

# iFORA MP

# Health Management

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## User Manual



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Version 1.0 – 2026/05  
541-0099100-035

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# 1. Product Information

## 1.1 Intended Use

iFORA MP App is designed for personal health data management on mobile devices. It is intended for use in the home to assist lay users to receive and review information, like Blood Glucose, Blood Pressure, Weight, Temperature and SpO2 from meters wirelessly by Bluetooth. Not only logging your daily measurement data, iFORA MP App also provides visualized graphs and charts to help users achieve self-health management more efficiently. iFORA MP App is not intended to monitor vital physiological parameters, diagnosis or treatment for disease.

## 1.2 Description of iFORA MP App

The iFORA MP App is a mobile application designed for personal use. It connects to TaiDoc Bluetooth medical devices using the mobile device's Bluetooth Low Energy (BLE) function. Measurement data is retrieved and displayed in the app as numerical results, graphs, and statistical summaries. No user registration or internet connection is required.

## 1.3 Applicable Objects

The iFORA MP App should be operated by an individual older than 14 years old. The users under 14 years old should be supervised by adults.

## 1.4 Contraindications

There are no known contraindications for iFORA MP App.

## 1.5 System and Device Requirements

### [Hardware]

- Storage: 15MB at least
- Bluetooth Version: Bluetooth 4.0 and above
- Resolution: iOS for 1125 x 2436, Android for 1440 x 3200

### [Software]

- iOS Version: 16, 17, 18, 26.0 and above
- Android Version: 13, 14, 15, 16.0 and above

## 1.6 Cybersecurity requirement

### 1 Logging and Anomaly Monitoring:

The App maintains logs of key user activities (e.g., connection, data import, errors) for security and traceability purposes. In case of an abnormal situation, you can click the email link on the "About" page to send the log file to the developer.

### 2 Recommended Operating Environment:

- ◆ The App should be installed on up-to-date devices with appropriate security protections (e.g., OS-level encryption, screen lock)
- ◆ Users should avoid installing unverified third party applications on the same device.

### 3 User Responsibilities

Any tampering with the App's source code, repackaging, or redistribution is strictly prohibited.

### 4 Contact and Support

For cybersecurity inquiries or incident reporting, please contact:

- ◆ Technical Support Email: [appsupport@foracare.com](mailto:appsupport@foracare.com)
- ◆ Cybersecurity Incident Reporting: <https://www.foracare.ch/cyber-security-policy/>

### **1.7 Software Updates and Security Patches**

The App is regularly updated with security patches and feature improvements.

To ensure safe and optimized running of the iFora MP, it is recommended that you install software updates as soon as they are available.

### **1.8 Shutdown procedure**

Closing a this app depends on the phone's operating system, but there are two things to note.

(1) When performing data import, it is recommended not to close the app.

(2) To retain measurement data before the app is removed or shutdown, users can export the data using the export feature. The data can be exported as a CSV file and sent via email.

### **1.9 Decommissioning**

(1) Back Up Important Data: Before decommissioning, ensure that all measurement data is properly exported via Email.

(2) Uninstall the Software: Press and hold the app icon, then tap "Remove App" or "Uninstall."

(3) Data Retention and Privacy: Once data is deleted, it cannot be recovered. Data handling is governed by our Privacy Policy and applicable regulations.

