

FORA[®] TN'G BP

Blood Pressure Monitoring System



Quick Start Guide

EN

Product Overview

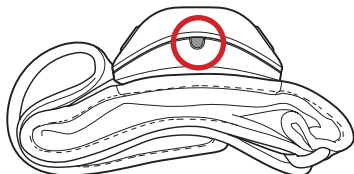


The FORA TN'G BP requires no setup. You can use the FORA TN'G BP Blood Pressure Monitoring System by itself or with the iFORA BP App.

Search for “iFORA BP” in the app store on a smartphone to download and install the app.

Bluetooth Pairing

1. Turn on the Bluetooth function on your mobile device.
2. Press the Bluetooth button on the meter. “PCL” will be displayed on the meter screen during the pairing process.



3. On your mobile device, launch the iFORA BP app. The Available Meters menu should pop up. If not, select the Setting tab on the bottom right of the screen.
4. Tap the Pair button to activate the Bluetooth function.

Bluetooth Smart Meter


Pair

5. Tap the Search button to search for available Bluetooth meters. Wait for a few seconds, a pop-up window displays the search results.
6. Press “Add” next to TNG BP to start pairing.

Available Meters

TNG BP

Add

7. When pairing is complete, “TNG BP” will be displayed in the Current Meters field on your smartphone.
8. Tap  and select Yes to save the setting.

Current Meters

Search

TNG BP

Delete

Save and leave?

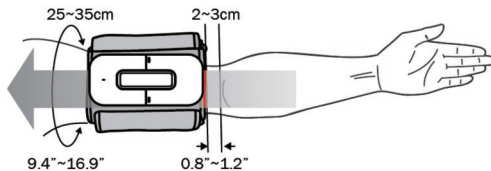
Yes

No

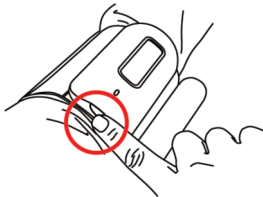
Cancel

Performing a Test

1. Read the TN'G BP 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, the arrow should point toward the upper 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.

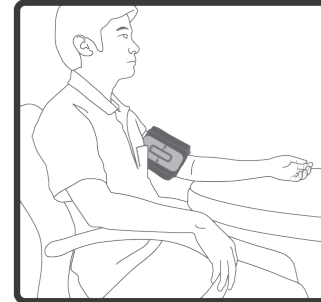


4. Leave a little free space between the arm and the cuff; you should be able to fit two fingers between them. Clothing must not restrict the arm. Remove all clothing covering or constricting the measurement arm.



5. Press the velcro firmly together. 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. Do not talk or move during the measurement.
10. Tap the grey power button at the top. All the LCD symbols will appear with a long "beeping" sound. Then the cuff will begin to inflate automatically.
11. You can also start a test by opening the iFORA BP app and pressing the Power button under the Home section.
12. Pump starts to inflate. The pressure in the cuff increases to working pressure.
13. After the measurement, the meter displays the systolic pressure, diastolic pressure and pulse rate and will automatically upload to your smartphone app.

How does the TN'G BP work?

The TN'G BP 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, 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. With the TN'G BP, you can either take a measurement by pressing the on/off button on the meter or by using the iFORA BP App. To take a measurement with the app, make sure the TN'G BP's Bluetooth is on, launch the iFORA BP App, apply the pressure cuff, and press the on/off button in the app.

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 AAA alkaline batteries. Replace them when the low battery icon appears.

Where can I review my data?

The Bluetooth-enabled blood pressure monitor connects to either the iFORA Smart App, iFORA BP App, or iFORA MP App, where you can review your latest readings and keep track of your trends.

What can I do if I receive an error code?

If there is an error, the device will show an error message on the display screen along with a code. Refer to the manual for the full error code listing. The most common error codes are listed on the next page.

What are the cleaning and disinfecting procedures for the TN'G BP?

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 TN'G BP, please refer to the user manual.

Troubleshooting

Error Code	Cause	Solution
E-1	Inflation or pressure 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.
E-E, E-A	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**