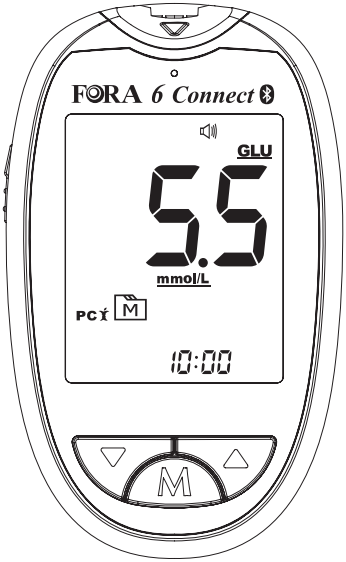
FORA® 6 Plus
FORA® 6 Connect

Multi-Functional Monitoring System

Owner's Manual



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Safety Information

Read the following Safety Information thoroughly before using the device.

- Use this device ONLY for the intended use described in this manual.
- Do NOT use accessories which are not specified by the manufacturer.
- Do NOT use the device if it is not working properly or damaged.
- This device does NOT serve as a cure for any symptoms or diseases. The data measured is for reference only. Always consult your doctor to have the results interpreted.
- The blood glucose and the blood glucose/ hematocrit/ hemoglobin test strips can be used for the testing of newborns.
- The β-Ketone, total cholesterol and uric acid test strips shall NOT be used for the testing of newborns.
- Before using this device, read all instructions thoroughly and practice the test. Carry out all the quality control checks as directed.
- Keep the device and testing supplies away from young children. Small items such as the battery cover, batteries, test strips, lancets and vial caps are choking hazards.
- Do NOT use this instrument in close proximity to sources of strong electromagnetic radiation, as these may interfere with the correct operation.
- Proper maintenance as well as timely calibration of the device together with the control solution is essential in ensuring the longevity of your device. If you are concerned about the accuracy of the measurement, please contact the place of purchase or customer service representative for assistance.

KEEP THESE INSTRUCTIONS IN A SAFE PLACE

Important Information

- Severe dehydration and excessive water loss may cause readings which are lower than actual values. If you believe you are suffering from severe dehydration, consult a healthcare professional immediately.
- If your test results are lower or higher than usual, and you do not have symptoms of illness, first repeat the test. If you have symptoms or continue to get results higher or lower than usual, follow the treatment advice of your healthcare professional.
- Use only fresh whole blood sample to perform a test. Using other substances will lead to incorrect results.
- If you are experiencing symptoms that are inconsistent with your test results and you have followed all the instructions given in this owner's manual, contact your healthcare professional.
- We do not recommend using this product on severely hypotensive individuals or patients in shock. Readings which are lower than actual values may occur for individuals experiencing a hyperglycaemic-hyperosmolar state, with or without ketosis. Please consult the healthcare professional before use.
- The measurement unit used for indicating the concentration of blood glucose can have mg/dL or mmol/L. The approximate calculation rule for conversion of mg/dL in mmol/L is:

mg/dL	Divided by 18	= mmol/L
mmol/L	Times 18	= mg/dL

For example:
1) 120 mg/dL ÷ 18 = 6.6 mmol/L
2) 7.2 mmol/L x 18 = 129 mg/dL approximately

Introduction

Intended Use

This system is intended for use outside the body (in vitro diagnostic use) by people with diabetes at home and by health- care professionals in clinical settings as an aid to monitor the effectiveness of diabetes control. It is intended to be used for the quantitative measurement of the blood glucose, hematocrit, hemoglobin, ß-ketone, total cholesterol and uric acid levels in whole blood. It should not be used for the diagnosis of diabetes.

Professionals may test with capillary and venous blood sample. Use only heparin for anticoagulation of whole blood.

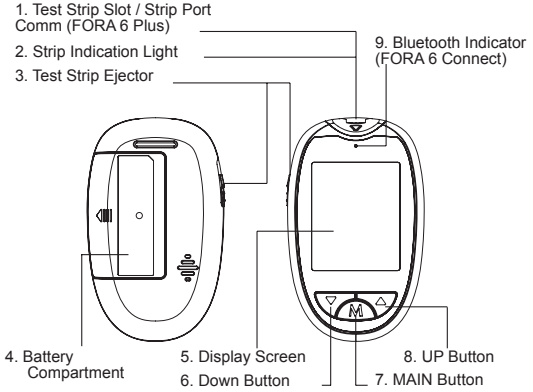
Home use is limited to capillary blood from the finger tip and the approved sites.

Test Principle

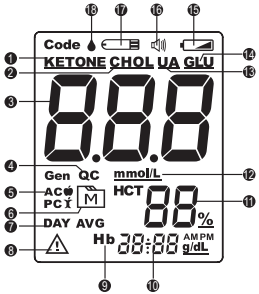
With different types of test strips, your FORA 6 Plus / Connect Multi-functional Monitoring System allows you to measure the amount of blood glucose, hematocrit, hemoglobin, β-Ketone, total cholesterol and uric acid levels in whole blood. The testing is based on the measurement of electrical current generated by the reaction of different substance with the reagent of the strip. The meter measures the current, calculates the blood glucose, hematocrit, hemoglobin, β-Ketone, total cholesterol or uric acid, and displays the result.

The strength of the current produced by the reaction depends on the amount of the substance in the blood sample.

Product Overview



Screen Display



1. Ketone Symbol / Ketone Warning
2. Total Cholesterol Symbol
3. Test Result
4. QC Mode
   QC – control solution testing
5. Measurement Mode
   AC - before meal
   PC - after meal
   Gen - any time of day
6. Memory Symbol
7. Day Average
8. Warning Symbol
9. Hemoglobin Symbol
10. Date & Time
11. Hematocrit Level
12. Measurement Unit
13. Uric Acid Symbol
14. Blood Glucose Symbol
15. Low battery Symbol
16. Universal Tone Symbol
17. Test Strip Symbol
18. Blood Drop Symbol

Getting Started

Initial Setup

Please follow the initial setup procedure before using the device for the first time or after you have replaced the battery. When the battery power is extremely low and " E-b & " appears on the screen, the meter cannot be turned on.

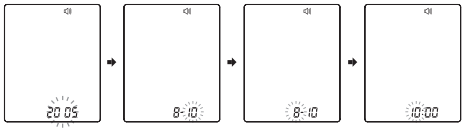
Step 1: Enter the Setting Mode

1. The meter turns on automatically once a new battery is inserted.

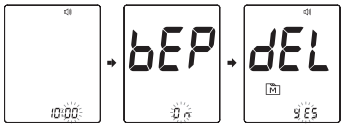
2. Start with the meter off (no test strip inserted). Press and hold ▲ and ▼ at the same time.

Step 2: Configuring the Settings (Date, Time, Universal Tone, Memory Deletion and Reminder Alarm)

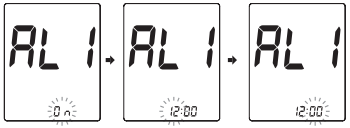
Press ▲ or ▼ to adjust the value or enable/disable the setting. Then press **MAIN** button to confirm the setting and switch to another field.



Set [Year] Set [Month] Set [Day] Set [Hour]



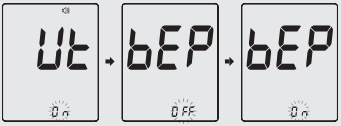
Set [Minute] Set [Beep On, Universal Tone, Beep Off] Delete Memory Records



Set [Reminder Alarm] | Set [Alarm Time (Hour)] | Set [Alarm Time (Minute)]

Note:

- Press ▲ to select Beep On, Universal Tone On or Beep Off. Press MAIN button to confirm.



- When Universal Tone is turned on, the meter guides you through the blood glucose test using beep tones; it also outputs the result as a series of beeps.
- When Beep is turned off, the alarm function will remain effective.
- During memory deletion, select "no" to keep all saved results.
- You may set it up to four reminder alarms.
- To turn off the alarm, press ▲ or ▼ to change On to OFF. Press MAIN button to confirm.
- When the alarm goes off, the device will automatically turn on. Press ▲ to mute the alarm. If you do not press ▲ , the device will beep for 2 minutes then switch off.
- If the device is idle for 3 minutes during the setting mode, it will turn off automatically.

