

# FORA<sup>®</sup> D40g

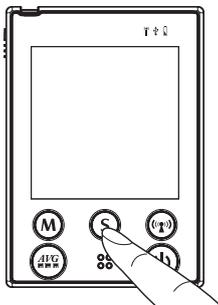
Blood Pressure and Blood Glucose Monitoring System



## Quick Start Guide

EN

# Product Overview



Start with the meter off (no test strip inserted). Hold S until the meter turns on.

## Setting the date and the time

- With the year flashing, press M until the correct year appears. Press S.
- Repeat with the month/day/hour/minute. Press M until the correct value appears. Press S.

## Volume

- Press M for desired volume (0 mute - 7 highest). Press S.

## Language

- Press M to select L1 (English) or L2 (Spanish). Press S.

## AS (Auto Send)

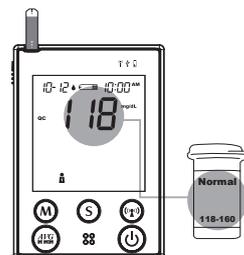
- Press M to set auto send ON or OFF. Press S.

## Delete Memory

- Option to delete memory. Press S to skip this step.

## D40g Meter Information

- Intended for single patient use only.
- Meter will switch off automatically if left idle for 3 minutes.
- Meter should transmit data automatically. For more information on manual data transmission or signal quality check, please refer to the user manual.



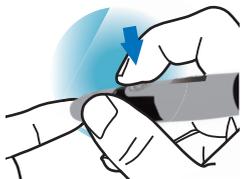
## Blood Glucose Strips

- **Strips have an expiration date.** Please check strip container for the expiration date before using.
- Strips expire **90 days after opening**. Please mark the date of opening on the strip container to calculate the expiration date.
- Expired strips should not be used because they could provide inaccurate results.
- Strips can be contaminated if not stored in the original container.
- Storage conditions: 39.2°F - 104°F (4°C - 40°C).

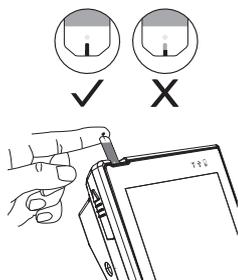
# Performing a Test

## Blood Glucose

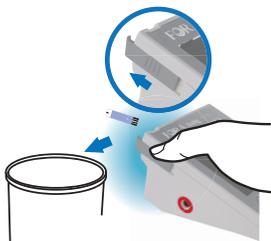
1. Wash your hands.
2. Insert lancet into FORA lancing device and close.
3. Insert test strip into the meter.
4. Press lancing device against fingertip and click the release button.



5. Apply the blood sample to the absorbent hole of the test strip.

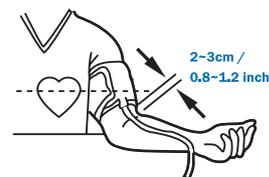


6. Wait 5 seconds for results.
7. Eject the test strip from the meter to ensure the results are automatically uploaded to the 24/7 HealthView Telehealth system using the cellular signal.

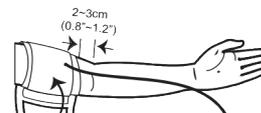


## Blood Pressure

1. Stretch your arm in front of you with your palm facing up.
2. Slide and place the cuff onto your arm with the air tube and artery mark region (in red) toward the lower arm. Make sure the cuff is about the same height as the location of your heart. Wrap and tighten the cuff above your elbow.



3. Leave a little free space between the arm and the cuff, you should be able to fit 2 fingers between them.
4. Sit down for at least 10 minutes before measuring.
5. Place your elbow on a flat surface. Relax your hand with the palm facing up.



6. Press the power button. All the LCD symbols will appear. Then the cuff will begin to inflate automatically.
7. The heart symbol will flash when a pulse is detected during the inflation.
8. After the measurement, the monitor displays the systolic pressure, diastolic pressure and pulse rate.

# FAQ

## How does the D40g work?

The D40g measures the systolic and diastolic blood pressure and pulse rate by using a non-invasive technique in which an inflatable cuff is wrapped on the upper arm. The device also measures blood glucose from fresh capillary whole blood samples. It automatically uploads data to the 24/7 HealthView Telehealth System using 3G cellular technology.

