



iFORA HM APP

USER GUIDE



Version 1.0 – 2026.05
541-0099100-034

www.foracare.ch

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1. Introducing the iFORA HM App

Intended Use

iFORA HM App is designed for personal health data management on mobile devices.

It is intended to assist users in collecting, displaying, and storing information, such as Blood Glucose, Hematocrit, Hemoglobin, β -ketone, Total Cholesterol, Uric Acid, Triglycerides and Lactate from meters wirelessly by Bluetooth.

In addition to logging daily measurements, the iFORA HM App also provides visualized graphs and charts to help users achieve self-health management more efficiently.

iFORA HM App is not intended to provide diagnosis or treatment for disease.

Description of iFORA HM App

The iFORA HM App is a personal-use mobile application that does not require registration or an internet connection. It connects with FORA Bluetooth-enabled devices via the mobile device's Bluetooth function to retrieve measurement data.

Results are presented using graphs, charts, and statistical summaries to help users monitor their health over time.

Applicable Objects

The iFORA HM App is intended for individuals aged 14 years and older. Users under the age of 14 should use the app under adult supervision.

Contraindications

There are currently no known contraindications for using the iFORA HM App.

System and Device Requirements

To use the iFORA HM App, the following requirements must be met:

Required Devices

Compatible FORA medical devices with Bluetooth functionality.


Mobile Device Requirements


Hardware:

- **Storage:** Minimum 80 MB of available space
- **Bluetooth:** Version 4.0 or higher
- **Display Resolution:**
 - iOS: 1125 × 2436
 - Android: 1440 × 3200

Software:

- **Android:** Version 12, 13, 14, 15.0 or later
- **iOS:** Version 15, 16, 17, 18.0 or later

 *The iFORA HM App must not be used on rooted Android devices or jailbroken iPhones, as this may compromise security and functionality.*

 *To ensure safe and optimized running of the iFORA HM App, it is recommended that you install software updates as soon as they are available.*

For more information, please visit www.foracare.ch or contact our customer service team.

Cybersecurity Maintenance

1. Software Updates and Security Patches

The iFORA HM App is regularly updated to include security patches and feature enhancements.

Recommendation: Enable automatic updates on your device to ensure the app stays up to date with the latest protections.

2. Logging and Anomaly Monitoring

The app records key user actions (e.g., device connection, data import, error reports) to support traceability and system integrity.

In case of an unexpected issue, you can submit the log file directly to the development team via the email link found on the “**About**” page.

3. Recommended Operating Environment

To ensure cybersecurity best practices, users should:

- Install the app on devices with updated operating systems and proper security settings (e.g., OS-level encryption, screen lock).
- Avoid installing unverified third-party applications on the same device.

4. User Responsibilities

Modifying the source code, reverse-engineering, repackaging, or unauthorized redistribution of the iFORA HM App is strictly prohibited.

5. Contact and Support

For cybersecurity-related inquiries or to report a security incident, please contact:

- **Technical Support:** appsupport@foracare.com
- **Cybersecurity Incident Reporting:** <https://www.foracare.ch/cyber-security-policy/>

Important Safety Information

IMPORTANT: PLEASE READ CAREFULLY BEFORE USE

Non-Medical Advice:

This software and any information, reports, or charts generated by it—including but not limited to blood parameters—are provided for informational and personal health management purposes only. They do not constitute medical advice, diagnosis, treatment, or a prescription.

No Emergency Monitoring:

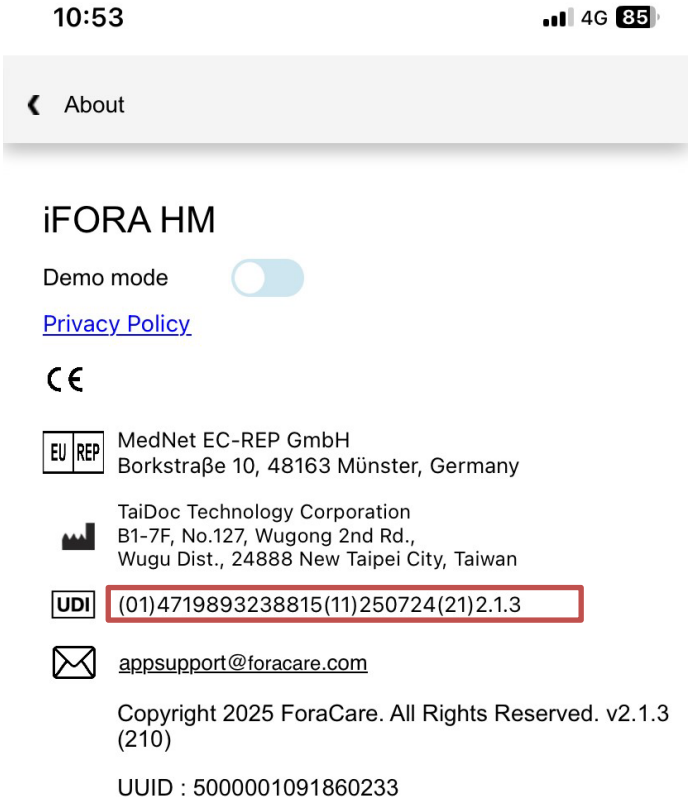
This software is NOT a life-critical monitoring system. It does not provide real-time alerts for life-threatening conditions. If you experience symptoms of a medical emergency, contact emergency services or a healthcare professional immediately, regardless of the data displayed by this software.

