



iFORA HM User Manual

Table of Contents

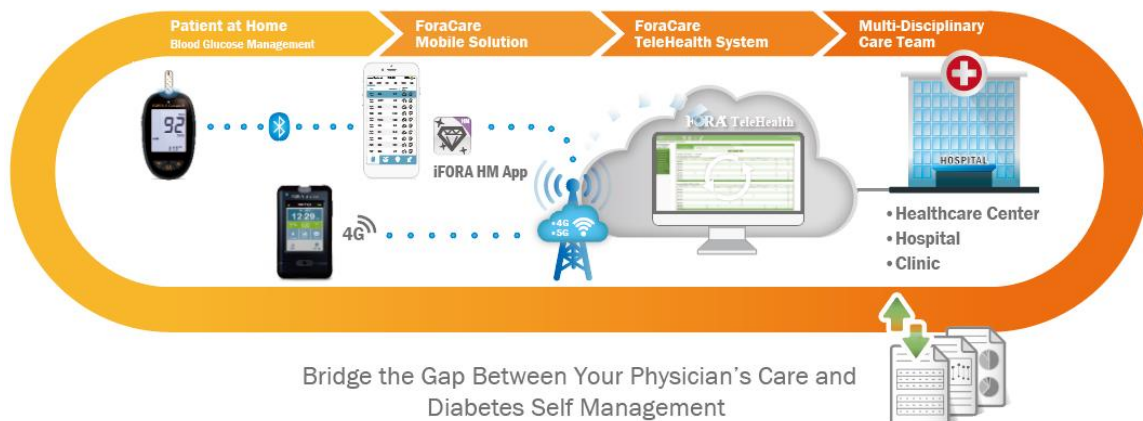
1. App Overview.....	3
2. FORA 6 Connect.....	4
3. How to Pair	5
4. Key Features.....	6
4.1 Logbook.....	6
4.2 Analysis	7
4.3 Diary	8
4.4 Ketone Index	9
4.5 Bolus Calculator (Currently available in Italy only)	11
5. Compatible Devices	13
5.1 Android Devices	13
5.2 iOS Devices.....	15

1. App Overview

As part of our Total Patient Management Solution, the iFORA HM is a handy widget designed for people with diabetes to manage their health data via mobile devices. This easy-to-use app gathers health data from ForaCare health monitoring devices, and also provides the overview of your health through objective statistical data and visualized trend graphs.

The app is capable of recording and analyzing data for multiple-parameters related to Diabetes care, including: Blood Glucose (BG), Hematocrit (HCT), Hemoglobin (HB), β -ketone (KB), Total Cholesterol (TCH) and Uric Acid (UA).

The data input from the iFORA HM can be easily transferred to a Telehealth System. After taking measurements with FORA's healthcare devices at home, patients can upload the data instantly or in the next clinical visit, bridging the gap between physician care and diabetes self-management.



The iFORA HM is compatible with ForaCare Suisse AG's multi-parameter monitoring devices: FORA® 6 Connect (GD42) and FORA® ADVANCED pro (GD40h); and all blood glucose monitoring systems with Bluetooth functionality.

2. FORA 6 Connect

The iFORA HM was mainly developed to support the FORA 6 Connect due to its multi-parameter capabilities.

FORA 6 Connect Multi-Functional Monitoring System offers a simple solution for your testing needs with high accuracy, fast results and only tiny blood samples required. The following advanced features enables you to use FORA 6 Connect to easily monitor your Blood Glucose (BG), Hematocrit (HCT), Hemoglobin (HB), β -ketone (KB), Total Cholesterol (TCH) and Uric Acid (UA) levels by yourself anywhere at any time.

- State-of-the-art design: A large easy-to-read LCD display with a bright backlight
- Bluetooth Smart connectivity: Transmits test results instantly via wireless transmission to computers and smart phones.
- Meal-time markers: Easy categorization of every measurement with 4 meal-time markers, i.e. General (GEN), Pre-meal (AC), After-meal (PC) and Control solution (QC).
- Memory capacity: 1,000 results are automatically saved on the device to keep you on track at all times.
- Strip ejection button: Removes used test strips without any blood contact.
- Automatic switch: The device automatically turns on when a test strip is inserted.
- Energy-saving: Turns to auto-off when the device is idle.