### **1.10 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:**

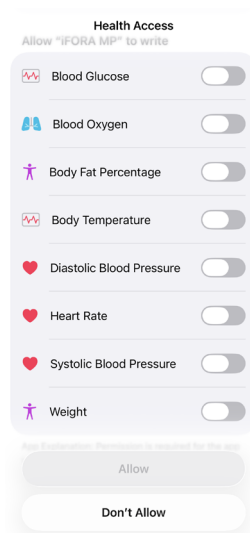
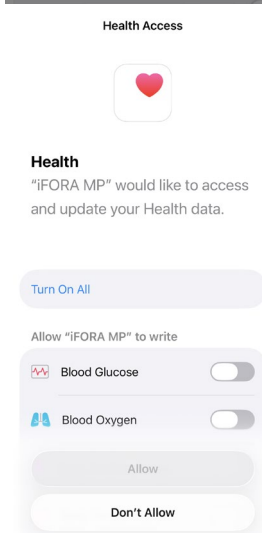
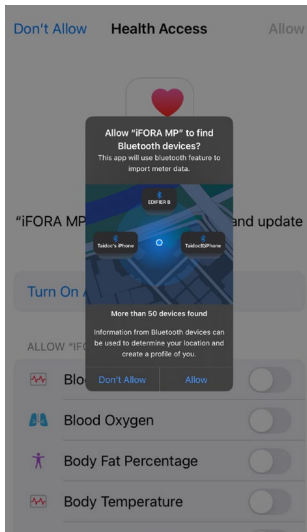
Users should NOT make any medical decisions, including but not limited to adjusting medication dosages or changing treatment plans, based solely on the data provided by this software. Always seek the advice of a qualified physician or healthcare provider with any questions regarding a medical condition.

# 2. Getting Started

## 2.1 Installing the App

Download the iFORA MP App from the App Store or Google Play to your mobile device.

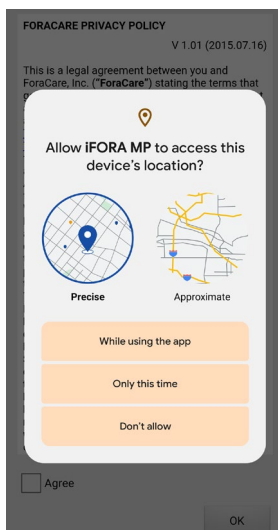
### ◆ iOS



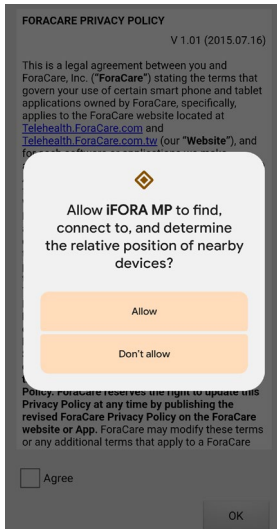
1. **iFora MP** would like to use bluetooth. iFora MP imports measurement data from the device via the Bluetooth function.

2. **iFora MP** would like to access and update your Health Data. Measurement data can be synchronized to Health Data as needed.

### ◆ Android



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



2. Allow iFora MP 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.

## 2.2 Pairing Your Smart Meter

Before launching the app, ensure that Bluetooth wireless communication is enabled on your mobile device.

1 Launch the app and navigate to **Setting > Bluetooth Smart Meter**.

2 Tap **Search** to scan for nearby Smart Meters.

3 Measurement data is automatically imported after a Smart Meter is successfully paired.

### NOTE

- ◆ If no devices are found, tap “ ? ” for help or additional information.
- ◆ Tap **Add** to manually pair a Smart Meter.
- ◆ Tap anywhere on the screen to return to the Bluetooth Smart Meter interface — the newly added meter will appear in the list of current Meters.

### To manage meters in the list of current Meters:

- ◆ Tap the meter name to edit its display name.
- ◆ Tap **Delete** to remove a device from the list of current Meters.

## 2.3 Configuring User Profile

Navigate to **Setting > Profile** to set up user information, including both weight scale profile and other profile parameters.

### Weight Scale Profile Information:

Configures the User No., gender, age, and height for importing data from the weight scale.

### Other Profile Information:

Configures the User No. for importing data from FORA D40, P20, or P60.

## 2.4 Units and Health Targets

This section allows users to set measurement units and define health targets for various parameters including blood glucose, blood pressure, weight, temperature, and SpO<sub>2</sub>.

