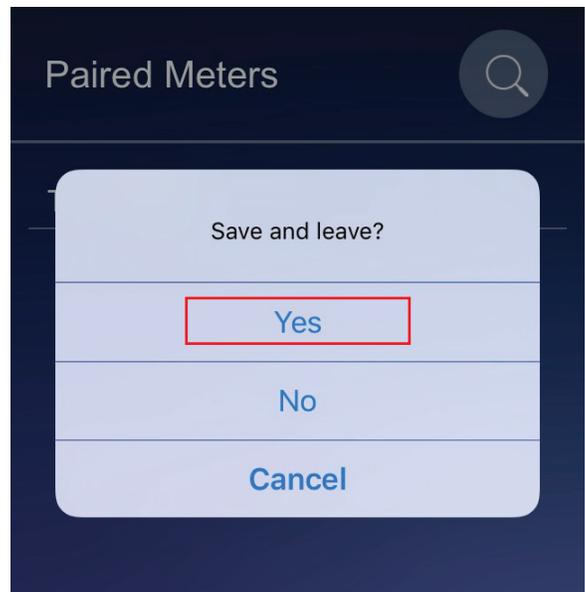
↓

3. Click the '+' symbol on the right of found Bluetooth device

Click 'Next' on the screen.



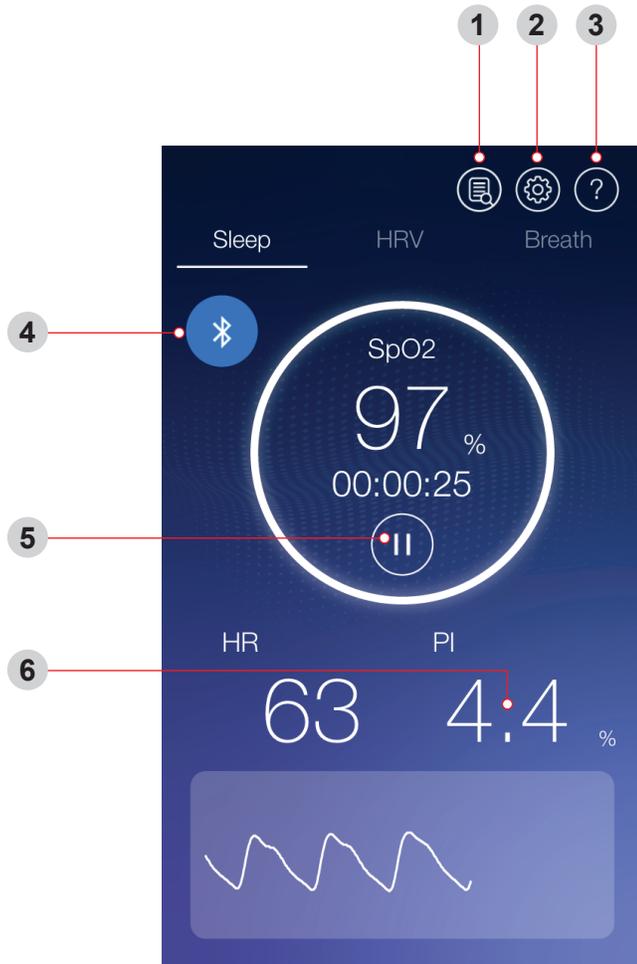
Turn on the oximeter. Tap '+' button when Bluetooth oximeter device name shows on the list of 'Available Meters'.



The save menu will pop up. Select 'Yes'.