Monitoring and keeping track of six parameters can be overwhelming for patients, therefore the iFORA HM was created to ease the user experience of FORA 6 users, and to also assist by providing more detailed information about their diabetes treatment conditions.



3. How to Pair

- A) In [Google Play Store](#) or [Apple Store](#), search for iFORA HM and download the mobile application.
- B) When opening the app for the first time, you will be asked to turn on your smartphone's Bluetooth (Figure 1).
- C) Turn on the FORA 6 Connect by clicking the M button
- D) In the iFORA HM app, click Connect (Figure 2).
- E) All your measurements will be synced to the app (Figure 3).

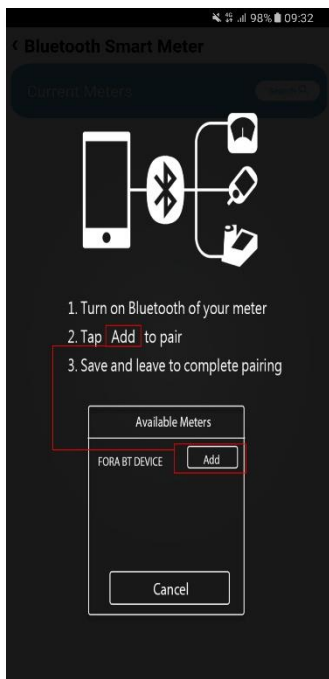


Figure 1

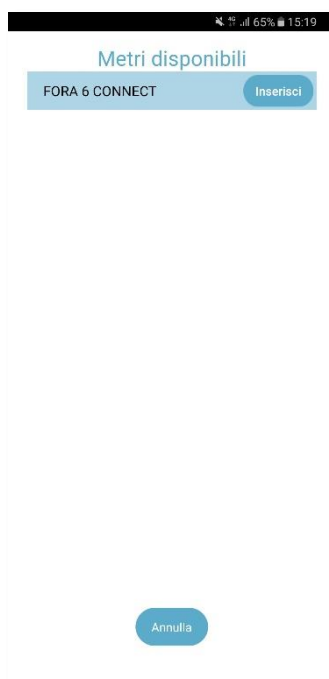


Figure 2

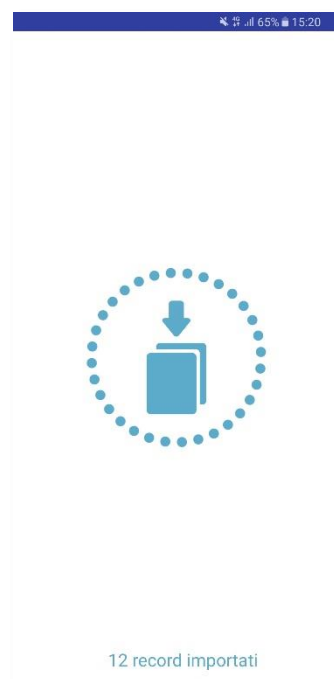


Figure 3

4. Key Features

4.1 Logbook

In the Data tab, all of the measurements made by the FORA meter will be displayed, arranged by date, time, type of parameter and the measurement results (Figure 4). If you click in a specific measurement, more information will be displayed. Here you can also classify the measurement's tag to Before-Meal or After-Meal, and also add additional notes in the open field, which can be used to input details such as what type of food was ingested (Figure 5).



The screenshot shows the 'Data' tab of the app. At the top, there are tabs for BG, HCT, HB, KB, TCH, and UA. Below these is a table with columns for date, time, parameter, and result. The table contains 15 rows of data, with the first row highlighted. A blue circular button with three dots is visible at the bottom right of the table.