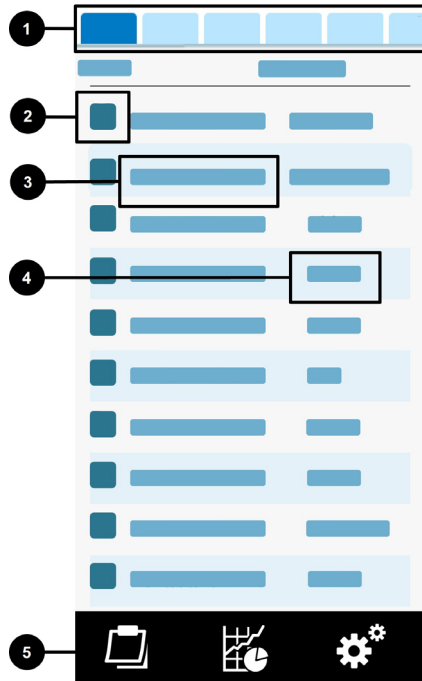
**Note:** The lower/upper limits of multiple parameters are the default setting values, and you can adjust the target value according to your own situation. If your physician specifies different lower/upper limits for multiple parameters, please follow their suggestions to set the values

# 3. Viewing Your Health Data

## 3.1 Data screen

Tap the **Data** in the bottom navigation bar to open the Data screen.

The Data screen displays recorded measurements for all available parameters.



**1. Parameter tabs**

Select from available measurement parameters: All, Blood glucose, Blood pressure, Weight, Temperature, or SpO<sub>2</sub>. The list below updates to show the data for the selected parameter.

**2. Parameter icon**

Indicates which measurement parameter the record belongs to.

**3. Measurement date and time**









Shows when the measurement was taken.

**4. Measurement value**

Displays the recorded measurement result.

**5. Navigation buttons**

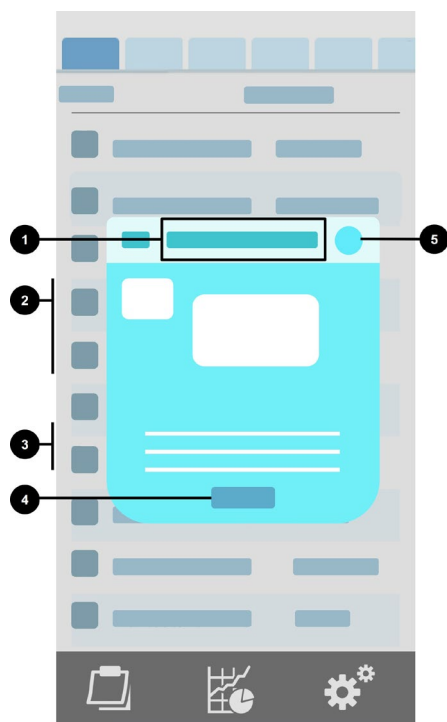
Switch between the three main sections: Data, Analysis, and Settings.

Navigation buttons		
 Data	 Analysis	 Setting
Parameter tabs		
 Blood glucose	 Blood pressure	 Weight
 Temperature	 SpO <sub>2</sub>	

### 3.2 Viewing Measurement Details

Tap each record to view detailed health information.

The detail window shows additional information about the selected measurement.



**1. Measurement date and time**

Shows when the measurement was taken.

**2. Measurement details**

Displays values for relevant health metrics.

The displayed information varies depending on the measurement parameters. The specific values shown for each measurement type are listed in the table below.

**3. Note**

















User-entered text field for personal notes or additional context.

**4. Delete button**

Deletes the selected record from the app.

**5. Close button**

Tap to close the detail window.

Parameters	Measurement details		
 Blood glucose	Meal tag	 AC, before meals	 PC, after meals
	Glucose value		
 Blood pressure	Systolic/ Diastolic blood pressure, Pulse		
 Weight	Weight, BMI		
	 Body Fat	 Body Water	 Body Age
	 Bone Mass	 Muscle Mass	 Visceral Fat
	 BMR	 AMR	 Balance Time
 Temperature	Body Temperature		
 SpO <sub>2</sub>	SpO <sub>2</sub> , Pulse		

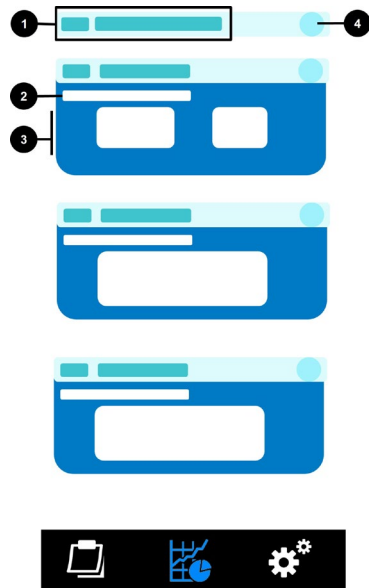
# 4. Analyzing Your Health Data

## 4.1 Analyzing Your Health Data.

Tap **Analysis** in the bottom navigation bar to open the **Analysis** screen.