MEASUREMENT

Main Page - Sleep

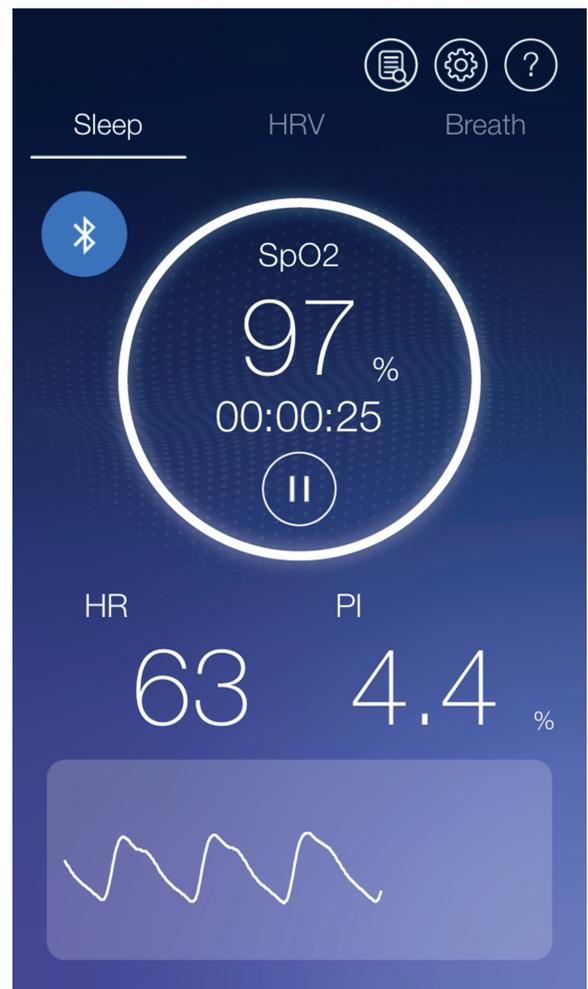


1. 'Data' Button: Review data history
2. 'Settings' Button: Settings and other functions
3. 'Help' Button: Quick Start Guide
4. Bluetooth connection status with oximeter
5. 'Test' Button:
 - 'Start' recording Sleep SpO2
 - 'Stop' recording Sleep SpO2
 - 'Register/Login' to Cloud System (if user didn't log in)
6. Perfusion Index

SpO2 Recording

Press the button to start recording Sleep SpO2.

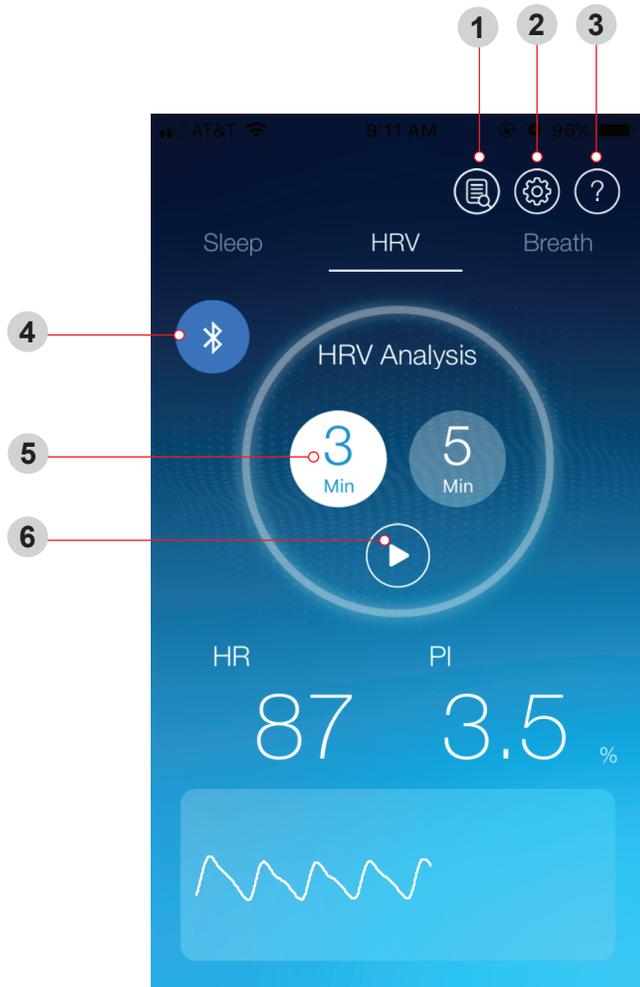
Press the button to end SpO2 recording, upload Sleep Data to cloud server, and receive the sleep SpO2 analysis report.



NOTE:

The iFORA O2 app must be running during sleep recording. The app can usually work in background mode when phone screen is off. (However, because the app can be terminated in iOS background mode, it is recommended to not turn off the screen during sleep recording. The brightness will automatically be adjusted to lower settings after 20 seconds).