Before Testing

Calibration

You must calibrate the meter every time you begin to use a new vial of β-ketone/ Total cholesterol/ Uric acid test strips by setting the meter with the correct code. Test results may be inaccurate if the code number displayed on the monitor does not match the number printed on the strip label or strip foil pack.

How to Code Your Meter (for β-ketone/ Total cholesterol/ Uric acid test)

1. Insert the code strip when the monitor is off. Wait until the code number appears on the display.

Note:

- Make sure the code numbers on display, code strip, and test strip vial or foil pack are the same. The code strip should be within the expiry date; otherwise, an error message may appear.

2. Remove the code strip, the display will show “OFF”. This tells you that the meter has finished coding and is ready for β-ketone/ Total cholesterol/ Uric acid testing.

Checking the Code Number

You need to make sure that the code number displayed on the meter matches the number on your test strip vial or foil pack before you proceed. If it matches, you can proceed with your test. If the codes do not match, please stop testing and repeat the calibration procedure. If the problem persists, contact Customer Service for help.

NOTICE:

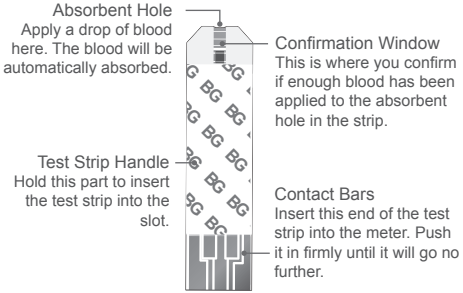
The codes used in this manual are examples only; your meter may display a different code.

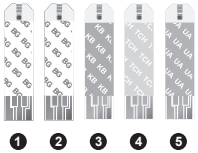
WARNING:

- It is important to make sure that the LCD displayed code is the same as the code on your test strip vial or foil pack before testing. Failure to do so will get inaccurate results.
- If the LCD displayed code is not the same as the code on your test strip vial and the code number cannot be updated, please contact Customer Service for assistance.

Testing With Blood Sample

Test Strip Appearance





1. Blood Glucose
2. Blood Glucose / Hematocrit / Hemoglobin
3. β-Ketone
4. Total Cholesterol
5. Uric Acid

Inserting a Test Strip

Insert the test strip into its slot.

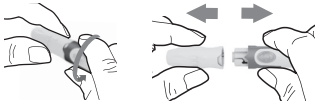
Important!
The front side of test strip should face up when inserting the test strip. Test results might be wrong if the contact bar is not fully inserted into the test slot.

Important!
To reduce the chance of infection:

- Never share a lancet or a lancing device.
- Always use a new, sterile lancet. Lancets are for single use only.
- Avoid getting hand lotion, oils, dirt, or debris in or on the lancets and the lancing device.

Preparing the Lancing Device

1. Remove the cap.



2. Insert a new lancet firmly into the white lancet holder cup.

3. Remove the protective disk on the lancet. Hold the lancet firmly in place and twist off the protective disk.

4. Replace the cap until it snaps or clicks into place.

5. Rotate the dial to set the desired lancing depth.

6.Pull the cocking control out until the orange bar appears on the release button window.

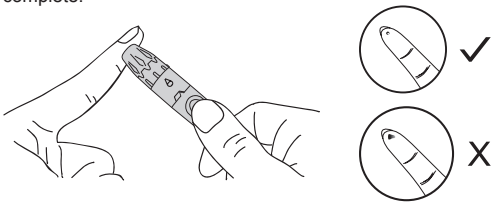
Obtaining the Blood Sample

Please follow the suggestions below before obtaining a drop of blood:

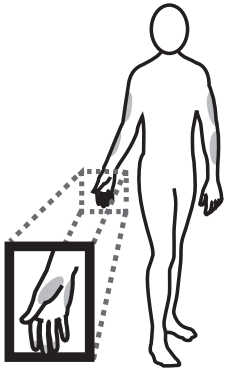
- Wash and dry your hands before starting.
- Select the puncture site either on your fingertips or other body parts.
- Rub the puncture site for about 20 seconds before penetration.

Blood from the fingertip

1. Press the lancing device tip firmly against the lower side of your fingertip.
2. Press the release button to prick your finger. A click indicates that the puncture is complete.



Blood from sites other than the fingertip (For Blood Glucose Test Strip Only)



Alternative site testing (AST) is when individuals check their blood glucose levels using other areas of the body other than the fingertips. The FORA test strips allow AST to be performed on sites other than the fingertips. Please consult your health care professional before you begin AST.

Alternative site sample results may be different from fingertip sample results when glucose levels are changing rapidly (e.g., after a meal, after taking insulin, or during or after exercise).

We strongly recommend that you perform AST ONLY at the following times:

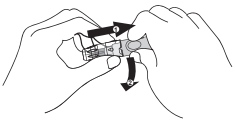
- During a pre-meal or fasting state (more than 2 hours since the last meal).
- Two hours or more after taking insulin.
- Two hours or more after exercise.

Do NOT rely on test results at an alternative sampling site, but use samples taken from the fingertip, if any of the following applies:

- You think your blood sugar is low.
- You are not aware of symptoms when you become hypoglycemic.
- The results do not agree with the way you feel.
- After a meal.
- After exercise.
- During illness.
- During times of stress.

To obtain a blood sample from the alternative sites, please rub the puncture site for approximately 20 seconds.

1. Replace the lancing device cap with the clear cap.



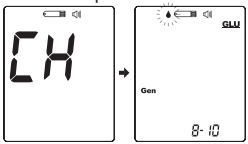
2. Pull the cocking control out until the orange bar appears on the release button window.

Important!

- Do not use results from alternative site samples to calibrate continuous glucose monitoring systems (CGMS), or for insulin dose calculations.
- Choose a different spot each time you test. Repeated punctures at the same spot may cause soreness and calluses.
- Avoid lancing the areas with obvious veins to avoid excessive bleeding.
- It is recommended to discard the first drop of blood as it might contain tissue fluid, which may affect the test result.

Performing A Test

1. Insert the test strip into the test slot of the device. Wait for the device to display the test strip "▭" and blood drop " ● ".



2. Press ▲ to adjust the measuring mode, and press MAIN button to confirm it.

- General Tests (**Gen**) - any time of day without regard to time since the last meal.
- AC (**AC**) - no food intake for at least 8 hours.
- PC (**PC**) - 2 hours after a meal.
- QC (**QC**) - testing with control solution.

3. Obtain a blood sample.

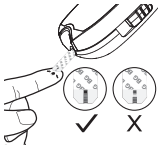
Use the pre-set lancing device to puncture the desired site. Wipe off the first appeared drop of blood with a clean cotton swab. Gently squeeze the punctured area to obtain another drop of blood. Be careful NOT to smear the blood sample.

The blood sample size of each test should be at least,

- blood glucose test: 0.5μL
- blood glucose/ hematocrit/ hemoglobin test: 0.5μL
- β-ketone test: 0.8μL
- total cholesterol test: 3.0μL
- uric acid test: 1.0μL

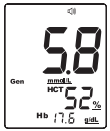
4. Apply the blood sample.

Move your finger to meet the absorbent hole of the test strip and the drop will be automatically be drawn onto the test strip. Remove your finger until the confirmation window is filled. The meter begins to count down. Do not remove your finger until you hear a beep sound.



5. Read your result.
   The results of your test will appear after the meter counts down to 0. The results will be stored automatically in the meter memory.

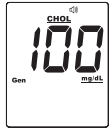
Blood Glucose



Blood Glucose / Hematocrit/ Hemoglobin

Uric Acid

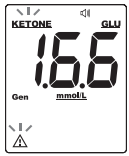
β-Ketone



Total cholesterol

Ketone Warning

- When your blood glucose result is higher than 13.3 mmol/L (240 mg/dL), the meter will display the blood glucose reading **GLU** as well as a Ketone warning (flashing KETONE and "⚠").
- The ketone warning is to notify you that you may be at risk of elevated Ketone levels and a Ketone test is recommended.



Announcement of Test Result by Universal Tone

The blood glucose results will be broken down into individual digits and each digit represents the corresponding number of beeps.

The result is announced three times in succession and each time is preceded by two quick beeps. So you will hear: 2 quick beeps – results – 2 quick beeps – results – 2 quick beeps – result.