This screen displays the **latest measurement data** for all available parameters.

Tap a **data block** to access the detailed analysis page for that parameter.



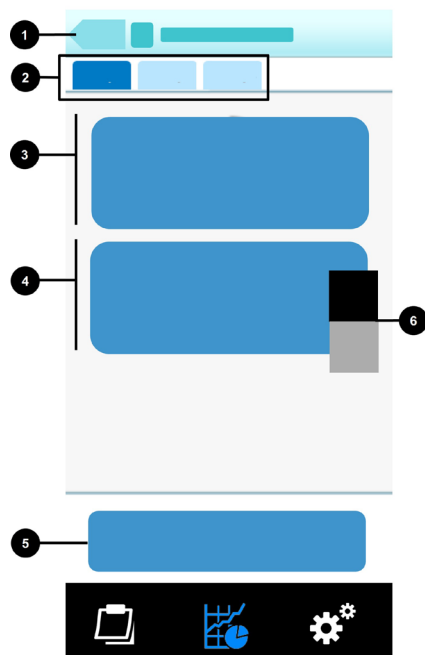
- 1. Parameter icon and label**  
Indicates the parameter to which the data belongs.
- 2. Measurement date and time**  
Shows when the measurement was taken.
- 3. Data block**  
Displays the latest measurement for the parameter.  
Tap to open the detailed analysis page.
- 4. Expand/Collapse arrow**  
Tap to expand or collapse the data view for this parameter.

## 4.2 Blood Glucose Analysis

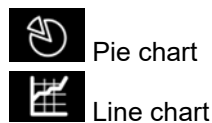
Tap **Analysis > Blood Glucose data block** to access the blood glucose analysis page.

This page presents graphical summaries and statistical insights based on recent blood glucose data.

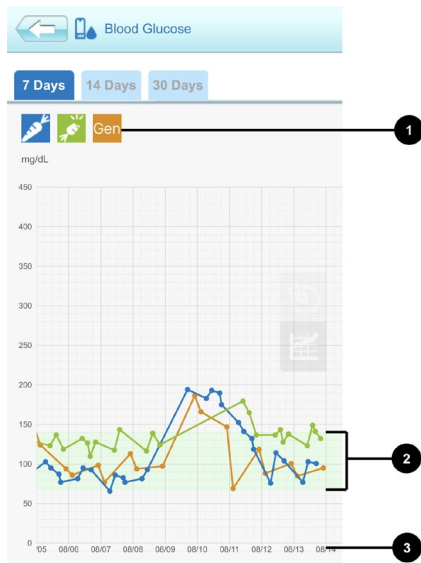
**Swipe up/down** to switch between the pie chart and the trend line chart.






- 1. Back arrow**  
Tap to return to the previous screen.
- 2. Time range tabs**  
Tap to switch between 7-day, 14-day, and 30-day average data.
- 3. Pie chart mode selector**  
Tap to toggle data categories: All, General, AC (before meal), PC (after meal).
- 4. Summary information**  
Displays the total number of measurements, number of readings below, within, and above target range, and the average value.
- 5. Legend**  
Explains the icons used in the pie chart.
- 6. Pie/Trend Chart Indicator**  
Indicates the currently displayed chart type



## Trend Chart of Blood Glucose Analysis



### 1. Measuring Mode

-  Before-meal
  -  After-meal readings
  -  Any time of day
- The line chart below follows the same color

### 2. Target Glucose Range

The green shaded area represents the user-defined blood glucose target range.

### 3. Date

## 4.3 Blood Pressure Analysis

Tap **Analysis > Blood Pressure data block** to access the blood pressure analysis page.