Main Page - HRV

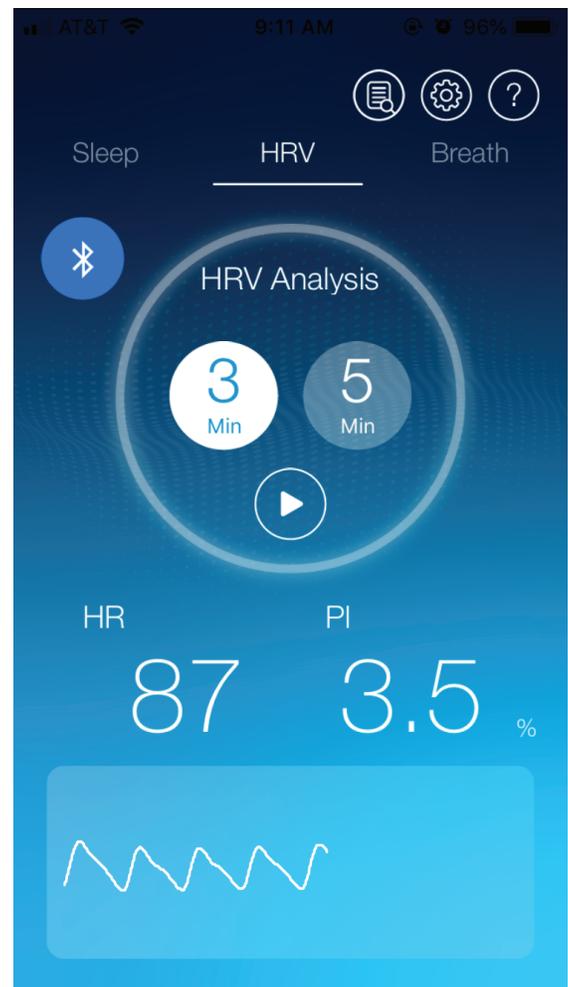


1. 'Data' Button: Review data history
2. 'Settings' Button: Settings and other functions
3. 'Help' Button: Quick Start Guide
4. Bluetooth connection status with oximeter
5. Test Duration: Select between a 3 minute and 5 minute test
6. 'Test' Button:
 - 'Start' recording HRV Analysis
 - 'Stop' recording HRV Analysis
 - 'Register/Login' to Cloud System (if user didn't log in)

HRV Recording

Press the  button to start recording Heart Rate Variability (HRV). Test is timed at 3 minutes or 5 minutes, and phone will vibrate once test is complete if your phone's vibrate function is on.

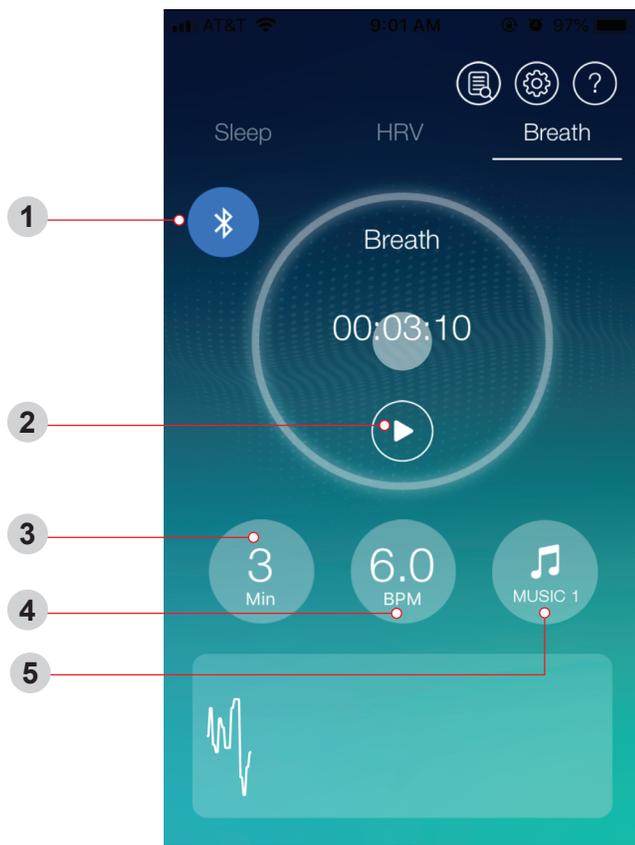
Press the  button to end HRV recording if you need to end it before the test is complete.



