

# FORA® GTel

## MULTI-FUNCTIONAL MONITORING SYSTEM

### ForaCare, Inc.

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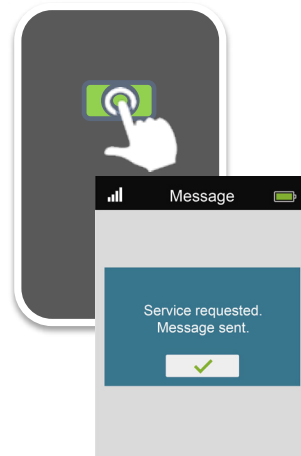
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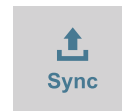
## Service button

### Press and hold service button for 3 seconds

The GTel will send a message to your care provider, accessible through the 24/7 HealthView. Caregivers will follow up with you as soon as possible. This is not intended to be used as an emergency service. You will not receive an instant response.

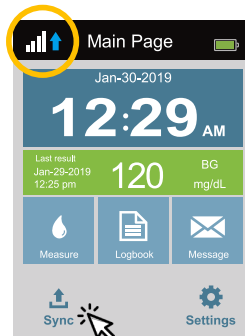


## Sync (upload results)



### Press sync to upload results

If your data didn't upload successfully after your measurement due to a poor signal, press the sync button to try again.



## Troubleshooting

If you follow the recommended action but the problem persists, or error messages other than the ones below appear, please call customer service. Do not attempt to repair yourself and never try to disassemble the meter under any circumstances.

### 1. If the meter does not display a message after inserting a test strip:

POSSIBLE CAUSE	WHAT TO DO
Battery is exhausted.	Recharge the battery.
Test strip is inserted upside down or incompletely.	Firmly insert the test strip with the contact bars at the bottom and facing up.
Defective meter or test strips.	Please contact customer service.

### 2. If the test does not start counting down after applying the sample:

POSSIBLE CAUSE	WHAT TO DO
Defective test strip.	Repeat the test with a new test strip.
Sample applied after automatic switch-off (3 minutes after last user action).	Repeat the test with a new test strip. Apply fresh sample only when the meter displays "Take a blood sample."
Defective meter.	Please contact customer service.

**Customer Service** +1 (888) 307-8188

**Email** [service@foracare.com](mailto:service@foracare.com)

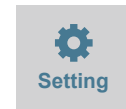
# FORA® GTel

## MULTI-FUNCTIONAL MONITORING SYSTEM



## Getting Started Diabetes Management

## Getting started



The FORA GTel meter comes out of the box fully charged and ready to use. The meter includes the ability to send and receive messages from care providers to help in your treatment plan. First, configure your FORA GTel meter to best fit your needs.

Steps to configure your meter:

- Turn on your meter by holding the power button for 3 seconds
- Tap **Settings** on the Main Page
  1. Select language preference (English, Spanish, or French)
  2. Set Time, Date, and Alarms (You may also press **Sync** to automatically update the date and time)
  3. Adjust the desired volume for voice commands

Now your FORA GTel meter is ready for your first blood glucose check.

Note: Your meter's date and time will be automatically updated after you do your first check.