	BG	HCT	HB	KB	TCH	UA
2020						
			Health Data			Meal Tag
2/18	18:40		BG		85	
2/18	17:17		BG		92	
2/18	14:50		BG		132	
2/18	11:54		BG		100	
2/18	10:25		BG		125	
2/18	07:15		BG		85	
2/18	03:36		BG		94	
2/17	20:27		BG		124	
2/17	18:04		BG		95	
2/17	17:09		BG		107	
2/17	15:43		BG		138	
2/17	11:31		BG		92	
2/17	10:06		BG		116	
2/17	07:11		BG		81	

Figure 4



The screenshot shows a detailed view of a blood glucose measurement. At the top, there are tabs for BG, HCT, HB, KB, TCH, and UA. Below these is a table with columns for date, time, parameter, and result. The table contains 15 rows of data, with the first row highlighted. A blue circular button with three dots is visible at the bottom right of the table. Below the table, there is a section for 'No TAG' and a list of meal tags: 'Before-Meal' and 'After-Meal'.

	BG	HCT	HB	KB	TCH	UA
2020						
			Health Data			Meal Tag
2/18	18:40		BG		85	
2/18	17:17		BG		92	
2/18	14:50		BG		132	
2/18	11:54		BG		100	
2/18	10:25		BG		125	
2/18	07:15		BG		85	
2/18	03:36		BG		94	
2/17	20:27		BG		124	
2/17	18:04		BG		95	
2/17	17:09		BG		107	
2/17	15:43		BG		138	
2/17	11:31		BG		92	
2/17	10:06		BG		116	
2/17	07:11		BG		81	

Figure 5

4.2 Analysis

In the analysis tab, more detailed information will be available separated by the type of parameters. In this tab the trends of 7 days, 30 days, 6 months and 1 year results will be displayed (Figure 6).

Scrolling down the page, the 7 days, 14 days and 30 days' averages can be viewed in a pie chart, which are categorized in Normal, High and Low blood sugar levels (Figure 7); or line chart (Figure 8). The data can be displayed according to the measurement tags:

- GEN (General)
- Before-Meal
- After-Meal

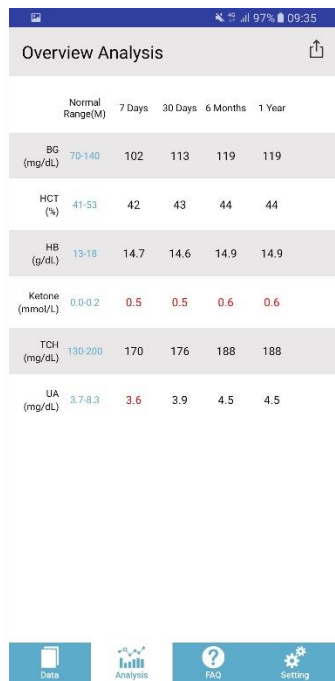


Figure 6



Figure 7

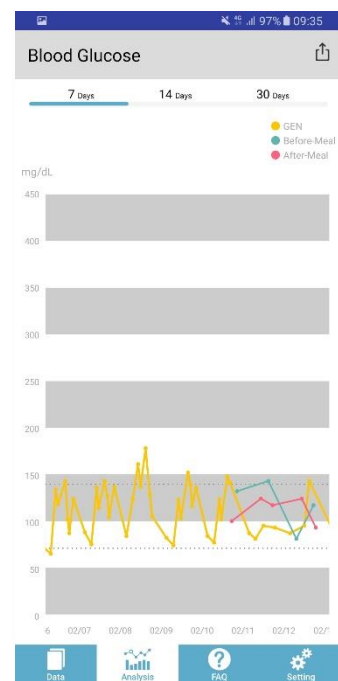


Figure 8

4.3 Diary

Data > Diary

In the diary, users can see a line chart showing all the blood glucose fluctuations (Figure 9) as well inputting activities such as Physical Activities, Carbohydrate Intake, Medicine Intake and Insulin Intake.

From the diary tab, it allows users to manually input information regarding their:

- Meal's carbohydrate intake (Figure 10)
- Physical Activities, which can be categorized between low, medium and high intensities (Figure 11)
- Medication intake (Figure 12)
- How much insulin intake, which can be categorized in fast acting, short acting, intermediate acting, long acting or pre-mix (Figure 13)

All the recordings time and date can be recorded and linked to the time the blood glucose measurement was taken.

In addition, there is an open area for notes, in case the user wants to add personal notes or reminders.