NOTE:

Please stay still for the duration of the test. If there is too much disturbance during the test, the test may not be completed and the record will reflect that the test is incomplete. To receive HRV results, please refrain from movement during the 3 to 5 minutes it takes for the HRV test to be completed.

Main Page - Breathe



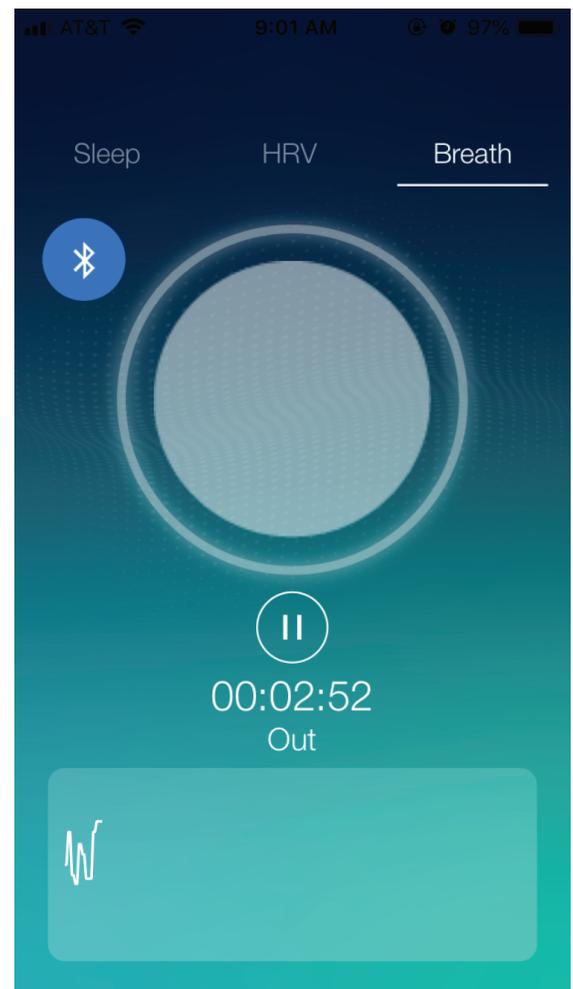
1. Bluetooth connection status with oximeter
2. **'Test'** Button:
 - 'Start' recording Breathe
 - 'Stop' recording Breathe
 - 'Register/Login' to Cloud System (if user didn't log in)
3. Test Duration: Select between 3, 5, and 10 minute tests.
4. Breaths Per Minute: Select between the range of 4.5 to 7.5 breaths per minute
5. Music: Select between the available music options

Breathe Recording

Press the  button to start recording resonant breathing.

Follow the prompt and the expanding white circle when breathing in. Hold breath for a moment, then follow the prompt and the shrinking circle when breathing out.

Continue following the prompts until the timer is up and the test is complete.



Press the  button to end breathe test and upload Breathe Data to cloud server.

DATA AND REPORTS

The iFora O2 app has several types of reports and data histories:

Sleep SpO2 Analysis: The sleep SpO2 test analyzes the severity of oxygen desaturation and will report the number of times per hour that the blood oxygen levels drop below an individual's baseline. In addition to screening for sleep apnea, it also helps track the user's improvement.

Heart Rate Variability (HRV) Analysis: The HRV test analyzes breathing frequency and 5 other parameters including average heart rate. Since the HRV assesses the autonomic nervous system, it is used to understand the user's current physical and mental state.

Resonant Breathing (HRV Biofeedback): The resonant breathing function allows users to choose the number of breaths per minute that works best for them. The exercises can help improve the user's autonomic system as well as sleep quality, anxiety, high blood pressure and more.