For mg/dL meters, the hundreds are always announced, even when the result is below 100.

Examples:

80 mg/dL is announced as 1 long beep (0) – 1 single pause – 8 single beeps (8) – 1 single pause – 1 long beep (0)

182 mg/dL is announced as 1 single beep (1) – 1 single pause – 8 single beeps (8) – 1 single pause – 2 single beeps (2)

For mmol/L meters, the tens are always announced, even when the result is below 10. The decimal point is represented by 1 quick beep.

Examples:

6.0 mmol/L is announced as 1 long beep (0) – 1 single pause – 6 single beeps (6) – 1 single pause – 1 quick beep (.) – 1 single pause – 1 long beep (0)

Note:
Information or warnings in the form of symbols displayed together with the results are not announced acoustically.

Disposing Used Test Strip and Lancet

To remove the used test strip, simply push the Test Strip Ejector button upward to eject the used test strip. The device will automatically turn off after the test strip is removed.

To remove the used lancet, remove the lancet from the lancing device after you have finished testing. Discard your used strip and lancet properly in a puncture-resistant container.

Important!
The used lancet and test strip may be biohazards. Please consult your health-care provider for proper disposal which complies with your local regulations.

Control Solution Testing

Our Control Solution contains a known amount of substance that reacts with test strips and is used to ensure your device and test strips are working together correctly.

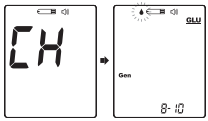
Test strips, control solutions, or sterile lancets may not be included in the kit (please check the contents on your product box). They can be purchased separately.

Do a control solution test when:

- ✓ you suspect the device or test strips are not working properly.
- ✓ your test results are not consistent with how you feel, or if you think the results are not accurate.
- ✓ you have dropped or think you may have damaged the device.

To perform the control solution test, do the following:

1. Insert the test strip into the test slot of the device. Wait for the device to display the test strip "▭" and blood drop "💧".

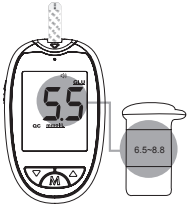


2. The meter will detect the difference between control solution and blood samples automatically. It will automatically mark the result as a control solution test with "QC" display.

3. Apply the control solution. Shake the control solution vial thoroughly before use. Squeeze out a drop and wipe it off, then squeeze another drop and place it on the tip of the vial cap. Hold the device to move the absorbent hole of the test strip to touch the drop. Once the confirmation window is filled completely, the device will begin counting down.

Note:
To avoid contaminating the control solution, do not directly apply the control solution onto a strip.

4. Read and compare the result. After counting down to 0, the test result of the control solution will appear on the display. Compare this result with the range printed on the test strip vial or individual foil pack and it should fall within this range. If the test result is out of range, read the instructions again and repeat the control solution test.



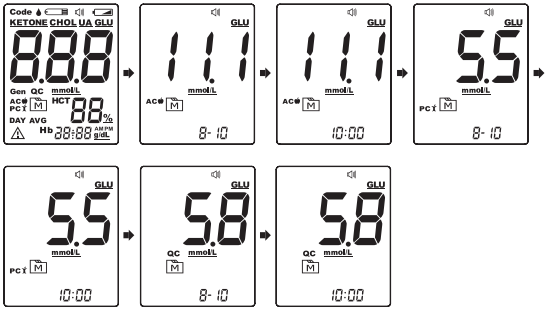
Note:
- Control solution test results are stored in the memory.
- The control solution range printed on the test strip vial or individual foil pack is for control solution use only. It is not the recommended range or reference values.
- Refer to the Maintenance section for important information about your control solutions.

Out-of-range results:
If you continue to get results that fall outside the range printed on the test strip vial, it means that the meter and strips might not be working properly. Please contact your local customer service or place of purchase for assistance.

Reviewing Test Results

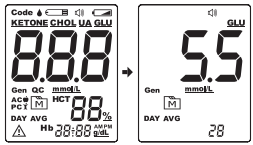
Your device stores the 1000 most recent test results along with respective dates and times in its memory. To enter the device memory, start with the device switched off.

To review all test results, do the following:
1. Press and release MAIN button or ▲ . The "M" icon appears on the screen.
2. Press ▲ or ▼ repeatedly to review other test results stored in the device. Press and hold MAIN, the meter will be turned off.



To review the day-average test results, do the following:

1. Press and release ▼ to enter memory mode for average results with "M" and **DAY AVG** displayed on the screen. And then your 7-day average result measured in general mode will appear on the display.
2. Press ▲ or ▼ to review 14, 21, 28, 60 and 90-day average results stored in each measuring mode in the order of Gen, AC, then PC.



Note:

- Press and hold MAIN for 5 seconds to exit the memory mode or leave it without any action for 3 minutes. The device will turn off automatically.
- If using the device for the first time, the "---" icon will appear when you recall the test results or review the average result. This indicates that there is no test result in the memory.
- Control solution results are NOT included in the day average.

Announcement of Memory Result by Universal Tone

Only the most recent result that was saved can be announced acoustically. If you press MAIN to turn the meter on, you will first hear the Long-Beep which stands for power-on and then the most recent result.

Only the average for the last 7 days is announced acoustically. If the 7-day average cannot be calculated, three horizontal bars are displayed. This is signaled acoustically with 3 long beeps representing 3 zeroes.

Transferring Data

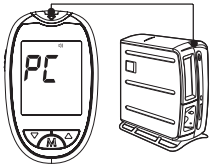
Data Transmission Via USB/ Strip_Port_ Comm Cable (FORA 6 Plus)

1. Install the software on your computer

Download Health Care System Software and instruction manual provided on the ForaCare Suisse AG Web site: http://www.foracare.ch. Follow the instructions to install the software on your computer.

2. Connect the device with your computer using a USB/ Strip_Port_Comm Cable

Connect the USB/ Strip_Port_Comm cable to a USB port on your computer. With FORA 6 Plus switched off, connect the other end of the USB/ Strip_Port_Comm cable to the FORA 6 Plus data port. “PC” will appear on the meter display, indicating that the meter is in communication mode



3. Transfer data to your computer

Follow the software on-screen instructions to transmit data. Remove the cable and the device will automatically turn off.

Note:

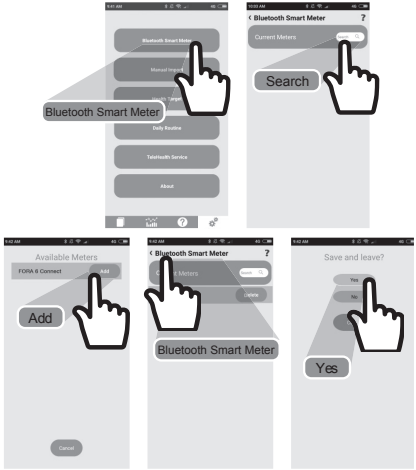
- While the meter is in transmission mode, it will be unable to perform a blood test.
- USB/ Strip_Port_Comm Cable is optional. You may purchase it at the store of your purchase.

Data Transmission Via Bluetooth (FORA 6 Connect)

You can use your device with an iOS (5.0.1 or higher) Android system (4.3 API Level 18 or higher) or PC (Windows 8 or higher) to download data from your FORA 6 Connect via Bluetooth. Follow the steps below to transmit data from your FORA 6 Connect. Please contact your local customer service or place of purchase for assistance.

1. Install the software (iFORA HM) to your device with an iOS or Android system.

2. Every time the FORA 6 Connect is turned off, the Bluetooth will be initiated for data transmission. The Bluetooth indicator flashes in blue.
3. Make sure your FORA 6 Connect is already paired with your device with an iOS, Android system or PC by following the instructions as below.



Note:

This step is recommended when the user needs to pair this meter to a Bluetooth receiver for the first time, or when the user needs to pair this meter to another new Bluetooth receiver.

4. If your device with an iOS, Android system or PC is within the receiving range, the data transmission will start and the Bluetooth signals in blue. Once it is finished, the FORA 6 Connect will automatically switch off.
5. If your device with an iOS, Android system or PC is not within the receiving range, the FORA 6 Connect will automatically switch off in 2 minutes.