Figure 9

The screenshot shows the 'New Entry' screen for Carbohydrate Intake. At the top, there's a header with a back arrow and the title 'New Entry'. Below the header, there's a date selector showing '2/18' and a time selector showing '09:36'. Below these, there are four circular icons representing different types of entries: Carbohydrate (apple), Physical Activity (person running), Medication (pill), and Insulin (insulin syringe). The 'Carbohydrate' icon is selected. Below the icons, there's a label 'Carbs:' followed by a text input field and the word 'Unit'. Below this, there are three horizontal lines for notes. At the bottom, there are two buttons: 'Save' and 'Cancel'.

Figure 10

The screenshot shows the 'New Entry' screen for Physical Activity. At the top, there's a header with a back arrow and the title 'New Entry'. Below the header, there's a date selector showing '2/18' and a time selector showing '09:36'. Below these, there are four circular icons representing different types of entries: Carbohydrate (apple), Physical Activity (person running), Medication (pill), and Insulin (insulin syringe). The 'Physical Activity' icon is selected. Below the icons, there's a label 'Intensity:' followed by three radio buttons: 'light', 'medium', and 'heavy'. Below this, there's a label 'Duration:' followed by a text input field and the word 'min'. Below this, there are three horizontal lines for notes. At the bottom, there are two buttons: 'Save' and 'Cancel'.

Figure 11

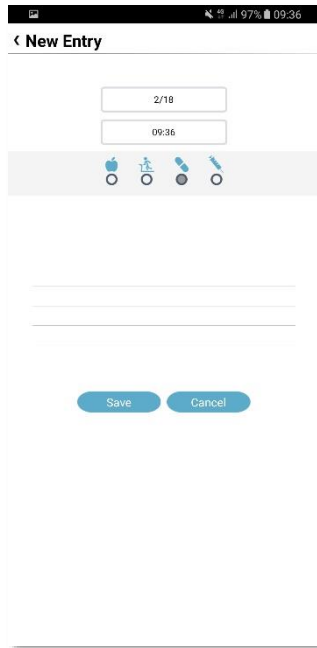


Figure 12

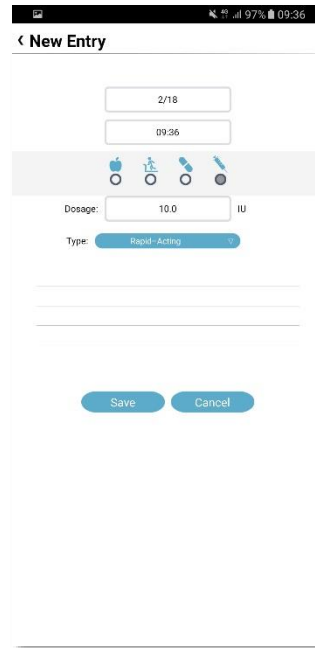


Figure 13

4.3.1 How to Add and Edit Activities in the Diary

To add activities simply click the + button in the bottom right corner. From there, you can select the type of activity you want to put: Physical Activities, Carbohydrate Intake, Medicine Intake or Insulin Intake. The recordings will be displayed at the bottom part of the diary (Figure 14).

The recordings' date and time made in the Diary can be edited by long pressing the diary's display. A pink vertical line will be displayed over the recordings (Figure 14) and the user can drag their finger to a specific input and edit it (Figure 15).