Sleep SpO2 Report

Sleep SpO2 Report

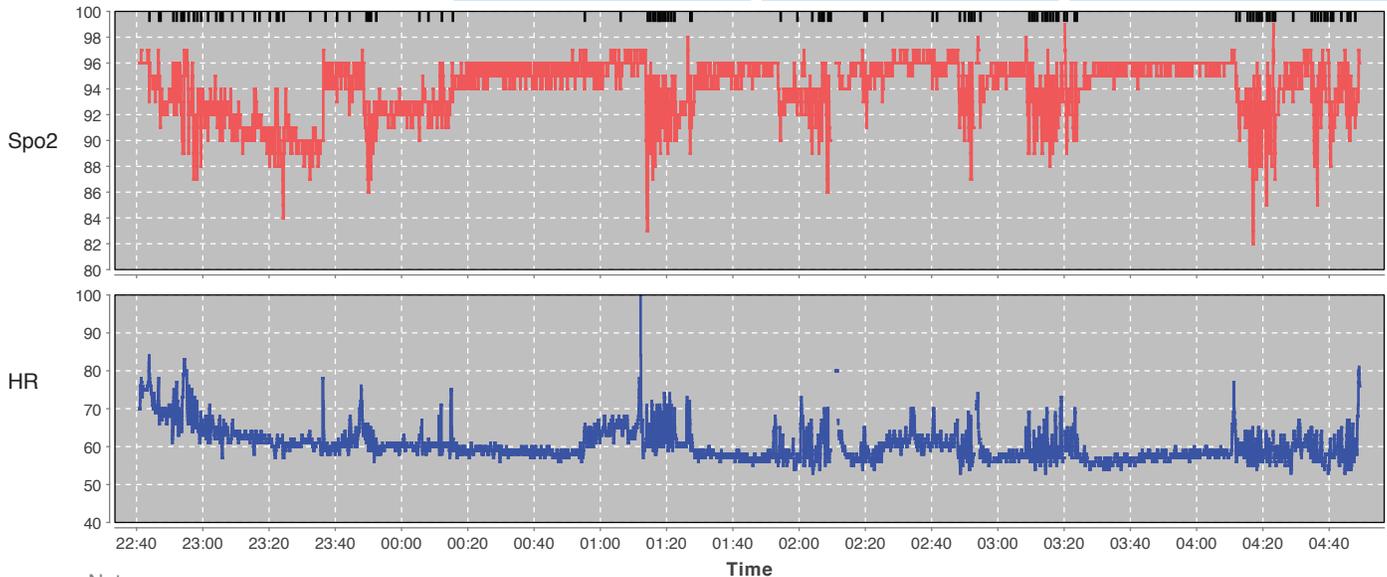
ID:userid
Email:user@email.com
Date:2019/07/10

Total Recording Time:
6 Hours 12 min
SpO2 drop >= 3% events:114
SpO2 drop >= 4% events:72
SpO2 < 90% time: 903 sec

Average SpO2 (%):94.0
Lowest SpO2 (%): 82.0
ODI 3% (events/h): 18.4
ODI 4% (events/h): 11.6
CT90(%):4.0

L4
SpO2 drop degree and duration exceed normal range

— SpO2 — HR | 3% drop event



Note:

- [1] ODI: oxygen desaturation index. Hourly average number of desaturation episodes
- [2] CT90: cumulative time percentage with SpO2<90%

Reading the Report

Oxygen desaturation index (ODI): The number of times per hour of sleep that the blood oxygen levels drop by a certain degree from the baseline.

- **‘SpO2 drop >= 3% events’:** Number of times oxygen dropped by 3% from baseline
- **‘SpO2 drop >= 4% events’:** Number of times oxygen dropped by 4% or more from baseline
- **‘SpO2 drop < 90% time’:** Amount of time oxygen saturation was below 90%
- **‘Average SpO2 (%)’ :** Average oxygen saturation
- **‘Lowest SpO2 (%)’ :** Lowest recorded oxygen saturation
- **‘ODI 3%’ :** Times per hour oxygen levels dropped by 3%
- **‘ODI 4%’ :** Times per hour oxygen levels dropped by 4%
- **‘CT90 (%)’ :** Percentage of cumulative time oxygen saturation was below 90%
- **‘L1~L4’ :** Indicates SpO2 Variation from L1 (normal) to L4 (exceed normal)

*User has to continuously monitor for a minimum of 4 hours to receive this result.

