

FORA[®] P20b

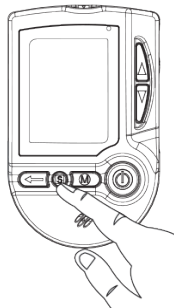
Blood Pressure Monitoring System



Quick Start Guide

EN

Product Overview



Start with the meter off. Hold S until the monitor turns on.

Setting the date and the time

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

Unit of Measurement

- Press ▲▼ to select mmHg or Kpa. Press S.

Volume

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

Delete Memory

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

Language

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

General Information

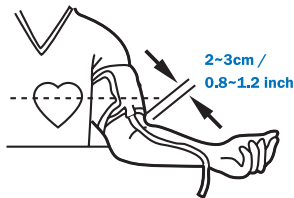
- Meter will switch off automatically if left idle for 3 minutes.
- Meter should transmit data automatically. For more information on uploading data with the cellular Gateway, please refer to the FORA Gateway guide.
- To pair the device to the iFORA BP, iFORA Smart or iFORA MP app, please refer to the App quick guides.

Friendly Reminders

- **Do not use AC adapter and alkaline batteries simultaneously.**
- Only use the AC adapter provided.
- If the meter is not turning on, please double-check the power source. Try re-plugging in both ends of the adapter, or replacing the batteries. If meter still does not respond, contact customer service.

Performing a Test

1. Read the P20b manual carefully before first use.
2. Stretch your arm in front of you with your palm facing up. Slide and place the cuff onto your arm.
3. Wrap and tighten the cuff above your elbow. The red line on the edge of the cuff should be approximately 0.8" to 1.2" (2 cm to 3 cm) above your elbow.



4. Leave a little free space between the arm and the cuff; you should be able to fit two fingers between them. Clothing must not restrict the arm. Remove all clothing covering or constricting the measurement arm.
5. Press the hook material firmly against the pile material. The top and bottom edges of the cuff should be tightened evenly around your upper arm.
6. Sit down for at least 10 minutes before measuring.



7. Place your elbow on a flat surface. Relax your hand with the palm facing up.
8. Make sure the cuff is about the same height as the location of your heart.
9. Remain still and do not talk or move during the measurement.
10. Tap On/Off Button. All the LCD symbols will appear and a symbol for person 1 will blink. Press the On/Off button to select and start the test.
11. The pump will start to inflate.
12. After the measurement is completed, the results are automatically uploaded to the 24/7 HealthView Telehealth system if the meter is paired to an app or within range of a Gateway.

Note: If you want to select a different user number, use the arrow buttons and then press the On/Off Button to start the test.

How does the P20b blood pressure monitoring device work?

The P20b 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. Download the iFORA Smart App, iFORA BP App, or iFORA MP App from your smartphone's app store to review your data. Data automatically uploads to the 24/7 HealthView Telehealth System via Bluetooth or cellular Gateway.

What's the proper way to take a measurement?

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.

Can this device be used in a clinical setting?

Yes, the P20b is clinically validated according to current FDA and ISO guidelines.

What is auscultatory mode, and how do I access this measuring mode?

Auscultatory mode is used to measure blood pressure manually with a stethoscope by listening to the Korot-koff sound. Only healthcare professionals should use this mode. For a full description of the instructions, please see the manual.

How often should I replace the batteries?

The lifespan of your battery will vary considerably with how it is used, how it is maintained, temperature, and other factors such as frequency of testing. The blood pressure monitor comes with four 1.5V AA alkaline batteries. Replace them when the low battery icon appears.

Where can I review my data?

You can check your memory on the P20b for the latest 400 readings by pressing the M button, or to keep track of your trends, the Bluetooth-enabled meter will connect to the iFORA Smart App, iFORA BP App or iFORA MP App, which can be downloaded from your smartphone's app store. The meter also automatically uploads data to the 24/7 HealthView Telehealth System via Bluetooth or cellular Gateway. The product user manual can be downloaded from the website product page.

What are the cleaning and disinfecting procedures for the P20b?

Wipe the exterior of the meter with a cloth moistened with tap water or a mild cleaning agent, then dry the device with a soft dry cloth. Do not flush it with water, do not use organic solvents to clean the monitor, and do not wash the pressure cuff.

For additional information on the P20b, please refer to the user manual.

Troubleshooting

Error Code	Cause	Solution
E-1	Inflation or pressure error	Please contact customer service for help.
E-2	Deflation error	Please contact customer service for help.
E-4	Blood pressure measurement error	Refit cuff tightly and correctly. Relax and repeat measurement. If error still exists, please contact customer service for help.
E-b	Battery is too low	Replace the batteries or connect 6V DC adaptor.
E-E, E-A, E-3, E-C	Problem with the meter	Review the instructions and repeat the test. If the monitor still does not work, please contact customer service for help.

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