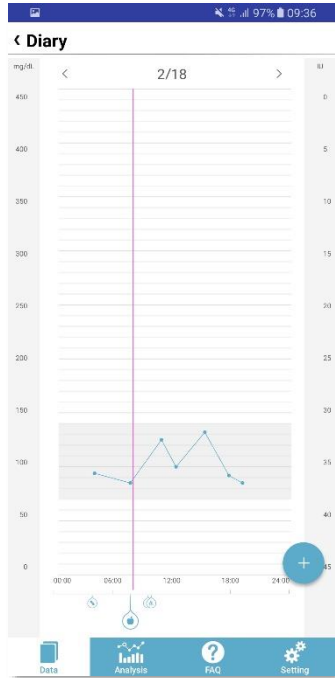


Figure 14

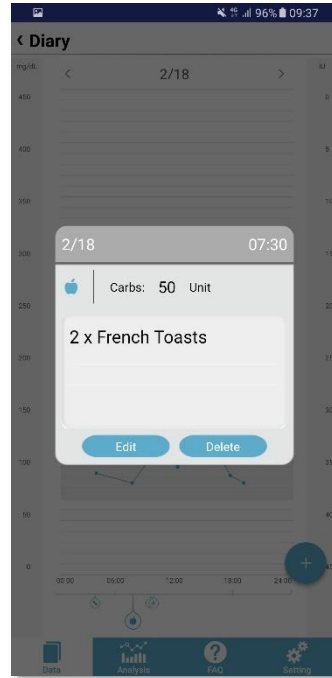


Figure 15

4.4 Ketone Index

Data > Ketone Index

The Ketone Index tab shows the relationship between the Blood Glucose measurement and β -ketone measurement of a specific date and time (Figure 16). The index number can be used as an indicator of one's metabolic state.

Blood Glucose mg/dL	Ketone mmol/L	G.K. Index
2/18/20 18:40	85	2/18/20 18:04 0.4 11.8
2/18/20 17:17	92	2/18/20 17:09 0.4 12.8
2/18/20 14:50	132	2/18/20 15:43 0.6 12.2
2/18/20 11:54	100	2/18/20 11:31 0.4 13.9
2/18/20 10:25	125	2/18/20 10:06 0.5 13.9
2/18/20 07:15	85	2/18/20 07:11 0.3 15.7
2/18/20 03:36	94	2/18/20 03:06 0.4 13.0
2/17/20 18:04	95	2/17/20 18:40 0.4 13.2
2/17/20 17:09	107	2/17/20 17:17 0.5 11.9
2/17/20 15:43	138	2/17/20 14:50 0.6 12.8
2/17/20 11:31	92	2/17/20 11:54 0.4 12.8
2/17/20 10:06	116	2/17/20 10:25 0.5 12.9
2/17/20 07:11	81	2/17/20 07:15 0.4 11.2
2/17/20 03:06	93	2/17/20 03:36 0.4 12.9

Figure 16

4.5 Bolus Calculator (Currently available in Italy only)

Data > Bolus Calculator

The bolus calculator is an effective tool to control postprandial glycemia in patients on insulin pump therapy.

The calculator utilizes five parameters to calculate the recommended insulin dosage after a meal intake, and each of them, except for Current Blood Glucose, must be input manually.

- Current Blood Glucose
- Desired Blood Glucose
- Correction Factor
- Insulin Carbohydrate Ratio (ICR)
- Carbohydrate Intake

Note: The bolus calculator requires your current blood glucose data in order to be activated. Therefore, the function will only be available for the user within one hour of the last blood glucose measurement (Figure 17).

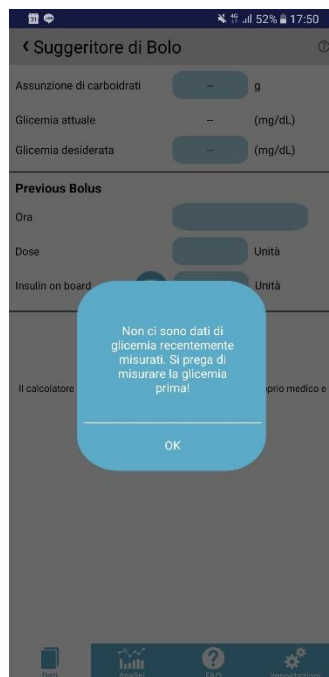


Figure 17

The formula that the Bolus Calculator is:

$$\text{Correction Factor} = \frac{(\text{Carbohydrate intake} / \text{ICR}) + (\text{Current Blood Glucose} - \text{Desired Blood Glucose})}{\text{Suggested Dosage}}$$

< Calcolatore del bolo

Glucosio nel sangue: 110 (mg/dL)

Glicemia desiderata: 140 (mg/dL)

Fattore di correzione: -- (mg/dL)