Consultation with Professionals:

Users should NOT make any medical decisions, including but not limited to adjusting medication dosages or changing treatment plans, based solely on the data provided by this software. Always seek the advice of a qualified physician or healthcare provider with any questions regarding a medical condition.

Software Information

For checking the version of the IFORA HM App, please go to Setting page.



Release Date (11):

Date the software released, shown as YYMMDD. It may change with software version update.

e.g.: 250709 → July 9th, 2025.

Software Version (21):

It may change with a software version update.



2. Getting Started

The iFORA HM App is a technological marvel that features several advanced breakthroughs and thoughtful additions to make it more ideal for health data management imported from FORA's medical devices.

This section will introduce the basic operation of the iFORA HM App.

Symbol Information

The following table provides an overview of commonly used symbols in the iFORA HM App and their meanings.

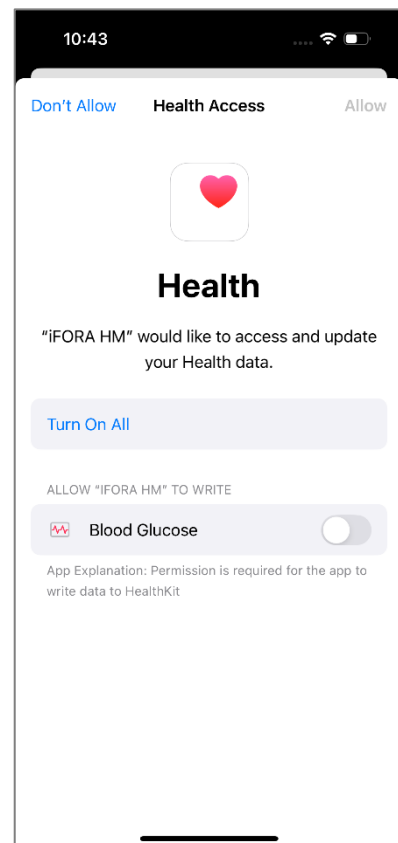
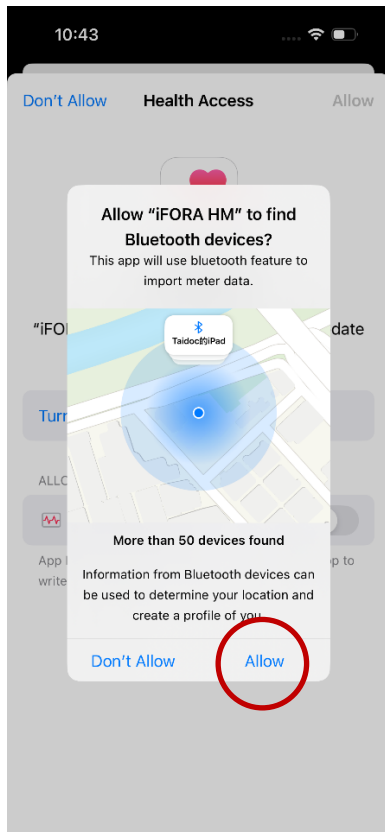
Symbol	Description	Symbol	Description
	Blood glucose readings		Hematocrit readings
	Hemoglobin readings		Beta-ketone readings
	Total cholesterol readings		Uric acid readings
	AC, before meals		PC, after meals
Gen	General, any time of a day	HI	Blood glucose level High (>240mg/dL)
	Daily Data		Help Center
	Display the analyzed results in the form of charts or graphs		Configuration and preference
	Share your data / analysis.	 <p>← New Entry</p> <p>Jul 17, 2025</p> <p>6:22 PM</p> <p>     </p> <p>Carbs: <input type="text"/> Unit</p> <p>_____</p> <p>_____</p>	
	Other	Daily entry of fasting, physical exercise, medication intake, and insulin injections.	
	Back to last page		
	Expand arrow		

Installing IFORA HM App on your mobile device

To begin using the iFORA HM App, download it from the **Apple App Store** or **Google Play Store** onto your mobile device.