Note:
- While the meter is in transmission mode, it will be unable to perform a blood glucose test.
- Make sure your device with iOS or Android system has turned on its Bluetooth before transmitting the data and the meter is within the receiving range.

Maintenance

Changing Battery

You must change the battery immediately and reset the date and time when the battery power is extremely low and " & E-b " appears on the screen. The meter cannot be turned on.

To change the battery, do the following:

1. Press the edge of the battery cover and lift it up to remove the cover.
2. Remove the old battery and replace with one 1.5V AAA size alkaline battery.
3. Close the battery cover. If the battery is inserted correctly, you will hear a "beep" afterwards.

CAUTION

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN

INCORRECT TYPE.

DISPOSE OF USED BATTERIES ACCORDING TO THE

INSTRUCTIONS.

Note:
- Replacing the battery does not affect the test results stored in memory.
- Keep away the battery from small children. If swallowed, promptly seek medical assistance.
- Battery may leak chemicals if unused for a long time. Remove the battery if you are not going to use the device for an extended period.
- Properly dispose of the used battery according to your local environmental regulations.

Caring for Your Device

- To clean the exterior of the device, wipe it with a cloth moistened with tap water or a mild cleaning agent, then dry the device with a soft dry cloth. Do NOT rinse with water.
- Do NOT use organic solvents to clean the device.

Device Storage

- Storage condition: -20°C to 60°C (-4°F to 140°F), below 95% relative humidity.
- Always store or transport the device in its original storage case.
- Avoid dropping and heavy impact.
- Avoid direct sunlight and high humidity.

Meter Disposal

The used meter should be treated as contaminated and may carry a risk of infection during measurement. The batteries in this used meter should be removed and the meter should be disposed in accordance with local regulations.

The meter falls outside the scope of the European Directive 2012/19/EU-Directive on waste electrical and electronic equipment (WEEE).

Caring for Your Test Strips

- Storage conditions: 2ºC to 30ºC (35.6ºF to 86ºF) and below 85% relative humidity for all test strips (blood glucose, blood glucose/hematocrit/hemoglobin, β-ketone, total cholesterol, uric acid). Do NOT freeze.
- Store your test strips in their original vial only. Do not transfer to another container.
- Store test strip packages in a cool and dry place. Keep away from direct sunlight and heat.
- After removing a test strip from the vial, immediately close the vial cap tightly.
- Touch the test strip with clean and dry hands.
- Use each test strip immediately after removing it from the vial.
- Do not use test strips beyond the expiry date. This may cause inaccurate results.
- Do not bend, cut, or alter a test strip in any way.
- Keep the strip vial away from children since the cap and the test strip may be a choking hazard. If swallowed, promptly see a doctor for assistance.

For further information, please refer to the test strip package insert.

Important Control Solution Information

- Use only our control solutions with your device.
- Do not use the control solution beyond the expiry date or 3 months after first opening. Write the opening date on the control solution vial and discard the remaining solution after 3 months.
- It is recommended that the control solution test be done at room temperature 20°C to 25°C (68°F to 77°F). Make sure your control solution, device, and test strips are at this specified temperature range before testing.
- Shake the vial before use, discard the first drop of control solution, and wipe off the dispenser tip to ensure a pure sample and an accurate result.
- Store the control solution tightly closed at temperatures between 2°C to 30°C
- (35.6°F to 86°F). Do NOT freeze.

Detailed Information

The meter provides you with plasma equivalent results.

Desirable ranges:

Normal plasma glucose range for people without diabetes *1	Fasting and before meal	< 5.6 mmol/L(100 mg/dL)
	2 hours after meals	< 7.8 mmol/L (140 mg/dL)
Total cholesterol *2		< 200 mg/dL (5.17 mmol/L)
Uric Acid *3	Male	3.5 ~ 7.2 mg/dL (0.208 ~ 0.428 mmol/L)
	Female	2.6 ~ 6 mg/dL (0.155 ~ 0.357 mmol/L)

A part of a complete blood count (CBC) - Capillary whole blood sample

Hemoglobin *4	Male	14 ~ 17 g/dL
	Female	12 ~ 15 g/dL
Hematocrit *4	Male	41% ~ 50%
	Female	36% ~ 44%

- If the hematocrit test result is more than 70%, or hemoglobin is more than 23.8 (g/dL), the blood glucose test may be invalid. Please redo the test, and consult your doctor if the result is repeatedly invalid.
- The β-Ketone test measures Beta-Hydroxybutyrate (ß -OHB), the most important of the three β-Ketone bodies in the blood. Normally, levels of ß –OHB are expected to be less than 0.6 mmol/L.
- ß -OHB levels may increase if a person fasts, exercises vigorously or has diabetes and becomes ill. If your β-Ketone result is "Lo", repeat the β-Ketone test with new test strips. If the same message appears again or the result does not reflect how you feel, contact your healthcare professional.

Follow your healthcare professional's advice before you make any changes to your diabetes medication programme. If your β-Ketone result is between 0.6 and 1.5 mmol/L, this may indicate development of a problem that could require medical assistance. Follow your healthcare professional's instructions. If your β-Ketone result is higher than 1.5 mmol/L, contact your healthcare professional promptly for advice and assistance. You may be at risk of developing diabetic ketoacidosis (DKA).

Please consult your doctor to determine a target range that works best for you.

*1. American Diabetes Association. Standards of Medical Care in Diabetes- 2018 Jan; 41(Supplement 1): S1-S2.

*2. Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) final report(2002).Circulation106: 3143–3421

*3. National Kidney Foundation (2014)

*4. NIH - National Heart, Lung, and Blood Institute (NHLBI) https://www.nhlbi.nih.gov/health-topics/blood-tests

Symbol Information

Symbol	Referent
IVD	For in vitro diagnostic use
	Consult instructions for use
	Use by
LOT	Batch code
SN	Serial number
	Keep away from sunlight
	Keep Dry
REF	Model number
	Disposal of waste equipment
1.5V ⎓	1.5 Volts DC
Σ	Quantity

Symbol	Referent
	Do not reuse
	Storage/Transportation temperature limitation
CE 0123	CE Mark
	Manufacturer
	Dispose of the packaging properly after use
	Caution, consult accompanying documents
STERILE R	Sterilized using irradiation
	Do not use if package is damaged
%	Storage/Transportation humidity limitation
	Battery

Troubleshooting

If you follow the recommended steps but the problem persists, or error messages other than the ones below appear, please call your local customer service.

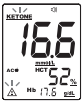
Do not attempt to repair the device yourself and never try to disassemble the device under any circumstances.

Result Readings

Blood Glucose Test:

Message	What it Means
Lo	< 0.5 mmol/L (10 mg/dL)
	≥ 13.3 mmol/L (240 mg/dL)
Hi	> 33.3mmol/L (600 mg/dL)

Blood Glucose / Hematocrit/ Hemoglobin Test:

Message	What it Means
Lo	< 0.5 mmol/L (10 mg/dL)
	≥ 13.3 mmol/L (240 mg/dL)
Hi	> 33.3mmol/L (600 mg/dL)

β-Ketone Test:

Message	What it Means
Lo	< 0.1 mmol/L
Hi	> 8.0 mmol/L

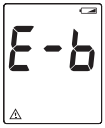
Total Cholesterol Test:

Message	What it Means
Lo	< 100 mg/dL (2.65 mmol/L)
Hi	> 400 mg/dL (10.4 mmol/L)

Uric Acid Test:

Message	What it Means
Lo	< 3 mg/dL (0.179 mmol/L)
Hi	> 20 mg/dL (1.190 mmol/L)

Error Message

Error Message	Cause	What To Do
	There is insufficient power in the batteries to perform the test.	Replace the batteries immediately and reset the date and time on the meter setting.
	The strip has been used.	Repeat the test with a new strip.
	The blood sample has been applied to the strip before the meter was ready for the measurement.	Repeat the test with a new strip. Apply the blood sample when the meter indicates that it is ready for the measurement by displaying " " and a " " which starts blinking.

