

iFORA Diabetes Manager App



Quick Start Guide

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iFORA Diabetes Manager

For Blood Glucose



The iFORA Diabetes Manager is a great diagnostic tool for those who are seeking to manage their blood glucose. With its simple design and color coded results, this app makes the tracking blood glucose an easy task.

Key Features:

- Record & track results
- Set individual goals
- Create plans for 7/14/30 days
- Calculate average BG results
- See stats in trend graphs and pie charts
- Share data wherever you go

Compatibility (FORA Bluetooth devices only)

- Premium v10 BLE
- TN'G
- TN'G Voice
- Test N'GO Advance
- Test N'GO Advance Voice
- FORA 6 Connect

The iFORA Diabetes Manager is available on iOS and Android.

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

Getting Started

Download the App

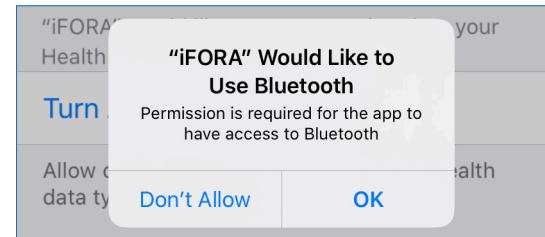
1. Go to your smartphone app store.
2. Search for “iFORA Diabetes Manager” in the search bar.
3. Download and install the latest version of the app.

Enable Bluetooth

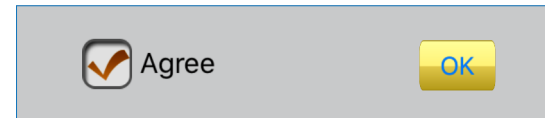
1. Go to the Bluetooth setting on your smartphone.
2. Check that Bluetooth is enabled in settings.

Launch the App

1. Press the iFORA Diabetes Manager icon to launch the app.



2. A notification may pop up (on iOS) asking for permission for the app to use your smartphone's Bluetooth. Press “OK”.
3. iOS Users only: Choose whether to allow iOS Health Access. Switch on categories and press “Allow”, or select “Don't Allow” to move on.

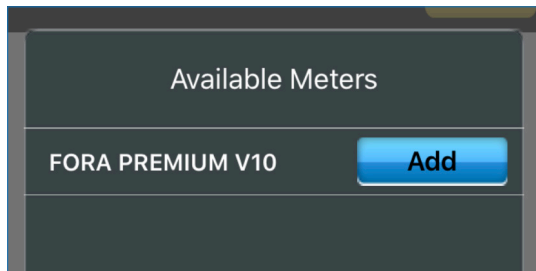


4. Read the terms and conditions, then check the box next to “Agree” and press “OK”.

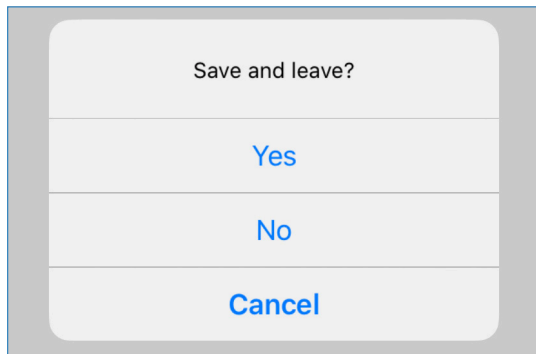
Setting Up Bluetooth & Connectivity

Connecting a Device

1. Launch iFORA Diabetes Manager. It will automatically start searching for a device.
2. Turn on your FORA device and make sure the Bluetooth light is flashing.
3. The app will automatically detect any nearby devices with Bluetooth enabled.



