FORA® P20b

BLOOD PRESSURE MONITORING SYSTEM

Quick Start User Guide

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315-3132000-001

Thank you for choosing FORA P20 Blood Pressure Monitoring System. Please read this guide carefully before use. For complete information on system use and features, please refer to the Owner's Manual.

Front View of Monitor

Bluetooth Light
Pressure Cuff
Repeat/Pairing Button
Memory (M) Button
Set (S) Button

Up/Down Button
LCD Screen
On/Off Button

Rear View of Monitor

Air jack
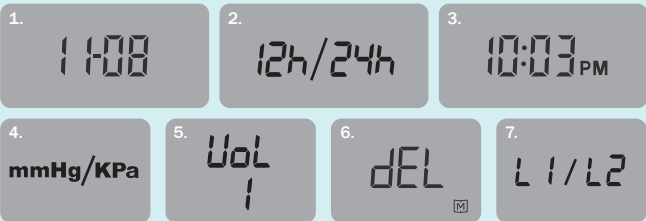Battery Compartment

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1. Set The Monitor

1.1 Press **S** to start setting the monitor. First, set the last two digits of the current year (e.g., "09" for 2009).

1.2 Press **▲ ▼** to make changes. When the correct value is reached, press **S** to proceed.

1.3

|		
1. 11:08	2. 12h/24h	3. 10:03 PM
4. mmHg/KPa	5. VoL 1	6. dEL	7. L1/L2

Repeat **1.2** to make changes to the following. Remember to press the S button to commit a change and move on to the next setting.
(1) the date
(2) time format
(3) time
(4) unit of measurement
(5) voice volume
(6) memory deletion
(7) language (L1 = English, L2 = French)

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2. Take a Single Measurement

Strap on the pressure cuff before turning on the monitor. The red indicator mark should be 2 to 3 cm from the inner elbow. Consult the manual for the complete instructions.
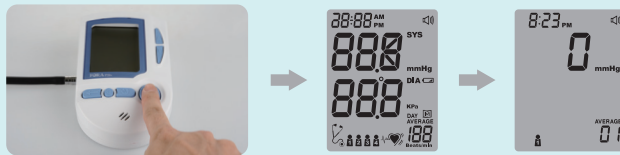
2.1 Press ⏻. All the LCD symbols will appear. Press **▲ ▼** button to select user "👤👤👤👤" (numbers from 1 to 4) whose test reading will be stored in memory. The cuff will begin to inflate automatically.

2.2 The heart symbol "♥" will flash when a pulse is detected during the inflation.

2.3 After the measurement, the monitor displays the systolic pressure, diastolic pressure, and pulse rate.

**2.4** Press ⏻ to switch off. The monitor will switch off automatically if left idle for 3 minutes. Bluetooth transmission light flashes after each measurement. Indicator light turns solid blue when paired with a smartphone and switches off when transmission is complete.

NOTE
- If you press ⏻ during measurement, the monitor will be turned off.
- If the pulse rate symbol is shown as "♥" instead of "♥", this indicates that the monitor has detected an irregular heart beat.

3. Measurement Average Mode

Always apply the pressure cuff before turning on the monitor.
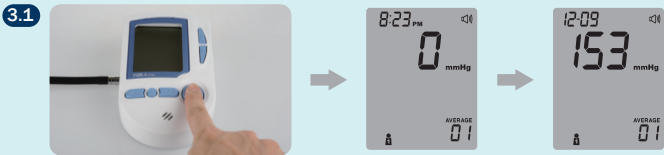
Press and hold ⏻ for three seconds. The monitor will turn on and enter the averaging mode. Press ▲▼ to select user " 👤👤👤👤 " (numbers from 1 to 4) whose test reading will be stored in memory. Then the cuff will begin to inflate automatically.
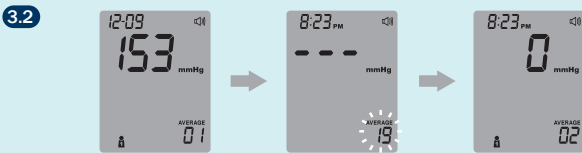
After the first measurement is completed, the monitor will start counting down before the second measurement begins. The number on the right represents the remaining countdown between each measurement. The monitor will take three (3) measurements consecutively with an interval of 20 seconds.

After taking three measurements, the results are averaged to produce the blood pressure measurement. Press ⏻ to turn off the monitor.

4. Bluetooth Transmission Mode

The following procedure enters the device in data transmission mode without having to take a measurement.

4.1
Press and hold the ⬅Repeat /Pair button until the Bluetooth indicator light begins to flash.

4.2
Make sure on your smartphone the Bluetooth is turned on. Tap into iFORA MP app.

4.3
If you have not paired the monitor with your smartphone, go to the App's "Setting" tap into Bluetooth Smart Meter. Add P20. Tap the ⬅ icon on the App to save the setting. This procedure of pairing the monitor with your smartphone only needs to be completed once.

4.4
Once paired, the Bluetooth indicator light turns solid blue. Any readings that have not been uploaded will be transmitted to the iFORA MP app.

4.5
Meter switches off when data transmission is complete.

4.6
If your caregiver uses a TeleHealth platform that supports FORA's products, you may have your readings upload to the TeleHealth's server automatically. On iFORA MP App, go to "Setting", tap into "TeleHealth Service". Select the platform's name (e.g., ForaCare Canada) and press "Done". Enable the function to upload data automatically. Press ⬅ button to exit and save the setting.

5. Reviewing Test Results

Your monitor stores the 400 most recent test results along with respective dates and times in its memory. **To recall the memory, start with the monitor off.**

Press and release Ⓜ .

" Ⓜ " will appear on the display. The user symbol (numbers from 1 to 4) appears first, press ▲▼ to select which user profile you have used to store in the memory.

5.2
Press ▲▼ .
Review all test results stored in the monitor.
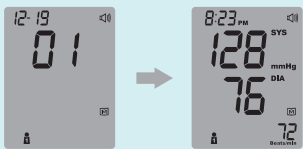
5.3
Exit the memory.
Press ⏻ and the monitor will turn off.

NOTE
• Any time you wish to exit the memory, press ⏻ or leave it idle for 3 minutes. The monitor will turn off automatically.
• If using the monitor for the first time, "---" displays when you recall the test results or review the average result. This indicates that there is no test result in the memory.

Reference values:

Classification	Systolic Pressure (mmHg)	Diastolic Pressure (mmHg)
Hypotension[2]	< 90	< 60
Normal[3]	< 120	< 80
Elevated[3]	120 -129	< 80
Stage 1 Hypertension[3]	130 -139	80–89
Stage 2 Hypertension[3]	≥ 140	≥ 90
Hypertensive Crisis[3]	>180	>120

[1]: National Heart, Lung, and Blood Institute, Diseases and Conditions
[2]: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. NIH Publication. 2003. No. 03-5233
[3]: New ACC (American College of Cardiology) and AHA (American Heart Association) guidelines for the detection, prevention, management and treatment of high blood pressure (2017)

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