History Data Page (SpO2)

The screenshot shows a mobile application interface for the 'History Data Page (SpO2)'. At the top, there are four tabs: 'SpO2', 'Sleep', 'HRV', and 'BR'. The 'SpO2' tab is selected and highlighted with a red box and callout '1'. Below the tabs is a table with three columns: 'Time', 'SpO2 / HR', and 'Perfusion Index'. The first row of the table is highlighted with a red box and callout '2'. The data in the first row is: Time: 7/5/19, 9:42 AM; SpO2 / HR: 98 / 84; Perfusion Index: PI: 2.3.

Time	SpO2 / HR	Perfusion Index
7/5/19, 9:42 AM	98 / 84	PI: 2.3
7/5/19, 9:22 AM	97 / 86	PI: --
7/5/19, 9:17 AM	97 / 87	PI: 4.7
7/5/19, 9:11 AM	97 / 87	PI: 3.7
7/5/19, 9:10 AM	97 / 87	PI: --
7/5/19, 9:01 AM	97 / 83	PI: 6.9
7/2/19, 3:29 PM	97 / 65	PI: 6.6
7/2/19, 3:28 PM	97 / 77	PI: --

1. Click 'SpO2' Tab for time stamped reading history of blood oxygen (SpO2) and heart rate (HR).
2. Perfusion Index (PI) is the ratio of the pulsatile blood flow to the non-pulsatile static blood flow in a patient's peripheral tissue (e.g. fingertip, toe, or ear lobe.) Perfusion index is an indication of the pulse strength at the sensor site. The PI's values range from 0.02% for a very weak pulse to 20% for an extremely strong pulse.

Sleep Data Page (Sleep)

The screenshot shows a mobile application interface for the 'Sleep Data Page (Sleep)'. At the top, there are four tabs: 'SpO2', 'Sleep', 'HRV', and 'BR'. The 'Sleep' tab is selected and highlighted with a red box and callout '1'. Below the tabs is a table with two columns: 'Date' and 'Duration'. The first row of the table is highlighted with a red box and callout '2'. To the right of the first row, there are two icons: an envelope icon (callout '2') and a trash can icon (callout '3'). The data in the first row is: Date: 2019/03/11; Duration: 08:34 - 08:35.

Date	Duration	Actions
2019/03/11	08:34 - 08:35	Envelope, Trash
2019/01/29	10:29 - 17:58	Envelope, Trash
2019/01/28	06:23 - 14:00	Envelope, Trash
2019/01/08	12:04 - 17:59	Envelope, Trash

1. Click 'Sleep' tab to get sleep history report
2. Email history report (only available for subscribers)
3. Delete history data stored in phone

Heart Rate Variability (HRV)

Time	HR	LF	HF	
2019/03/11 08:07	67.9	327.9	661.5	
2019/02/19 19:57	72.9	631.7	339.9	
2019/02/15 14:22	100.0	0.2	2.1	
2019/01/25 19:19	69.0	843.2	761.1	
2019/01/25 19:13	67.2	379.5	637.1	
2019/01/25 19:08	67.9	519.2	586.0	
2019/01/25 19:01	66.2	459.0	832.2	
2018/11/17 06:18	72.3	382.8	599.0	

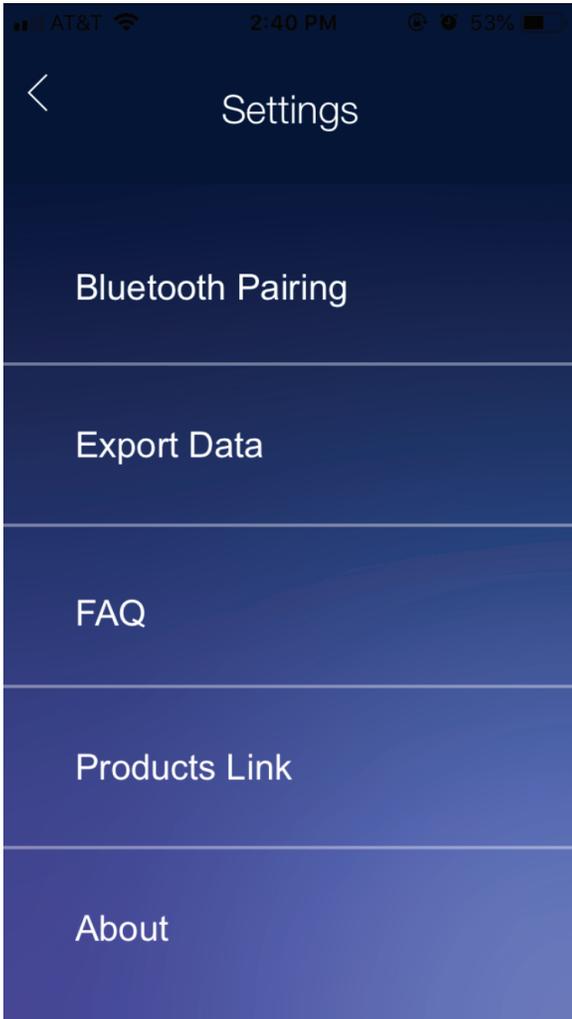
1. Click 'HRV' tab to get Heart Rate Variability history report
2. Email history report (only available for subscribers)
3. Delete history data stored in phone