Tap the **time range tabs** to view 7-day, 14-day, or 30-day average values.

The average systolic and diastolic values are shown along with a pie chart.

Pulse rate data is displayed below.

Tap “**More...**” to view additional analysis of blood pressure distribution.

**Swipe up/down** to switch between the pie chart and the trend line chart.

## Trend Chart of Blood Pressure Analysis



### 1. Systolic Pressure (SYS)

Represents the trend of systolic blood pressure.

### 2. SYS Target Upper Limit

Displays the user-defined upper limit for systolic pressure as a reference line.

### 3. Diastolic Pressure (DIA)

Represents the trend of diastolic blood pressure.

### 4. DIA Target Lower Limit

The user-defined lower limit for diastolic pressure

### 5. PUL (Pulse Rate)

Shows the pulse rate trend recorded along with each blood pressure measurement.

### 6. Date

## 4.4 Weight Analysis

Tap **Analysis > Weight data block** to access the weight analysis page.

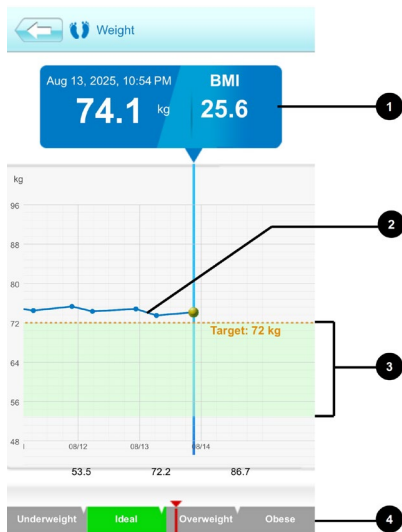
This page displays the user’s **body weight**, **BMI**, and a **trend line chart**.

Swipe **left or right** on the chart to view historical data across different time periods.

At the bottom of the screen, a summary is shown based on the user’s defined health targets, indicating

whether the weight falls into the underweight, ideal, overweight, or obese category.

### Trend Chart of Weight Analysis



1. **Body Weight and BMI**
2. **Body Weight Trend Line**  
Represents the trend of body weight.
3. **Target Weight Range**  
Displays the user-defined target weight range.
4. **BMI Classification**  
Calculated based on height (from Personal Settings) and weight readings
  - Underweight: BMI < 18.5
  - Ideal: 18.5 ≤ BMI < 25
  - Overweight: 25 ≤ BMI < 30
  - Obese: BMI ≥ 30

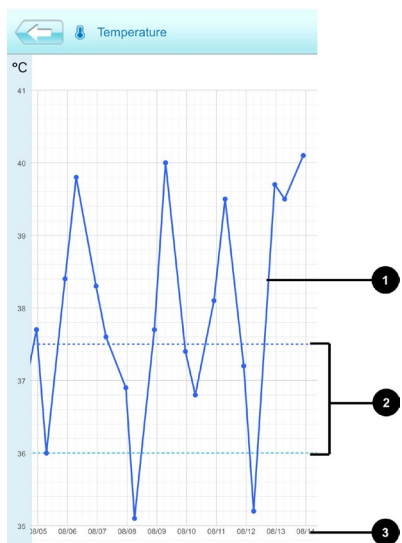
### 4.5 Temperature Analysis

Tap **Analysis > Temperature data block** to access the temperature analysis page.

This page displays a **trend line chart** of recorded temperature data.

Swipe left or right on the chart to view earlier data points.

### Trend Chart of Temperature Analysis



1. **Temperature Trend Line**  
Represents the trend of body temperature.
2. **Target Temperature Range**  
Displays the user-defined target temperature range.
3. **Date**

### 4.6 SpO<sub>2</sub> Analysis

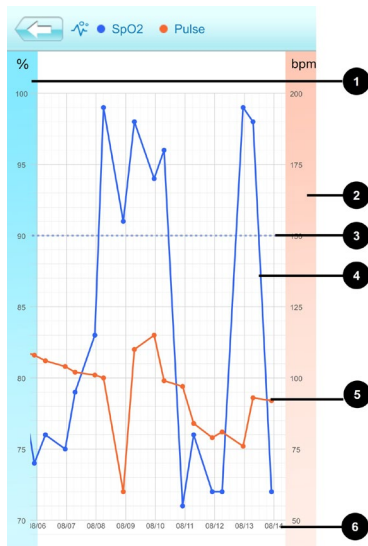
Tap **Analysis > SpO<sub>2</sub> data block** to access the SpO<sub>2</sub> analysis page.