Fattore insulina/ carboidrati: 10 g

Assunzione di carboidrati: 60 g

Calcolatore del bolo

La formula per il calcolo del bolo di insulina

(Assunzione di carboidrati / Fattore insulina/ carboidrati) + (Glucosio nel sangue - Glicemia desiderata) / Fattore di correzione = DOSAGGIO Suggesto

Riferimento: UCSF Medical Center

Il bolo suggesto NON è inteso per sostituire le dosi di insulina indicati dal medico o da un operatore sanitario. Si prega di consultare e discutere l'uso della calcolatrice con lui / lei e utilizzare solo le impostazioni personali concordate da lui / lei

Il calcolo del bolo è solo per guida. Si prega di consultare il proprio medico e controllare la formula prima di utilizzarlo

< Calcolatore del bolo

Glucosio nel sangue: 110 (mg/dL)

Glicemia desiderata: 140 (mg/dL)

Fattore di correzione: -- (mg/dL)

Fattore insulina/ carboidrati: 0.0 g

Assunzione di carboidrati: -- g

DOSAGGIO Suggesto

CALCOLARE

Il calcolatore è solo per guida. Si prega di consultare il proprio medico e controllare la formula prima di utilizzarlo

< Calcolatore del bolo

Glucosio nel sangue: 110 (mg/dL)

Glicemia desiderata: 140 (mg/dL)

Fattore di correzione: 10 (mg/dL)

Fattore insulina/ carboidrati: 10 g

Assunzione di carboidrati: 60 g

DOSAGGIO Suggesto

CALCOLARE

3,0 u

Il calcolatore è solo per guida. Si prega di consultare il proprio medico e controllare la formula prima di utilizzarlo

5. Compatible Devices

5.1 Android Devices

Brand	Model
Samsung	Samsung Galaxy S10
	Samsung Galaxy S10+
	Samsung S10e
	Samsung A20
	Samsung A40s
	Samsung A50
	Samsung A60
	Samsung A70
	Samsung A80
	Samsung S9+
	Samsung Galaxy Tab A
	Samsung Galaxy J7 Prime
	Samsung Galaxy S8+
	Samsung Galaxy S8+
	Samsung Galaxy Note 8
	Samsung Galaxy S7 edge
	Samsung Galaxy S6
	Samsung Galaxy Note 4
	Samsung Galaxy Note 3
Sony	Xperia 1 J91
	Xperia L3
	Xperia XZ3
	Xperia 10 Plus
	Sony Xperia XZ Premium
	Sony Xperia XA1
	Sony Xperia XZ1
	Sony Xperia XZ2
	Sony Xperia XA2

Xiaomi	Mi MIX 2
	Xiaomi Mi 6
	Xiaomi Redmi Note 4X
Huawei	Huawei Y7
	Huawei Y6 Pro
	Huawei P30 Pro
	Huawei Mate20 X
	Huawei Mate20 Pro
	Huawei Nova 4e
	Huawei Mate 10 Pro
	Huawei P10 Plus
	Huawei GR5 2017
	Huawei P9
	Huawei T1
HTC	HTC Desire 19+
	HTC Desire 12s
	HTC U19e
	HTC U12+
	HTC U Ultra
	HTC U Ultra
	HTC Desire 10
	HTC 10 evo
	HTC U11
	HTC U11
LG	LG G6
	LG G6
	LG Nexus 5
NOKIA	NOKIA 3
	NOKIA 5
	NOKIA 6
	NOKIA 8

Oppo	Oppo R17 Pro
	Oppo AX5s
	Oppo Ax7 Pro
	Oppo Reno
	Oppo Reno Z
	Oppo Reno 10Z
	Oppo A57
	Oppo A75
	Oppo A77
	Oppo R9s Plus
	Oppo R11S
	Oppo R11

5.2 iOS Devices

Brand	Model
Apple	iPhone 5
	iPhone 5C
	iPhone 5S
	iPhone SE
	iPhone 6
	iPhone 6 Plus
	iPhone 6S
	iPhone 6S Plus
	iPhone 7
	iPhone 7 Plus
	iPhone 8
	iPhone 8 Plus
	iPhone X
	iPhone XR
	iPhone Xs
	iPhone Xs Max