Breathe Analysis Page (BR)

Time	HR	Coh	Reso	
2019/02/19 09:03	75.0	18.4	10.2	
2019/02/15 11:31	100.0	3.3	15.4	
2019/02/15 11:22	100.0	2.6	14.7	
2019/02/01 13:45	100.0	3.2	9.9	
2019/01/27 16:58	72.0	8.1	31.2	
2019/01/27 12:56	66.2	7.1	28.9	
2019/01/27 12:40	--	--	--	
2018/11/05 11:06	65.3	8.8	27.7	

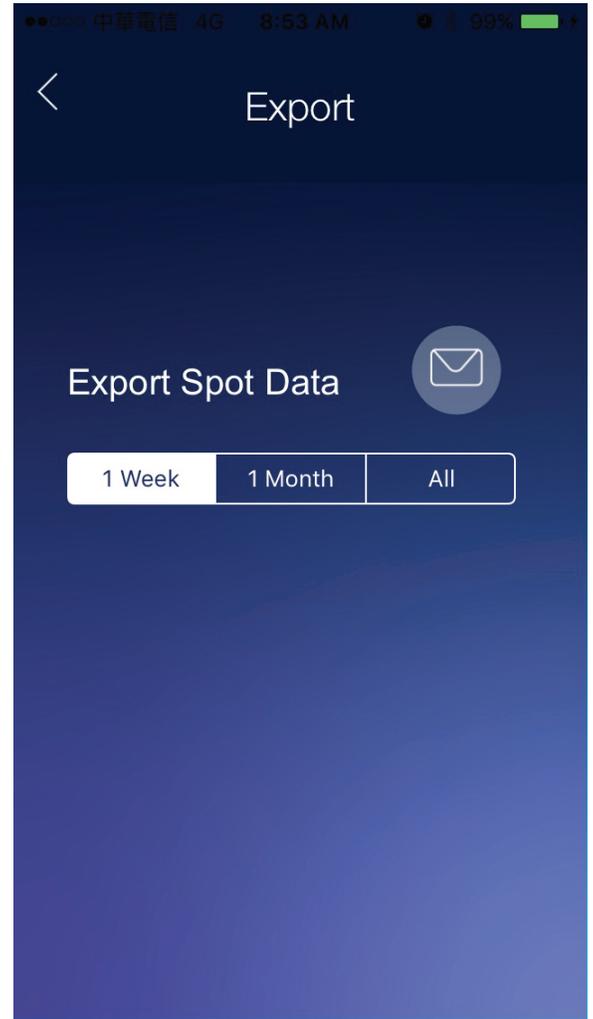
1. Click 'BR' tab to get Breathe history report
2. Email history report (only available for subscribers)
3. Delete history data stored in phone

SETTINGS



Export Page

Export 'Spot' Data shown in History Data Page via email.