This page displays a **trend line chart** containing two data lines: one for **SpO<sub>2</sub>** and one for **pulse rate**.

The **left axis** represents SpO<sub>2</sub> (%) and the **right axis** represents pulse (bpm).

Swipe **left or right** on the chart to view earlier data points.

## Trend Chart of SpO<sub>2</sub> Analysis



1. **SpO<sub>2</sub> Y-Axis**  
Left Y-axis representing blood oxygen saturation (SpO<sub>2</sub>) in percentage (%).
2. **Pulse Y-Axis**  
Right Y-axis representing pulse rate in beats per minute (bpm).
3. **Target SpO<sub>2</sub> Range**  
Displays the user-defined target range for SpO<sub>2</sub>.
4. **SpO<sub>2</sub> Trend Line**  
Line graph showing the trend of SpO<sub>2</sub>
5. **Pulse Trend Line**  
Line graph showing the trend of pulse.
6. **Date**

## 5. Exporting Your Data

- 1 Tap Setting in the bottom navigation bar to open the setting screen.
  - 2 Tap Data Export to enter the export page.
  - 3 Select a date period for export. Available options include All, 7 days, 14 days, 30 days, and 90 days.
  - 4 Enter the email address to receive the exported file.
  - 5 Tap Export to open the default email app with the exported file attached.
- From there, you can review and send the email manually.

### NOTE

- ◆ Please check your spam or junk folder if you do not see the email in your inbox.
- ◆ The exported data is attached as a CSV file, which can be opened with spreadsheet software such as Excel.

## 6. Accessing Additional Information

Tap **Setting > About** to access additional app information and settings.

This page includes:

- ◆ **Demo mode:** Enable this option to explore the app without connecting a real device.
- ◆ **Auto-delete records in device after imported:** When enabled, data will be deleted from the meter after it is successfully imported into the app.
- ◆ **Privacy Policy:** Tap to view the app's privacy policy.
- ◆ **Manufacturer:** Includes manufacturer details
- ◆ **UDI Information:**

**UDI** (01)4719893238822(11)250922(21)2.7.6

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2

1. **Release Date (11):**  
Indicates the software release date, formatted as **YYMMDD**.  
Ex. 22nd September, 2025 → 250922.
2. **Software Version (21):**  
Indicates the software version number.

- ◆ **Support:** Tap the support email address to contact technical support directly.

## 7. Error Message

If you follow the recommended action but the problem persists, please call your local customer service.


















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	Date 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 MP App.	Turn on the meter's Bluetooth and import data.

## 8. Compatible Models







The iFORA MP App is compatible with the models below:

	Blood Glucose	Blood Pressure	Body Weight	Infrared Thermometer	Pulse Oximeter
<b>Meter Name (Model No.)</b>	FORA Diamond GD50 (TD-4286C)	FORA Diamond CUFF BP (TD-3140A)  FORA ACTIVE WIRELESS plus P30 Plus BT (TD-3129D)	FORA W550 (TD-2555D)	FORA FocusTemp IR42 (TD-1242B)  FORA CoreTemp IR20b (TD-1261C)	FORA PO200 (TD-8255B)

## 9. Explanation of App Icons

Symbol	Description	Symbol	Description
	Data		Weight
	Analysis		Temperature
	Setting		AC, before meals
	Blood glucose		PC, after meals
	SpO2 (The oxygen saturation level)		Pie chart
	Blood pressure		Line chart
	Close		Collapse arrow
	Expand arrow		Help
	Back		

## 10. Symbol Information

Symbol	Referent	Symbol	Referent
	Manufacturer		CE mark
	Technical Support Email		Unique device identifier
	Medical device		Authorized representative in the European Community



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