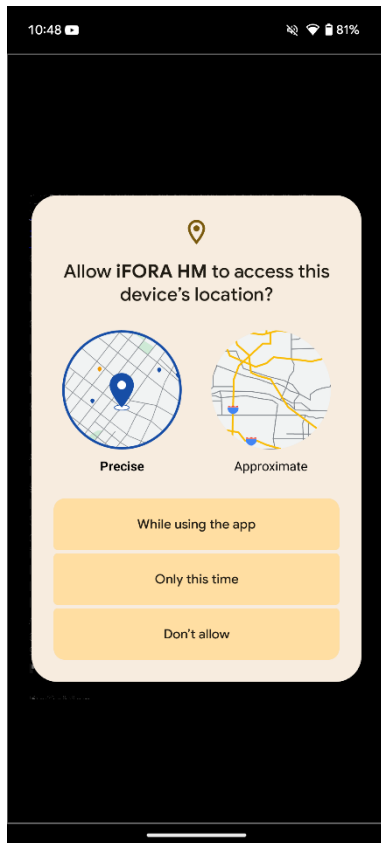
When launching the app for the first time, please follow the on-screen instructions to complete the setup process.

For iOS

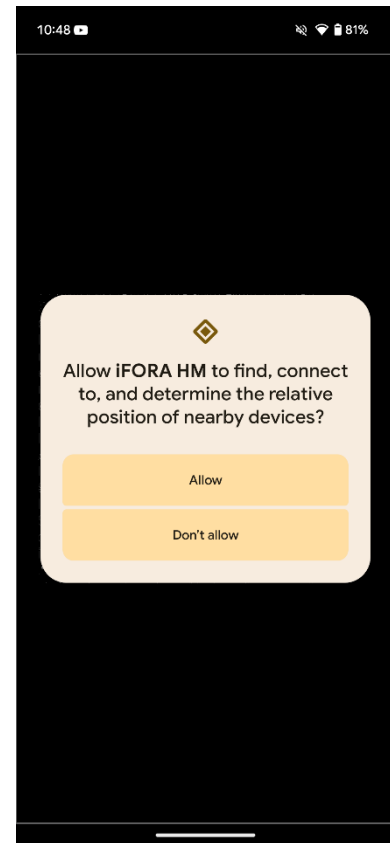


1. Bluetooth: tap “Allow” to enable the iFORA HM App is able to import measurement data from the device via Bluetooth function.
2. Health: tap the health categories you choose to enable the measurement data can be synchronized as needed.

For Android



1. Allow iFora HM to access this device's location?
Bluetooth is required for communication with the FORA meter, and this permission must be enabled to establish communication.



2. Allow iFora HM to find, connect to, and determine the relative position of nearby devices?
On the Android platform, enabling Bluetooth functionality requires "Nearby permissions" because Android 12 (API Level 31) introduced a new Bluetooth permissions model designed to enhance user privacy and security.

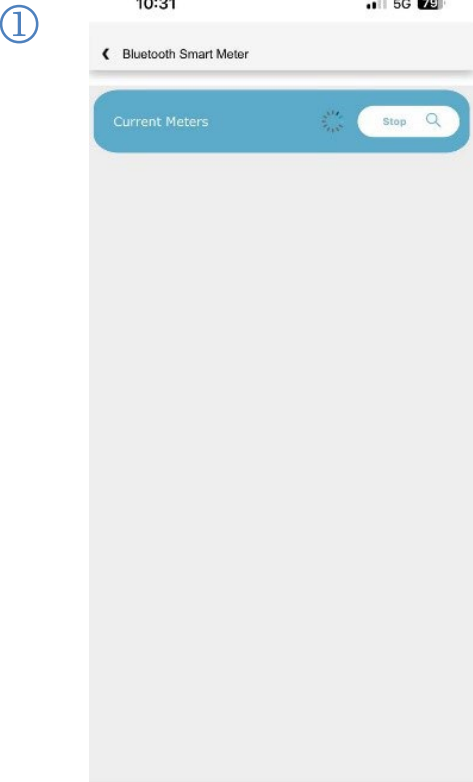
Setting Up Your IFORA HM App

Start-up procedure

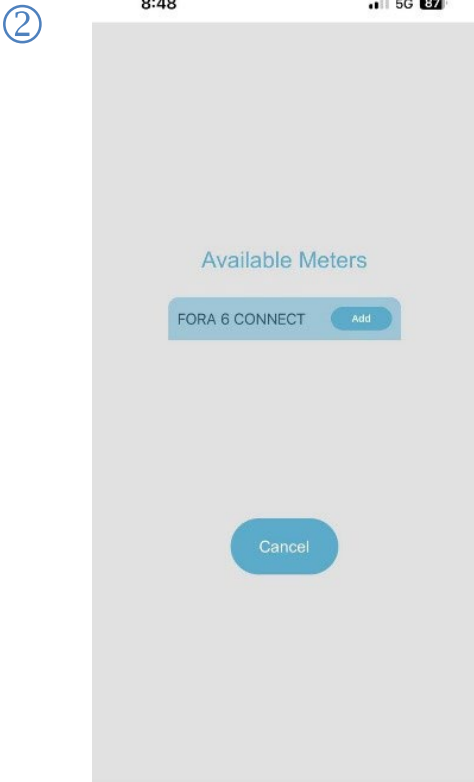
For first-time use of the meter, you need to go to Setting/Bluetooth Smart Meter to complete the Bluetooth pairing setup. If pairing cannot be completed in the app, please ensure that your smartphone is not connected to the device. If it is connected, go to your smartphone's Bluetooth settings and remove the device.