	Meter calibration data error.	Review the instructions and repeat the test with a new strip and using the correct technique. If the problem persists, contact your local customer service for assistance.
	The component of the device might be broken.	
	Meter malfunction due to damaged components.	
	Incorrect data on the meter or the code strip.	
	You may have removed the strip after applying blood, or there is insufficient blood volume.	Review the instructions and repeat the test with a new test strip. Please make sure you use the correct technique and dose with enough blood.
	Ambient temperature is below the operating temperature.	The operating temperature range is from 8°C to 45°C (46.4°F to 113°F). Repeat the test after the device and test strip have reached the above-mentioned operating temperature.
	Ambient temperature is above the operating temperature.	
	Appears when the test strips are expired. (This only applies to β-ketone, total cholesterol and uric acid test strips)	Ensure the date and time settings of the meter are correct and up to date. Insert the code strip again. If the problem persists, please check the expiry date of the test strip. Discard the expired test strips. Use a new test strip that is in date and repeat the test.

Announcement of Error Message by Universal Tone

- Hi or Lo Blood Glucose Result:
  - Results larger than 33.3 mmol/L (600 mg/dL) are represented as 999, i.e. three groups of nine short beeps with pauses between the groups.
  - Results lower than 0.5 mmol/L (10 mg/dL) are represented as 000, i.e. three long beeps.
- Low Battery Warning: When the batteries are about to be exhausted, 2 quick beeps are announced three times in succession. This warning is sounded when the meter is switched on.
- Other Errors: Other Error Messages are announced by 2 quick beeps four times in succession.

Blood Glucose Measurement

Symptom	Cause	What To Do
The device does not display a message after inserting a test strip.	Batteries exhausted.	Replace the battery immediately and reset date and time on the meter setting.
	Test strip inserted upside down or incompletely.	Insert the test strip with contact bars end first and facing up.
	Defective device or test strips.	Please contact customer service.
The test does not start after applying the sample.	Insufficient blood sample.	Repeat the test using a new test strip with larger volume of blood sample.
	Defective test strip.	Repeat the test with a new test strip.
	Sample applied after the device is automatically turned off.	Repeat the test with a new test strip. Apply sample only when flashing “🩸“ appears on the display.
	Defective device.	Please contact customer service.

The control solution testing result is out of range.	Error in performing the test.	Read instructions thoroughly and repeat the test again.
	Control solution vial was poorly shaken.	Shake the control solution vigorously and repeat the test again.
	Expired or contaminated control solution.	Check the expiration date of the control solution.
	Control solution that is too warm or too cold.	Control solution, device, and test strips should be at room temperature (20°C to 25°C / 68°F to 77°F) before testing.
	Defective test strip.	Repeat the test with a new test strip.
	Device malfunction.	Please contact customer service.

Specifications

Memory	1000 measurement results with respective date and time
Dimensions	89.8 (L) x 54.9 (W) x 18 (H) mm
Power Source	One 1.5V AAA alkaline battery
Weight	46.1 g (without battery)
External output	USB/ Strip_Port_Comm Cable (FORA 6 Plus) Bluetooth (FORA 6 Connect)
Features	Auto electrode insertion detection Auto sample loading detection Auto reaction time count-down Auto switch-off after 3 minutes without action Temperature warning
Operating Condition	8°C to 45°C (46.4°F to 113°F), below 85% R.H. (non-condensing)
Storage/ Transportation Condition	-20°C to 60°C (-4°F to 140°F), below 95% R.H
Measurement Units	Blood Glucose Test: mmol/L Hematocrit Test: % Hemoglobin Test: g/dL ß-ketone Test: mmol/L Total cholesterol Test: mg/dL Uric acid Test: mg/dL
Measurement Range	Blood Glucose Test: 0.55 ~ 33.3 mmol/L (10 ~ 600 mg/dL) Hematocrit Test: 0 ~ 70% Hemoglobin Test: 0 ~ 23.8 g/dL ß-ketone Test: 0.1 ~ 8.0 mmol/L Total cholesterol Test: 100 ~ 400 mg/dL (2.6 ~ 10.4 mmol/L) Uric acid Test: 3 ~ 20 mg/dL (0.179 ~ 1.190 mmol/L)

Hematocrit range	Blood Glucose Test: 0 ~ 70% Blood Glucose/Hematocrit/Hemoglobin Test: 0 ~ 70% ß-ketone Test: 10 ~ 70% Uric Acid Test: 20 ~ 60% Total Cholesterol Test: 20 ~ 60%
Test Sample	Blood Glucose Test: Capillary/ Venous/ Neonatal/ Arterial Blood Glucose/Hematocrit/Hemoglobin Test: Capillary/ Venous/ Neonatal/ Arterial ß-ketone Test: Capillary/ Venous Uric Acid Test: Capillary Total Cholesterol Test: Capillary
Test Result	Measurements are reported as plasma equivalents

This device has been tested to meet the electrical and safety requirements of: IEC/EN 61010-1, IEC/EN 61010-2-101, EN 61326-, IEC/EN 61326-2-6, EN 301 489-17, EN 300 328.

Warranty Terms and Conditions

With respect to disposable products, ForaCare Suisse warrants to the original purchaser that, at time of delivery, each standard product manufactured by ForaCare Suisse shall be free from defects in material and workmanship and, when used for the purposes and indications described on the labeling, is fit for the purposes and indications described on the labeling. All warranties for a product shall expire as of the product expiration date, or if none, after two (2) year from the original date of purchase, as long as it has not been modified, altered, or misused. ForaCare Suisse warranty hereunder shall not apply if:

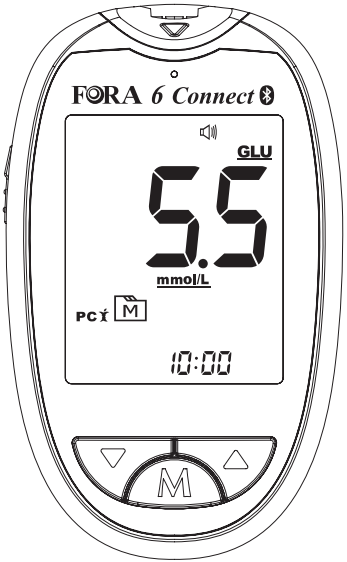
(i) a product is not used in accordance with its instructions or if it is used for a purpose not indicated on the labeling; (ii) any repairs, alterations or other work has been performed by the buyer or others on such item, other than work performed with ForaCare Suisse's authorisation and according to its approved procedures; or (iii) the alleged defect is a result of abuse, misuse, improper maintenance, accident or the negligence of any party other than ForaCare Suisse. The warranty set forth herein is conditioned upon proper storage, installation, use and maintenance in accordance with applicable written recommendations from ForaCare Suisse.

The warranty furnished hereunder does not extend to damaged items purchased hereunder resulting in whole or in part from the use of components, accessories, parts or supplies not furnished by ForaCare Suisse.

FORA® *6 Plus*
FORA® *6 Connect*

福爾旗艦6合1測試系統
Multi-Functional Monitoring System

使用說明書



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使用之前

前言

感謝您選用福爾旗艦6合1測試系統產品。

請使用包裝內所附的保證卡與經銷商註冊，以便日後維修與售後服務。

在使用本產品之前，請您先詳讀本說明書並遵照指示進行量測。

效能

本產品為體外診斷醫療器材，用於定量檢測血液中葡萄糖、紅血球容積比、酮體、總膽固醇及尿酸含量。葡萄糖、紅血球容積比及酮體測量需使用新鮮的微血管全血或靜脈全血。總膽固醇及尿酸測量需使用新鮮的微血管全血。提供專業醫護人員或個人自我測試使用，不適用於疾病的診斷及篩查。本產品亦可顯示血紅素計算值。

注意事項

- 本產品所測量出來的數值僅供參考。請聽從醫師指示用藥，切勿自行診斷及改變用藥。
- 當您的測試結果過低、過高或異於平常量測結果，或您感覺身體狀況和測試數值不符合時，請諮詢醫師。
- 嚴重脫水或過量流失水份，可能會造成錯誤的測試結果。若您確定有脫水情況，請諮詢醫師。
- 請勿使用過期的品管液與試片，否則將會產生錯誤的測試結果。
- 試片請存放於兒童無法取得之處，防止兒童誤食。
- 丟棄採血針、使用過的試片或使用過的電池時，請遵守當地的法令規定。
- 請使用拋棄式採血器具，並限單次使用。
- 每一次測試結果後，應適當的清潔機器，去除感染源。
- 專業醫護人員為病患進行檢測時，請全程配戴手套；為不同病患進行檢測時，應更換手套。請遵循所在機構的感染控制程序或消毒常規操作。
- 本產品亦供自我測試使用。

健康資訊

血糖

依據美國糖尿病學會建議，應盡量將血糖控制在標準血糖值範圍：

時段狀態	正常人血糖值範圍
空腹或餐前	< 5.6 mmol/L
飯後2小時	< 7.8 mmol/L

資料來源: American Diabetes Association. Standards of Medical Care in Diabetes- 2018 Jan; 41(Supplement 1): S1-S2.