## What's the proper way to take a measurement?

To test your blood pressure, make sure you've been sitting for at least 10 minutes, your elbow is on a flat surface with your palm facing up, and the cuff is about the same level as your heart. Do not talk or move during measurement. To test your blood glucose levels, wash and dry your hands before starting, insert the test strip into the device, rub the puncture site for about 20 seconds, puncture your finger, wipe away the first drop of blood, squeeze the finger to produce a larger sample size, and carefully touch the finger to the tip of the test strip allowing the absorbent hole to sip in the blood.

## How often do I need to charge the battery?

Please charge battery for 5 hours before first use. The lifespan of your battery will vary considerably with how it is used, how it is maintained and charged, temperature, and other factors such as frequency of testing. Use the A/C adaptor (input: 100-240V / output: 6V 1A) to recharge the 3.7V rechargeable Li-ion battery. After about 5 hours, the battery will be fully charged, as indicated when the green battery light disappears.

## Can I use the meter without the battery?

Yes, you can use the device to measure your blood pressure when it is plugged in to the A/C adaptor without a battery. However, it will not upload any readings until you insert the battery again. You will not lose any readings while the battery is not inserted.

## Where can I review my data?

Since the D40g is not Bluetooth-enabled, it will not connect to an app on a smartphone. You can check the memory on the D40g for the latest 864 readings by pressing the M button or log in to the 24/7 HealthView Telehealth patient portal at [telehealth.foracare.com](http://telehealth.foracare.com) to review your latest readings and keep track of your trends. The product user manual can be downloaded from the website product page.

## What is control solution and how do I use it?

Control solution is used to check if the meter and test strips are properly working together as a system. You only need control solution if you are using the meter to measure your blood glucose levels, and only when you get a new set of test strips or think your results are not accurate. To use the control solution, insert the test strip into the meter as usual, apply the second drop of control solution to the test strip (do not apply control solution directly on to the test strip), and compare the results with the range printed on the control solution vial. Please note the expiration date, and discard any control solution that has expired or been open for longer than 3 months.

## What are the cleaning and disinfecting procedures for the D40g?

Clean the meter when you see any dirt on it. Disinfect the meter at least once a week to prevent infection. To clean, use one disinfecting wipe on exposed surfaces of the meter to remove visible dirt, blood or other fluids. Do not use organic solvents to clean the meter. To disinfect, clean the meter first. Then grab one disinfecting wipe and squeeze out any excess liquid to prevent damage. Wipe all meter's exterior surface display and buttons, but be careful not to allow excess liquid to get inside the test slot. Keep meter wet with disinfecting solution for a minimum of two minutes. Remove the wipe and allow the surface to dry completely. Discard the wipe. Wash your hands thoroughly after handling the meter, lancing device, and test strips to avoid contamination. This device has been validated to withstand up to 6,000 cleaning and disinfecting cycles using the recommended disinfecting wipes. See the user manual for more information.

For additional information on the D40g, please refer to the user manual.

# Troubleshooting

Error Code	What It Means	Solution
Err 1 Err 2	Inflation or pressure error.	Refit cuff tightly and correctly. Relax and repeat the measurement. If the error still remains, please contact customer service for help.
Err 3	Cuff pressure is too high.	
Err 4 Err 5	No pulse rate detected or the pulse rate is too low.	
	Appears when the batteries cannot provide enough power for a test.	Replace or recharge the batteries immediately.
PCL Err 30	Unable to connect to the service.	Turn the device off and on again to reestablish a signal. For a better signal, move the device into a more open area or closer to a window. If the problem still persists, please contact customer service for assistance.
PCL Err 40	No response from the server.	
PCL Err 41	Service error.	
PCL Err 42	Failure connecting to the service.	
PCL Err 43	Connection overtime.	
PCL Err 44	Command failure.	
PCL Err 45	Data upload error.	
PCL Err 48 PCL Err 49	Problem connecting to the service.	

For questions on how to use the FORA medical devices, please contact the **FORA Customer Service Line at 1-888-307-8188**