Bluetooth Smart Meter

For paring a Bluetooth smart meter

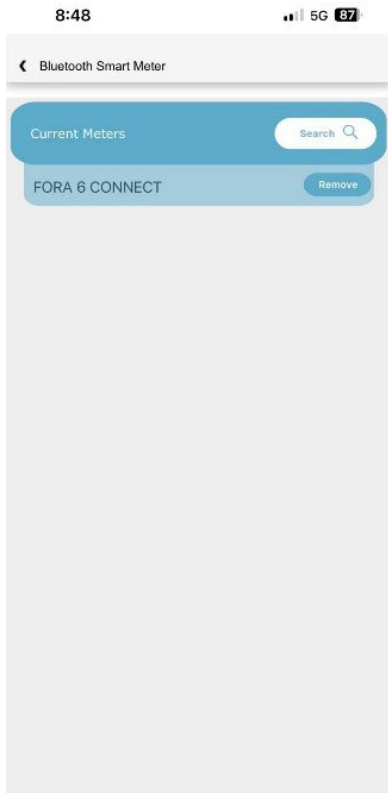


- Search for Bluetooth meters to pair



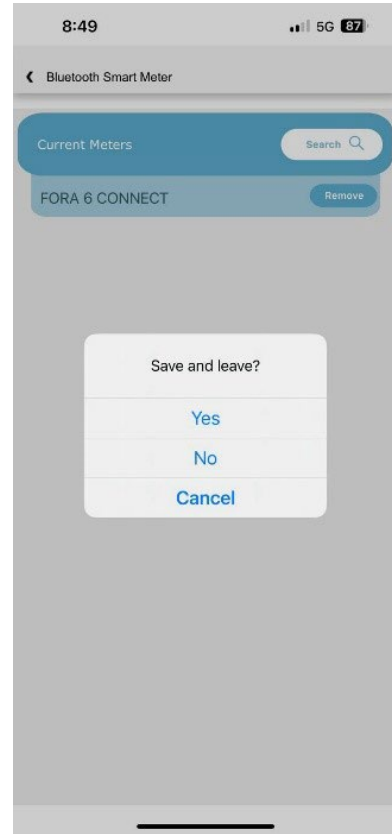
- Available meters are listed

3



- Tap Add to pair the meter

4



- Save and leave to complete pairing process

5

8:49 5G 87

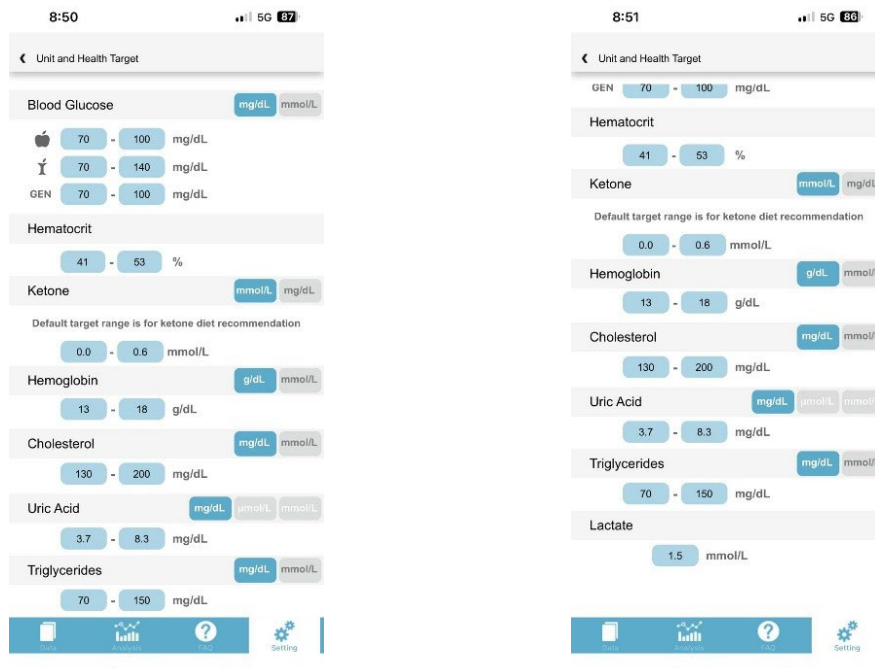


17 records imported

- Pairing process completed

Unit and Health Target

Setting the testing target ranges.