血酮

血液中β-酮體(β-OHB)濃度應低於0.6mmol/L。

血酮濃度升高可能由疾病、節制飲食、劇烈運動或是血糖濃度控制不好所引起的。當血酮濃度介於0.6~1.5mmol/L時，表示可能發生了需要就醫的問題，請遵循醫療保健人員的建議;當血酮濃度高於1.5mmol/L時，表示您可能患有糖尿病酮酸中毒(DKA)的風險，請立即尋求專業醫護人員協助。

資料來源: Wiggam MI, O'Kane MJ, Harper R, Atkinson AB, Hadden Dr, Trimble ER, Bell PM. Treatment of diabetic ketoacidosis using normalization of blood 3-hydroxybutyrate concentration as the endpoint of emergency management. Diabetes Care 1997; 20: 1347-52.

總膽固醇

依據美國國家膽固醇教育計畫(NCEP)治療方針指出，總膽固醇的標準值如下：

總膽固醇(mg/dL)	
正常濃度	< 200 mg/dL
臨界高危險濃度	200~239 mg/dL
高危險濃度	≥ 240 mg/dL

資料來源: National Cholesterol Education Program. ATP III Guidelines At-A-Glance Quick Desk Reference. National Institutes of Health. National Heart, Lung and Blood Institute. NIH Publication No. 01-3305, May 2001.

尿酸

正常人尿酸值範圍：

男性	3.5 ~ 7.2 mg/dL (208 ~ 428 μmol/L)
女性	2.6 ~ 6 mg/dL (155 ~ 357 μmol/L)

資料來源: National Kidney Foundation (2014).

請注意：上述範圍僅供參考，請諮詢醫護人員關於適合您的數值範圍。

認識產品

系統組成內容

完整的系統包括下列物件：

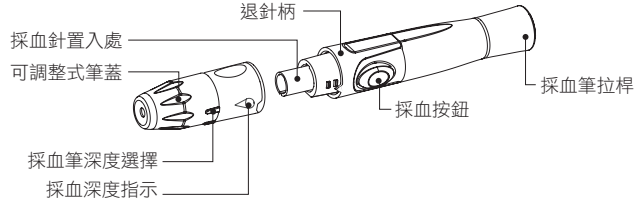
1. 測試儀
2. 使用說明書
3. 收納袋
4. 簡易操作指南
5. 血糖記錄本
6. 保證卡
7. 採血筆
8. 1.5V AAA鹼性電池

以下產品可另外選購:

1. 血糖試片
2. 3合1試片
3. 採血針
4. 酮體試片
5. 總膽固醇試片
6. 尿酸試片
7. 血糖品管液
8. 酮體品管液
9. 膽固醇品管液
10. 尿酸品管液

採血器具

完整的採血器具包括採血筆及採血針，以下為其詳細結構圖。



採血深度選擇

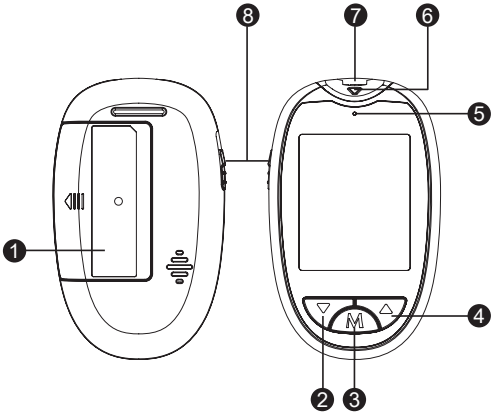
採血筆可重複使用，筆蓋上含有採血深度選擇裝置，共有6個採血深度可供選擇

請注意：

採血針出廠前皆經過滅菌處理，您可以安心使用。

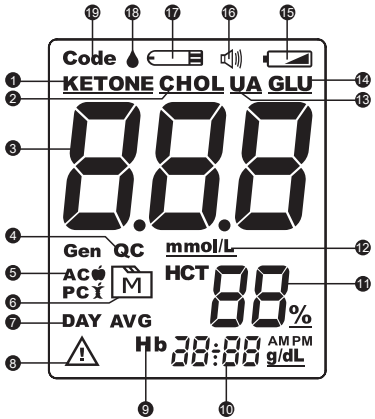
採血針為單次使用，請勿重複使用或與他人共用，避免交互感染。

按鍵功能及外觀



1. **電池蓋**
   試片插入後進入測量模式
2. **向下鍵**
3. **M鍵(記憶鍵)**
   開機、進入記憶瀏覽和設定機器參數
4. **向上鍵**
5. **藍牙指示燈(FORA 6 Connect)**
6. **試片指示燈**
7. **試片插孔/ 資料埠 (FORA 6 Plus)**
   試片插入後進入測量模式
8. **退片鍵**

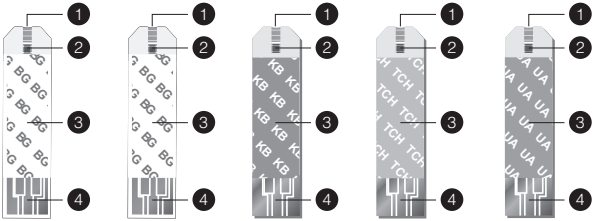
螢幕顯示說明



1. 酮體符號/酮體警示
2. 膽固醇符號
3. 血糖/酮體/膽固醇/尿酸測量結果顯示區
4. 測量模式(品管)
5. 測量模式(一般/飯前/飯後)
6. 記憶符號
7. 平均值符號
8. 錯誤訊息符號
9. 血紅素(Hb)符號
10. 血紅素(Hb)測量結果顯示區/ 時間/日期
11. 血球容積比(HCT)測量結果顯示區
12. 測量單位
13. 尿酸符號
14. 血糖符號
15. 低電量符號
16. 提示音符號
17. 試片符號
18. 血滴符號
19. 密碼

試片簡介

試片利用電化學原理提供定量的生理參數檢測。當試片上的吸入口和血液接觸後，由於毛細管作用，血液會自動充滿反應區。血液中之檢測標的與反應區內所含之化學試劑進行反應後，其所產生之電流藉由機器測得訊號強弱，進而換算成數值，於機器螢幕上顯示出來。

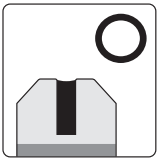


血糖試片　3合1試片　酮體試片　膽固醇試片　尿酸試片

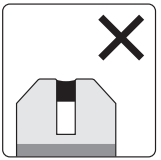
1. 吸入口：將血滴靠近此區域，血液可自動被吸入反應區。
2. 反應區：血液中的檢測標的與試劑產生反應的區域。
3. 手持區：拿取試片的部位。
4. 電極接受區：插入機器的區域，可接受反應後所產生的電流。

請注意：試片詳細說明請見試片說明書。

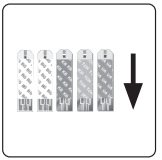
使用注意：



反應區必須完全蓋滿血液。



吸血量不足或失敗時(未一次吸取完成)，請勿再使用，請丟棄試片，並使用新試片再測一次。



試片插入機器時，請以正面置入。
試片之電極接受區必須完全插入插孔，否則測試可能會出現錯誤果。

安裝及設定

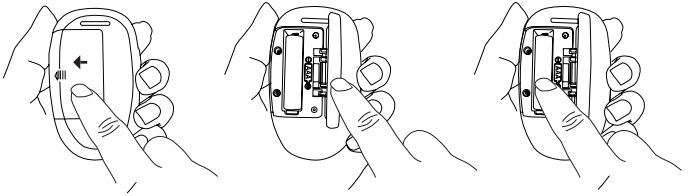
電池安裝

本產品使用1顆1.5V AAA鹼性電池。

當螢幕出現 , 代表電量過低，請立即更換電池。

更換前，請確認機器於關機狀態。

安裝步驟



步驟1 推一下電池蓋上面凸起的部分，將蓋子往上拉。

步驟2 放入新電池，**請注意正負極位置**。

步驟3 電池位置安裝正確後，再蓋上電池蓋。

請注意:

- 電池應遠離幼小的孩童，避免吞食。如不幸吞食，請立即尋求醫生的協助。
- 請勿使用劣質或過期電池，以避免造成量測誤差。
- 長時間不使用機器，建議您將電池取出，以免電池內的化學物質滲漏。
- 丟棄使用過的電池時請遵守當地的法令規定。

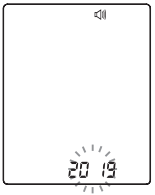
機器設定

本機器可設定:日期(年/日/月)、時間(小時/分鐘)、量測結果提示音(Ut)/蜂鳴提示音、刪除記憶、及鬧鈴等。上下鍵▲▼與M鍵為設定之主要按鍵。

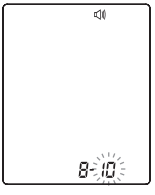
步驟與螢幕顯示順序如下:

請於關機狀態下(無插入試片)，同時長按向上鍵▲及向下鍵▼進入設定模式。

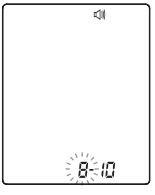
1.**西元年份**首先出現並閃爍，按上下鍵▲▼調整數字後，再按M鍵至下一步。



2.設定**月份**
按上下鍵▲▼調整數字後，再按M鍵至下一步。

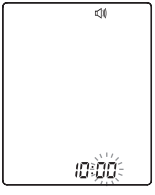


3.設定**日期**
按上下鍵▲▼調整數字後，再按M鍵至下一步。

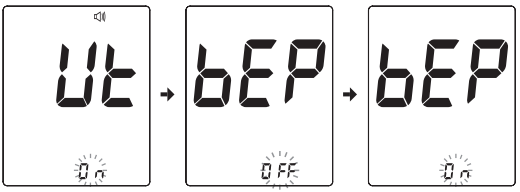


4.設定**小時**
按上下鍵▲▼調整數字後，再按M鍵至下一步。

5.設定**分鐘**
按上下鍵▲▼調整數字後，再按M鍵至下一步。

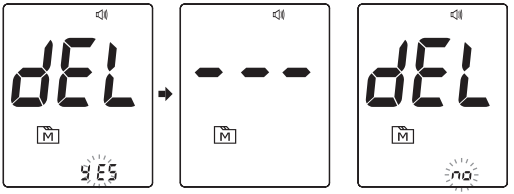


6.設定**量測結果提示音(Ut)/蜂鳴提示音**
按上鍵▲選擇開啟或關閉量測結果提示音(Ut)及蜂鳴提示音，再按M鍵至下一步。
當量測結果提示音(Ut)功能開啟後，測量結果會以蜂鳴聲播報。
關閉蜂鳴提示音不影響鬧鈴功能。



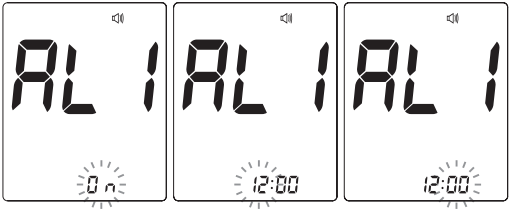
7.**刪除記憶**

若欲刪除**全部**記憶資料，按上鍵▲選擇yes，再按下M鍵，此時”---“出現在畫面，即代表全部記憶已被刪除；若您不想刪除記憶，按M鍵選擇no，再按M鍵繼續下一步。



8.設定**鬧鈴**

本機器可設定四組鬧鈴，按上下鍵▲▼進行選擇，再按M鍵確認。



請注意：

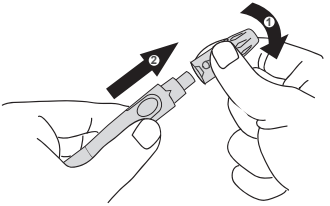
- 參數的設定只能在設定模式下進行。
- 按住上下鍵▲▼不放，數字會跑得比較快。
- 閒置超過3分鐘，機器會自動關機。

開始測量

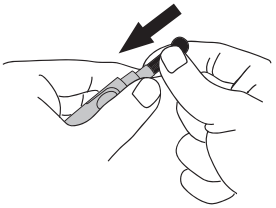
測量小叮嚀

- 採血部位請選擇有肉處，避免接近骨頭。並避免同一部位重複採血。
- 罐裝試片開封後，請先於瓶身記下首次開瓶日期。開封後於90天內使用完畢。
- 鋁箔紙試片開封後，請盡速使用該試片。
- 試片必須完全插入插槽，否則可能會出現錯誤結果。插入時請注意方向及正反面。
- 機器執行倒數時，表示反應正在進行。此時若發覺反應區內並沒有完全被血液充滿，請不要嘗試補充血液。請丟棄此試片，並使用新試片再測一次。
- 將試片插入機器後，如果3分鐘內未置入血液檢體，機器將會自動關機。此時請將試片取下並重新插入，並再進行一次採血。
- 丟棄採血針時，請將針頭刺入採血針針頭護蓋後再行丟棄，避免刺傷人。
- 關於本產品的血糖測量追溯以ISO 15197作為標準。

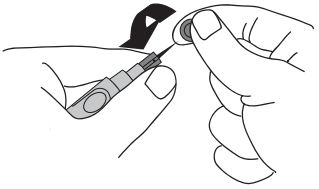
採血器具準備



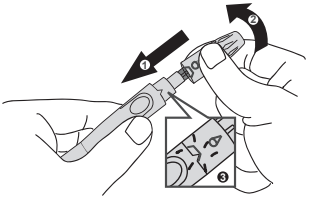
步驟1
旋轉採血筆蓋後取下採血筆蓋。



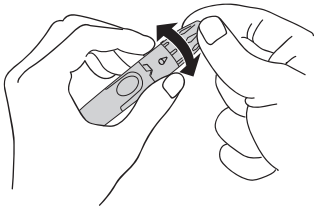
步驟2
請用大拇指輕掐住「採血針置入處」凹槽部位，再將採血針『完全套入到底』，確定緊固。



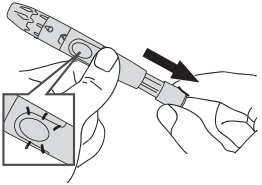
步驟3
旋轉取下採血針針頭護蓋。



步驟4
將採血筆蓋套回並固定。



步驟5
- 選擇採血深度。
- 採血深度說明請見“採血器具”。



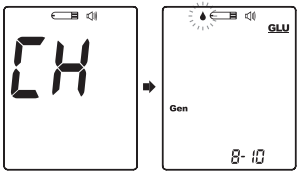
步驟6
雙手握住筆身及筆桿並往後拉，使產生喀一聲。此時，按鈕內的顏色會發生變化，代表設定完成，請置於一旁備用。

血糖測量步驟

步驟1 插入試片

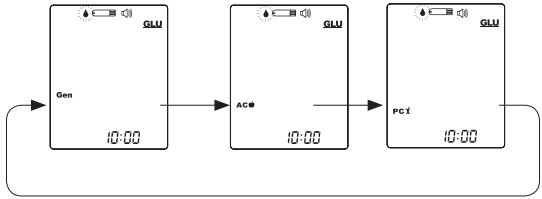
血糖試片完全插入後，機器將自動啟動並執行自我檢測約1秒。

正常狀況下，將依序顯示右圖畫面。



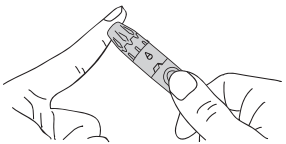
步驟2 按上下鍵▲▼選擇測量模式。

測量模式	螢幕同時伴隨的標示	選擇條件參考
一般	***Gen***	在無法確定是飯前或飯後的情況下選擇。
飯前	***AC***	空腹8小時候所量測的血糖值。
飯後	***PC***	餐後2小時後所量測的血糖值。



