



D40 Pro

BLOOD PRESSURE
MONITORING SYSTEM



Quick Start User Guide

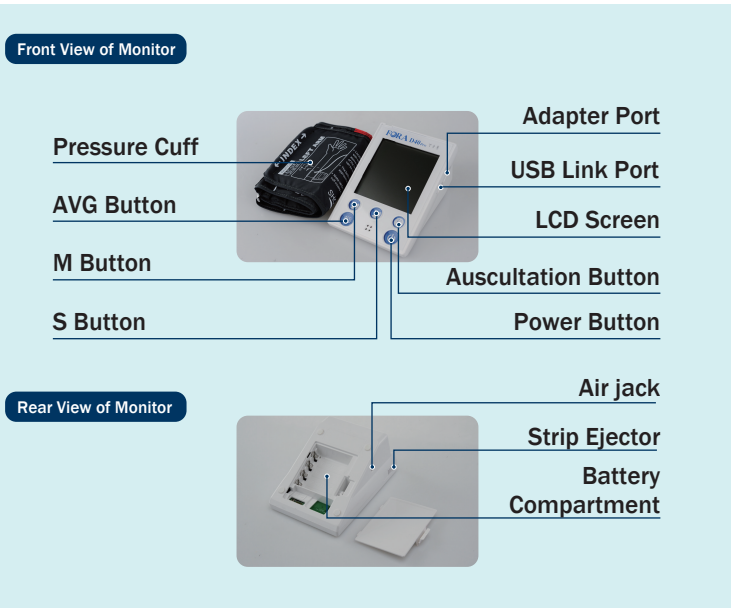
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
Dear FORA D40 Pro System Owner:

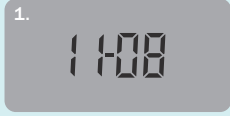
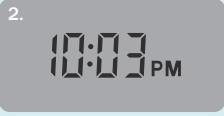
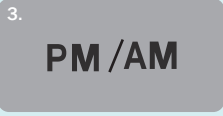


Thank you for choosing FORA D40 Pro Blood Pressure Monitoring System to take control of your blood pressure. Being a home care device, this system is helpful for tracking your blood pressure values.

Your Quick Start User Guide assists you in setting up the system and running the test. Please read it carefully before use. For complete information on system use and features, please see FORA D40 Pro Owner's Manual.





1. Set The Monitor



- 1.1**  Press  to start setting. Year flashes first.
- 1.2**  Press  to make changes. Number can be advanced faster by holding down . Press  to proceed.





- 1.3**
1. 
 2. 
 3. 
 4. 
 5. 
- Date flashes. Follow **1.2** to make changes. The sequence of settings is:
(1) the date
(2) time
(3) AM / PM
(4) memory deletion → OFF

2. Take a Single Measurement

Always apply the pressure cuff before turning on the monitor. For how to apply the pressure cuff, please see the Owner's Manual for complete information.



- 2.1**  Press . All the LCD symbols will appear. Then 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. Or it will switch off automatically after left idle for 3 minutes.
- 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.

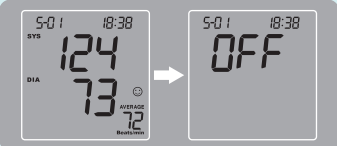
3. Measurement Average Mode


Always apply the pressure cuff before turning on the monitor.

- 3.1**  Press . The monitor will turn on and enter the averaging mode. Then the cuff will begin to inflate automatically.

- 3.2** 

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.

- 3.3** 

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

4. Auscultatory Mode


Only trained healthcare professionals can perform manual operation.


The manual operation method involves applying a stethoscope to your arm and listening to the pulse while the air is slowly let out again. The systolic pressure is the maximum pressure in an artery at the moment when the heart is beating and pumping blood through the body.

The diastolic pressure is the lowest pressure in an artery in the moments between beats when the heart is resting.



- 4.1** 

Place a stethoscope on the patient's arm where there is a pulse. Wrap the cuff around the patient's upper arm and hold in place with velcro.

- 4.2** 

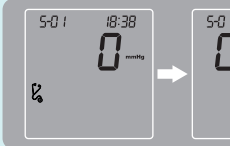
Press . A stethoscope symbol will appear on the display with a beep. Then the cuff begins to inflate automatically.



4. Auscultatory Mode

- 4.3** The operator can adjust the inflation pressure if necessary. During the measurement, press  at any time to stop the inflation and start deflation, or press  to inflate again. After reaching the cuff pressure, the deflation begins.

- 4.4** The systolic pressure is measured when the operator first hears the pulse. Take the reading according to the value on the display. This reading indicates the subject's systolic pressure.



- 4.5** The diastolic pressure is measured from the moment the operator is unable to hear the sound of the pulse. Take the reading according to the value on the display. This reading indicates the subject's diastolic pressure.

- 4.6** 

The monitor will return to the screen of 0 mmHg after the measurement is completed. To start the next measurement, press  again. To turn off the monitor, press .

5. Read Your Result

Result indicator:

Appears	When systolic or diastolic blood pressure
	< 140 mmHg and < 90 mmHg
 HIGH	≥ 140 mmHg or ≥ 90 mmHg

Reference values:

Category	Systolic (mmHg)		Diastolic (mmHg)
Optimal	< 120	and	< 80
Normal	120–129	and/or	80–84
High normal	130–139	and/or	85–89
Grade 1 hypertension	140–159	and/or	90–99
Grade 2 hypertension	160–179	and/or	100–109
Grade 3 hypertension	≥ 180	and/or	≥ 110
Isolated systolic hypertension	≥ 140	and	< 90

Source: The European Society of Hypertension and European Society of Cardiology Task Force Members. 2007 ESH-ESC Practice Guidelines for the Management of Arterial Hypertension. *J Hypertens* 2007; 25: 1751-1762.