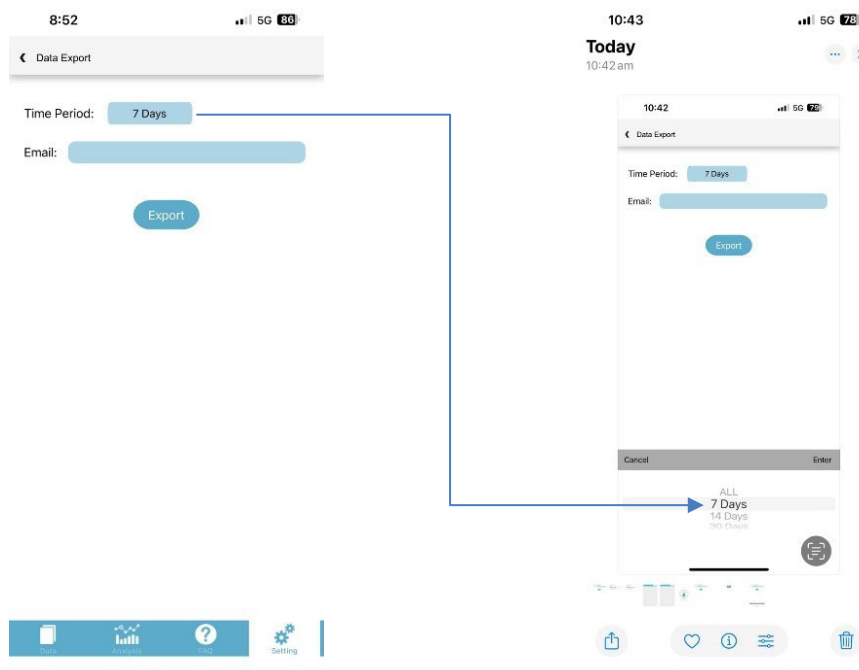


Note:

The lower/upper limits of multiple parameters are the default setting values, and you can adjust the target value according to your own situation. If your physician specifies different lower/upper limits for multiple blood parameters, please follow their suggestions to set the values.

Data Export

For exporting test results.



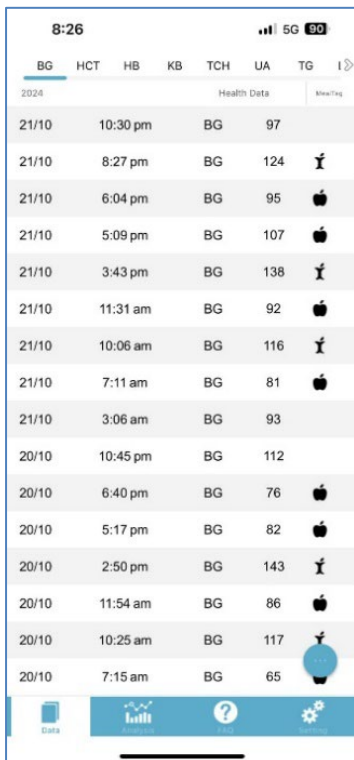
3. Viewing Your Health Data

After launching the IFORA HM App, the Data screen shows the existing test results. You can quickly review every result's information, which is arranged by date from the current date on top to previous dates while going down to the next test result.

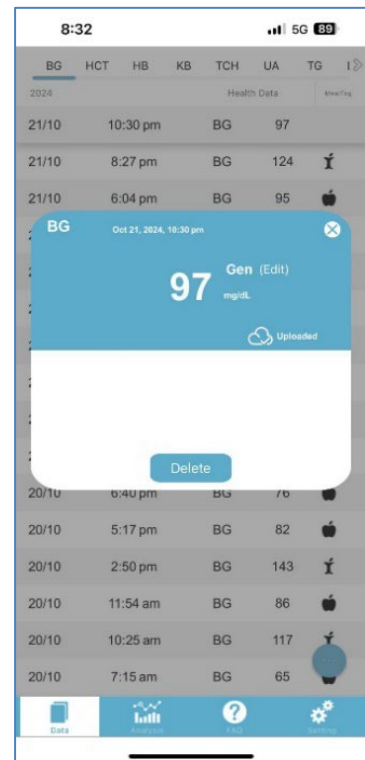
For every test result you can see: Date, time and category.



Click on each test result to bring up the detailed information. You can click "Edit" to modify the meal tag.