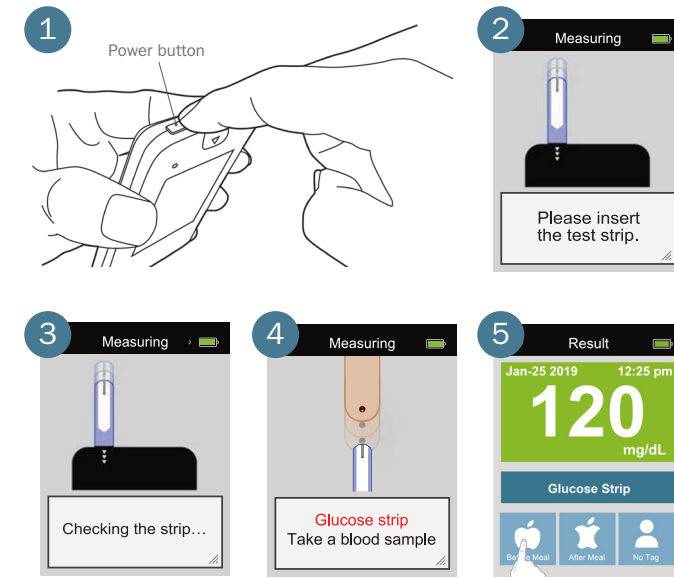


## Performing your first measurement



1. **Power on the meter (Do NOT insert a test strip before powering on the meter)**
2. Tap **Measure** or insert the test strip to start a measurement.
3. Wait for the meter to check the test strip. The meter will determine if the strip is for blood glucose or blood ketone. *A code strip should be inserted prior to using a new box of ketone test strips.*
4. Take a blood sample by applying a drop of blood to the test strip
5. Select a Meal Tag and eject the used test strip by sliding the eject button forward

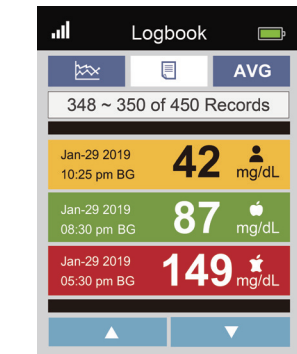
The meter automatically transmits new data after each measurement.



## Logbook

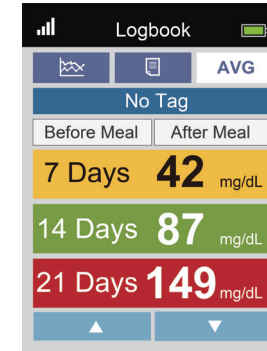


Press Logbook on the touch screen to access your latest measurements, daily averages, and trends. The meter memory stores the 1,000 most recent results with date and time.



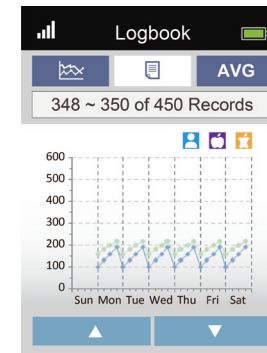
Logbook

View your most recent results color coded to show Low/Normal/High ranges with Meal Tags



Day Averages

Review your averages for 7, 14, 21, 28, 60, and 90 days



Trends

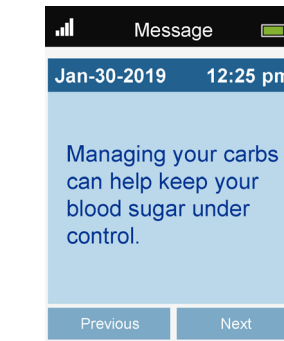
Review your data trends in chart form

## Message



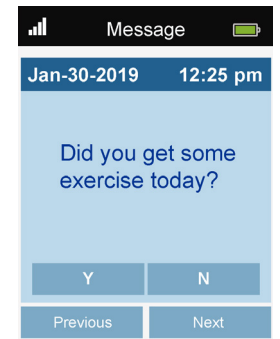
After taking a measurement, the data will be automatically uploaded to the 24/7 HealthView and any new messages will appear on the GTel. You can also tap on Sync or Message to check for any new messages.

The GTel will show the latest 10 unread messages including yes/no questions, multiple choice questions, and alert messages.



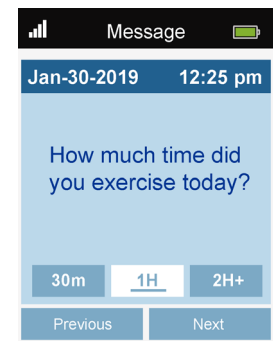
Alert Messages

Receive a message providing educational tips on how to help you manage your diabetes.



Yes/No

Receive a question that can be responded to with a yes or no.



Multiple Choice

Receive a question that can be responded to with three multiple choice options.