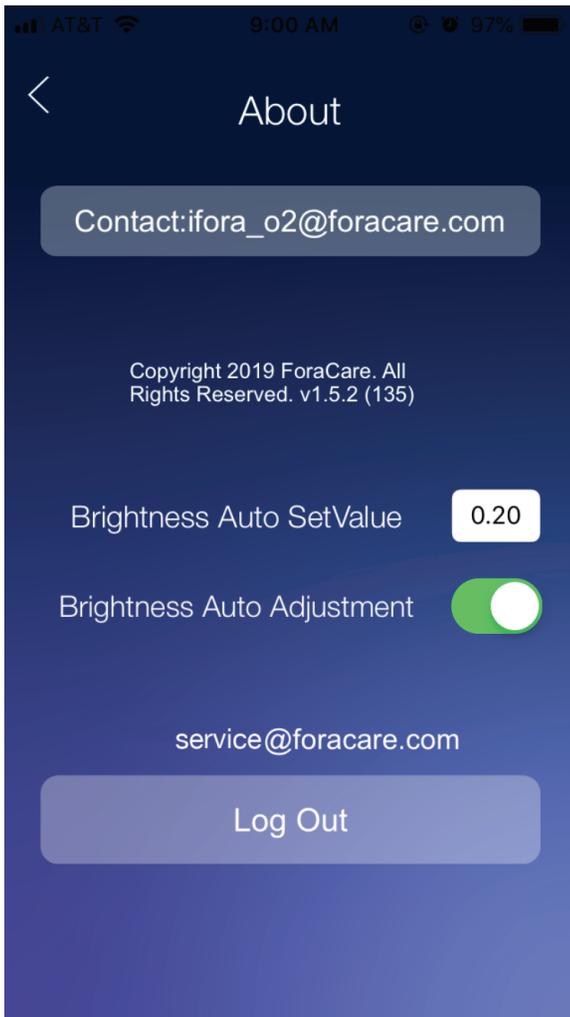
Export menu allows the user to email Spot Data history. Choose whether to email data from the past week, month, or all data.

Auto Brightness (iOS only)

Brightness Auto Adjustment Function during sleep recording can be adjusted at the gear icon ('Settings' menu) => About.

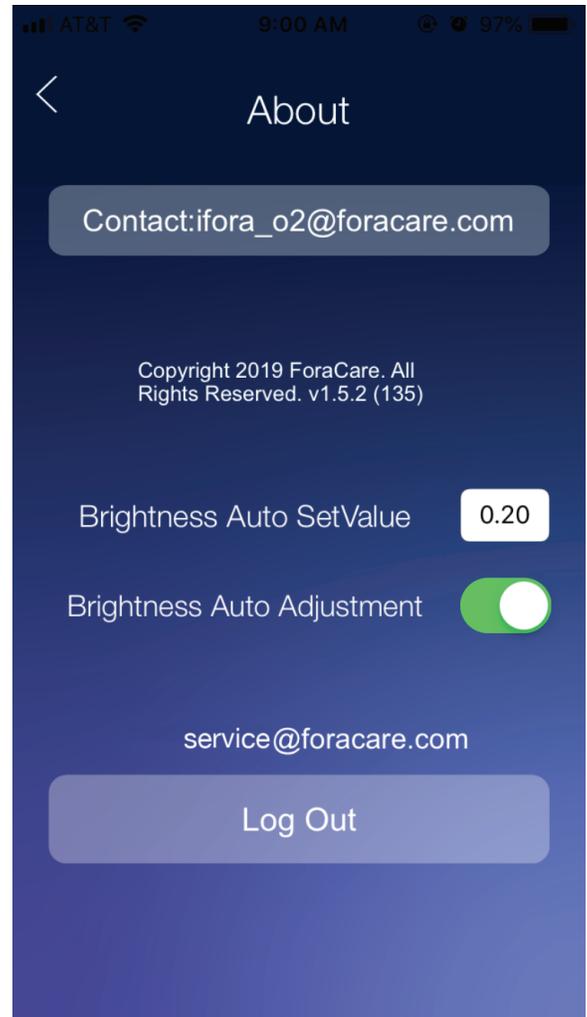
The auto-adjustment can be turned on or turned off. The lowered brightness value could be adjusted between 0~1.0.

The lowered brightness can be recovered to the original value by touching the phone screen.



About Page

On the 'About' page, user has the option to log out and sign in with another account. Sleep Data recording and analysis function is only enabled when the user is logged in.



Please contact us via email for any suggestions or feedback.

FORA[®]

iFORA O2 App

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