Click each data →



(1) Diary: displays diary figure by daily

The screenshots illustrate the workflow for adding a new diary entry:

- 8:31**: Main screen showing a list of BG readings for 2024. A blue circle highlights the 'Diary' icon in the bottom navigation bar.
- 8:33**: A 'More...' menu is open, with 'Diary' selected. A blue arrow points from the 'Diary' icon in the previous screenshot to this menu item.
- 8:34**: The 'Diary' screen shows a line graph for Oct 21, 2024. A blue circle highlights the '+' icon in the bottom right corner.
- 8:34**: The 'New Entry' form is open, showing fields for date (Oct 23, 2024) and time (8:34 am), and icons for food, exercise, insulin, and ketones. A blue arrow points from the '+' icon in the previous screenshot to the 'New Entry' form.

You can tap “+” button to add new diary event. Four events are available: Carb, Exercise, Pill and Injection.

8:34 5G 69

New Entry

Oct 23, 2024

8:34 am

Carbs: Unit

Save Cancel

8:35 5G 88

New Entry

Oct 23, 2024

8:34 am

Intensity: light medium heavy

Duration: min

Save Cancel



1. Carb

8:35 5G 88

New Entry

Oct 23, 2024

8:34 am

Save Cancel



2. Exercise

8:35 5G 88

New Entry

Oct 23, 2024

8:34 am

Dosage: IU

Type:

Save Cancel



3. Pill



4. Injection

(2) Glucose: Ketone Index:

Displays the list of G:K Index value and the related value from BG and KB.

8:36 5G 88

Glucose: Ketone Index

Blood Glucose (mg/dL)		Ketone (mmol/L)	G:K Index ⓘ
21/10 10:30 pm	97	21/10 10:30 pm 0.4	13.5
21/10 8:27 pm	124	21/10 8:27 pm 0.5	13.8
21/10 6:04 pm	95	21/10 6:04 pm 0.4	13.2
21/10 5:09 pm	107	21/10 5:09 pm 0.5	11.9
21/10 3:43 pm	138	21/10 3:43 pm 0.6	12.8
21/10 11:31 am	92	21/10 11:31 am 0.4	12.8
21/10 10:06 am	116	21/10 10:06 am 0.5	12.9
21/10 7:11 am	81	21/10 7:11 am 0.4	11.2
21/10 3:06 am	93	21/10 3:06 am 0.4	12.9
20/10 10:45 pm	112	20/10 10:45 pm 0.5	12.4
20/10 6:40 pm	76	20/10 6:40 pm 0.3	14.1
20/10 5:17 pm	82	20/10 5:17 pm 0.4	11.4
20/10 2:50 pm	143	20/10 2:50 pm 0.6	13.2

Data Analysis ? Settings

Tap “?” icon to show the G:K Index formula and the reference source.

8:37 5G 88

Glucose: Ketone Index

Blood Glucose (mg/dL)		Ketone (mmol/L)	G:K Index ⓘ
21/10 10:30 pm	97	21/10 10:30 pm 0.4	13.5
21/10 8:27 pm	124	21/10 8:27 pm 0.5	13.8
21/10 6:04 pm	95	21/10 6:04 pm 0.4	13.2
21/10 5:09 pm	107	21/10 5:09 pm 0.5	11.9
21/10 3:43 pm	138	21/10 3:43 pm 0.6	12.8
21/10 11:31 am	92	21/10 11:31 am 0.4	12.8
21/10 10:06 am	116	21/10 10:06 am 0.5	12.9
21/10 7:11 am	81	21/10 7:11 am 0.4	11.2
21/10 3:06 am	93	21/10 3:06 am 0.4	12.9
20/10 10:45 pm	112	20/10 10:45 pm 0.5	12.4
20/10 6:40 pm	76	20/10 6:40 pm 0.3	14.1
20/10 5:17 pm	82	20/10 5:17 pm 0.4	11.4
20/10 2:50 pm	143	20/10 2:50 pm 0.6	13.2

G:K Index ⓘ

Help you know the relationship between blood glucose and blood ketone.

$$G:K \text{ index} = \frac{\text{Blood Glucose (mg/dL)} / 18.016}{\text{Ketone (mmol/L)}}$$

(Convert BG from mg/dL to mmol/L)

Reference:
 Joshi J, Meisenbauer et al. The glucose ketone index calculator: a simple tool to monitor therapeutic efficacy for metabolic management of brain cancer. Meisenbauer et al. Nutrition & Metabolism (2019) 12:12