4. Select your device from the “Available Meters” list. The device will be added to “Current Meters” list.

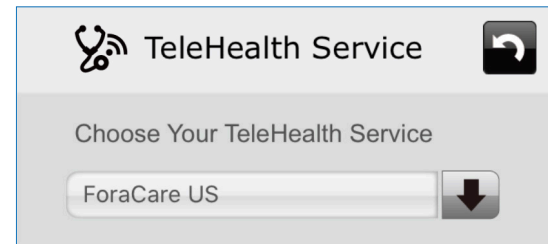


5. Hit the back arrow to exit the Bluetooth Smart Meter page, and when prompted to save, press “Yes”. Data will be automatically imported.

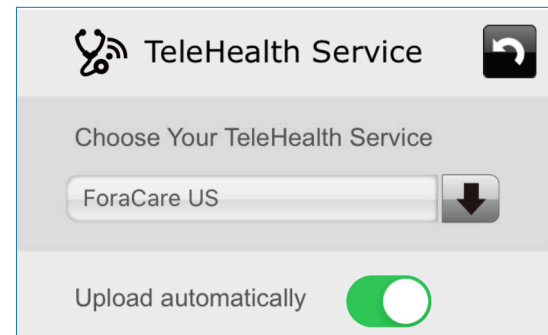
Uploading Data to Telehealth Service

Note: this section is only relevant for those whose healthcare provider is using the telehealth service.

1. Launch iFORA Diabetes Manager. Go to the settings icon and find the “TeleHealth Service” page.



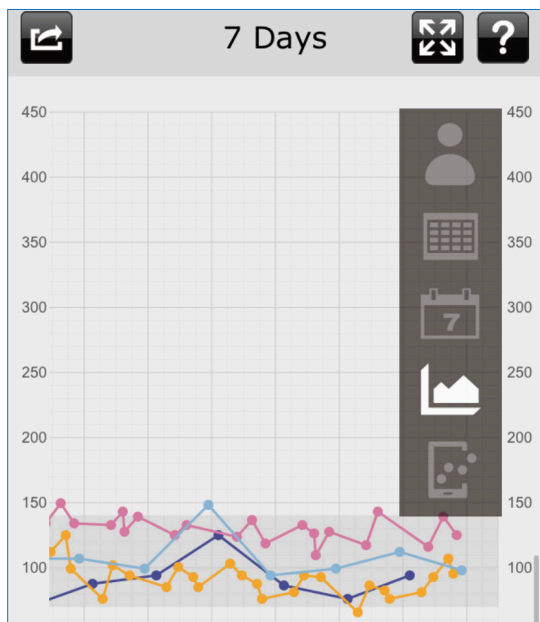
2. Select “ForaCare US” from the list under “Choose Your Telehealth Service”.




3. Switch on “Upload Automatically” to automatically send data to the telehealth service.
4. Hit the back button to exit, and when prompted to save, press “Yes”. Data will be automatically uploaded each time your FORA device syncs with the app.

iFORA Diabete Manager's Unique Features

Viewing Blood Glucose Data

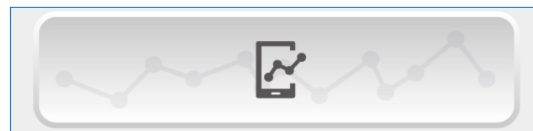



On the iFORA BG Data page, scroll up and down to toggle between five different views: latest measurement, logbook, calendar, trend graph, and standard day graph.

When there is an expand range icon , you can click it to switch between 7, 14, and 30 day ranges.

Adding Additional Notes

On the Plan page, press the graph bar at the bottom to go to the Diary page.



On the Diary page, press the new entry button  on the top left hand corner to add additional data.



Here, you can add notes. Change note category by clicking on the relevant icon (from left to right: diet, exercise, medication, and insulin).

The screenshot shows the form for adding a new entry in the Diary. It includes fields for 'Date:' (set to 'Apr 10, 2020') and 'Time:' (set to '3:58 PM'). Below these are four category icons: a fork and knife (diet), a person running (exercise), a pill (medication), and a syringe (insulin). The 'Carbs:' field is followed by a 'Unit' label. At the bottom, there is a large text area for notes.