Data Analysis ? Settings

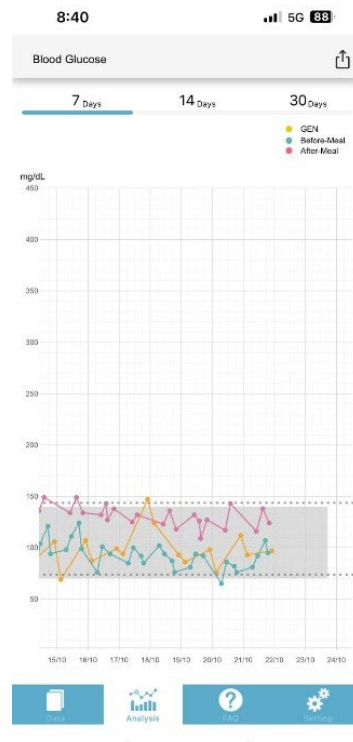
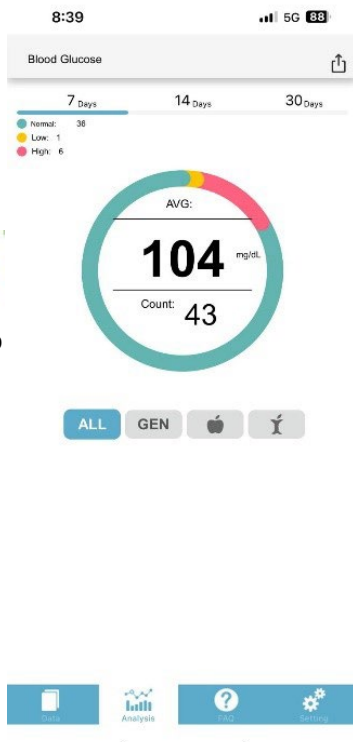
4. Analyzing Your Health Data

iFORA HM provides a lot of statistics in form of pie chart and trend chart. You can view your collected data visually and understand it better. You can swipe up/down to check pie/trend chart of blood glucose or ketone. These charts show you some personal stats and the statistics for the specific period of time.

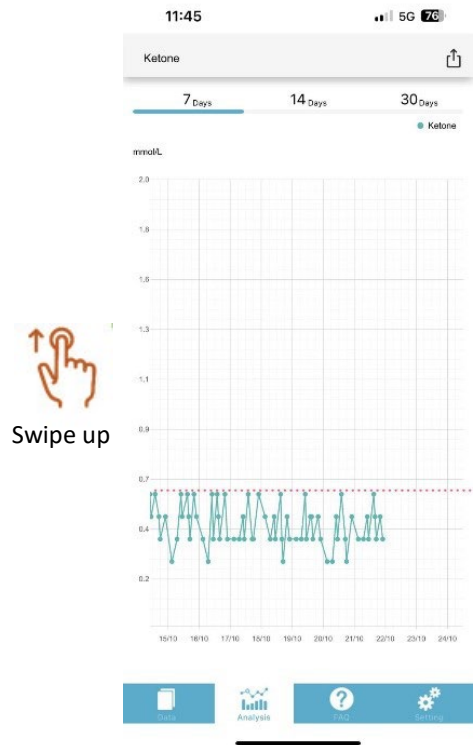
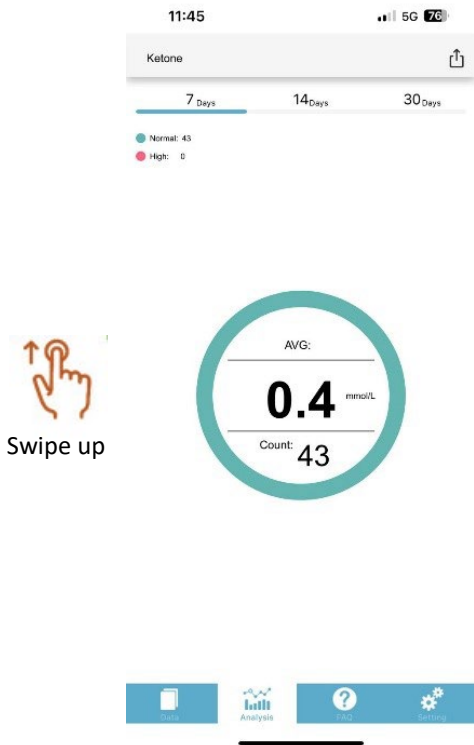
8:39 5G 88

Overview Analysis

	Normal Range(N)	7 Days	30 Days	6 Months	1 Year
B3 (mg/dL)	70-140	104	114	121	121
HCT (%)	41-53	42	44	44	44
HB (g/dL)	13-18	*14.3	*14.8	*15.1	*15.1
KB (mmol/L)	0.0-0.6	0.5	0.5	0.6	0.6
TCH (mg/dL)	130-200	164	174	181	181
UA (mg/dL)	3.7-8.3	3.5	3.6	3.8	3.8
TG (mg/dL)	70-150	92	101	107	107
Lactate (mmol/L)	>1.5	1.2	1.3	1.4	1.4

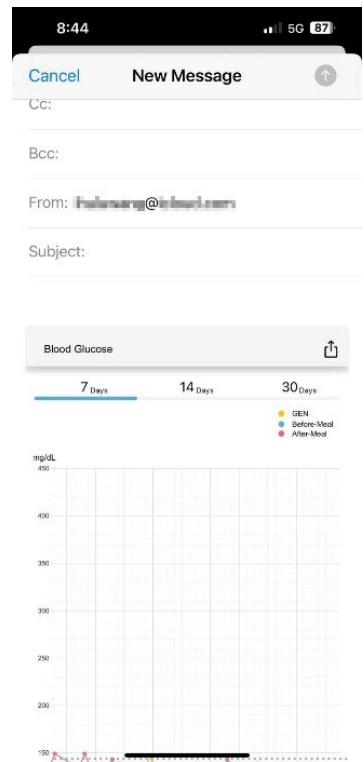


Tap different meal tag option to show different statistics section.



Tap different day period for 7 days, 14 days or 30 days

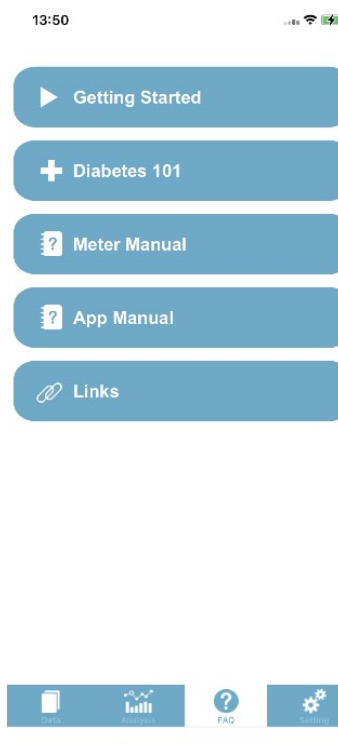
You can click the icon on the upper right to send a screenshot by email.


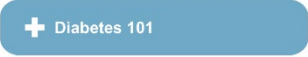





5. FAQ

Blood testing tends to throw up a few questions, even amongst those who have been blood testing for many years.

Our blood testing FAQs aim to answer some of the more common questions surrounding blood testing



	<p>Learn how to use the monitoring system properly from demonstration video</p>
	<p>Find out why self-monitoring blood glucose is important for people with diabetes and learn more about blood glucose testing from the monitoring system.</p>
	<p>A manual for the monitoring system is included in FAQ. This manual provides important information to help you to use the system properly. Any question for using this system, please read and follow the instructions in this manual.</p>
	<p>A manual for the iFORA HM providing important information and illustration to help user to use the app properly.</p>
	<p>Web link of the manufacturer.</p>

6. Error Message

When you see the error message shown on the app, follow the procedure as directed below:

Message	Possible Cause	What to Do
No Bluetooth access permission! Please grant permission	When importing or pairing, Bluetooth is not enabled.	Enable App Bluetooth permissions
Import failed	Data import might fail because the meter's Bluetooth is not activated or the signal is unstable during the process.	Turn on the meter's Bluetooth and import data
Please make sure the Bluetooth is turned on for both your mobile phone and meter.	Your phone's Bluetooth is turned off.	Activate the phone's Bluetooth.
This mobile phone does not support Bluetooth data import	The phone does not have Bluetooth functionality, so it cannot pair with the meter and import measurement data.	Switch to a phone with Bluetooth functionality.
The device isn't configured for sending email	Data is exported via email, but the phone's email settings are abnormal.	Set up your phone mailbox settings
No record to import	All the measurement in meter has been imported into iFora HM App.	Turn on the meter's Bluetooth and import data

If the error occurred is not listed above, please visit <http://www.foracare.ch> or contact customer service.

7. Shutdown procedure

- When performing data import, it is recommended not to close the app.
- To retain measurement data before the app is removed, users can export the data using the export feature. The data can be exported as a CSV file and sent via email.

8. Decommissioning







- Back Up Important Data: Before decommissioning, ensure that all measurement data is properly exported via Email.
- Uninstall the Software: Press and hold the app icon, then tap “Remove App” or “Uninstall.”
- Data Retention and Privacy: Once data is deleted, it cannot be recovered. Data handling is governed by our Privacy Policy and applicable regulations.

9. Compatible Models

The iFORA HM App is compatible with the models below

Device Description	Bluetooth Pairing Option
FORA 6 Connect Multi-Functional Monitoring System	FORA 6 Connect
FORA 6 Duo Multi-Functional Monitoring System	FORA 6 Duo
FORA 8 Connect Multi-Functional Monitoring System	FORA 8 Connect
FORA Diamond GD50 Blood Glucose Monitoring System	FORA Diamond GD50
TESTAmed GlucoCheck ADVANCE Blood Glucose Monitoring System	GlucoCheck ADVANCE

Symbol Information

Symbol	Referent	Symbol	Referent
	Manufacturer		CE mark
	Authorized representative in the European Community		Medical device
	Responsible person in the United Kingdom		UKCA mark



MediMap Ltd
2 The Drift, Thurston, Suffolk, IP31 3RT, United Kingdom



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