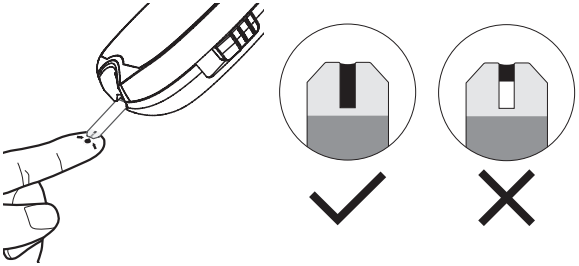
步驟3 採血

1. 清洗雙手，使其保持乾燥。
2. 輕輕按摩採血部位使其充血。
3. 以酒精棉片消毒後，待酒精揮發完全。
4. 將採血筆牢牢抵住採血部位，按下採血筆側面的按鈕。
5. 聽到喀聲時代表採血動作已經完成。
6. 輕輕擠壓穿刺的周邊部位以取得足夠的血量。



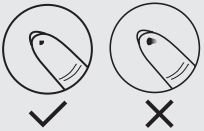
步驟4 吸入血液

將試片吸入口以45度靠近手指上的血液，血液會被自動吸入，待反應區內吸滿血量後再移開。



請注意：

- 請不要用手指壓在試片上，或使用散開的血液樣本。
- 請不要將血液直接滴在吸入口上，此舉會造成錯誤的測試結果。



步驟5 得到結果

待機器倒數至0後，測量結果會出現於螢幕上。

測試結果會自動儲存於機器記憶中。

血糖測試結果會以mmol/L為單位顯示。

步驟6 關機

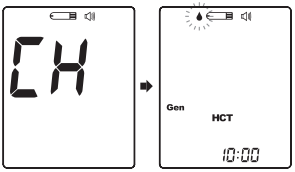
輕推退片鈕，即可自動將試片自機器中退出，或用手將試片取下，機器將會自動關機。請將採血針頭刺入採血針針頭護蓋後再行丟棄。

血糖/紅血球容積比/血紅素測量步驟

步驟1 插入試片

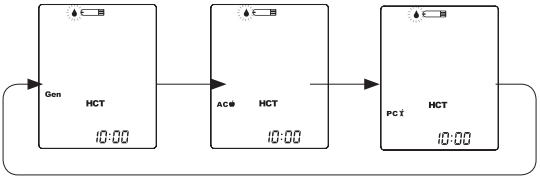
3合1試片完全插入後，機器將自動啟動並執行自我檢測約1秒。

正常狀況下，將依序顯示右圖畫面。



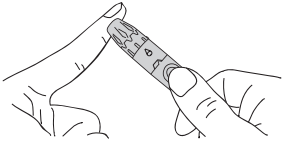
步驟2 按上下鍵▼▲選擇測量模式。

測量模式	螢幕同時伴隨的標示	選擇條件參考
一般	***Gen***	在無法確定是飯前或飯後的情況下選擇。
飯前	***AC***	空腹8小時候所量測的血糖值。
飯後	***PC***	餐後2小時後所量測的血糖值。



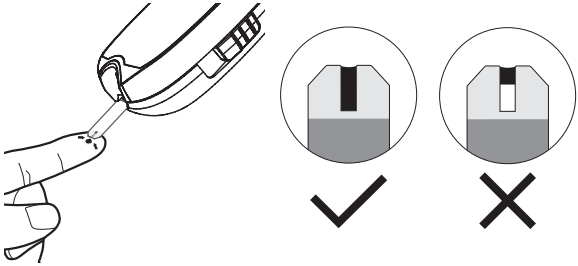
步驟3 採血

1. 清洗雙手，使其保持乾燥。
2. 輕輕按摩採血部位使其充血。
3. 以酒精棉片消毒後，待酒精揮發完全。
4. 將採血筆牢牢抵住採血部位，按下採血筆側面的按鈕。
5. 聽到喀聲時代表採血動作已經完成。
6. 輕輕擠壓穿刺的周邊部位以取得足夠的血量。



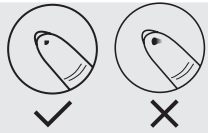
步驟4 吸入血液

將試片吸入口以45度靠近手指上的血液，血液會被自動吸入，待反應區內吸滿血量後再移開。



請注意：

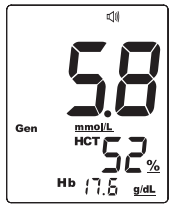
- 請不要用手指壓在試片上，或使用散開的血液樣本。
- 請不要將血液直接滴在吸入口上，此舉會造成錯誤的測試結果。



步驟5 得到結果

待機器倒數至0後，測量結果會出現於螢幕上。

測試結果會自動儲存於機器記憶中。



血糖測試結果會以mmol/L為單位顯示。

紅血球容積比測試結果會以%為單位顯示。

血紅素計算值則會以g/dL為單位顯示。

Hb(血紅素)= HCT(血球容積比)*0.34[1]

步驟6 關機

輕推退片鈕，即可自動將試片自機器中退出，或用手將試片取下，機器將會自動關機。請將採血針頭刺入採血針針頭護蓋後再行丟棄。

資料來源

[1] Effect of Protein on Hemoglobin and Hematocrit Assays with a Conductivity-Based Point-of-Care Testing Device: Comparison with Optical Methods. Annals of Clinical & Laboratory Science, 34: 75-82.".

酮體測量密碼校對

酮體試片包裝會提供1支密碼卡，它具有校正功能。

當您使用新的一批試片時，必須先執行密碼校正，其步驟與螢幕顯示順序如下:

步驟1

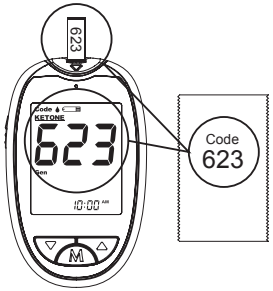
於關機狀態下，插入密碼卡，機器螢幕上會出現一組號碼，此數字即為密碼。

步驟2

請確認螢幕上顯示的號碼、密碼卡及試片包裝上所標示的相同。

步驟3

確認後，即可取出密碼卡，此時螢幕顯示"OFF"字樣，即完成校對工作。

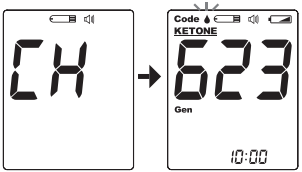


酮體測量步驟

步驟1 插入試片

酮體試片完全插入後，機器將自動啟動並執行自我檢測約1秒。

正常狀況下，將依序顯示右圖畫面。

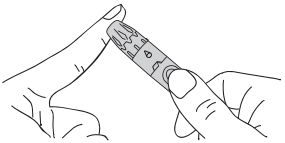


請注意：

623僅為示意圖，不一定是您所使用機器的真正號碼。機器上顯示的號碼與試片包裝上的密碼須一致，若不相同，請停止測量步驟，並請與當地經銷商聯繫。

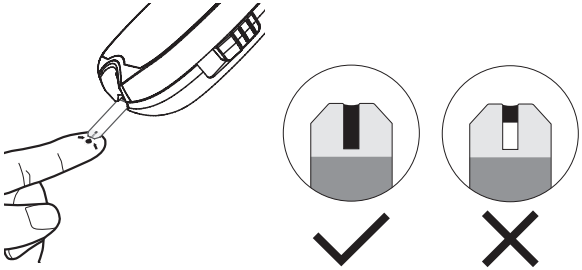
步驟2 採血

1. 清洗雙手，使其保持乾燥。
2. 輕輕按摩採血部位使其充血。
3. 以酒精棉片消毒後，待酒精揮發完全。
4. 將採血筆牢牢抵住採血部位，按下採血筆側面的按鈕。
5. 聽到喀聲時代表採血動作已經完成。
6. 輕輕擠壓穿刺的周邊部位以取得足夠的血量。



步驟3 吸入血液

將試片吸入口以45度靠近手指上的血液，血液會被自動吸入，待反應區內吸滿血量後再移開。



請注意：

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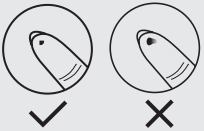
- 請不要將血液直接滴在吸入口上，此舉會造成錯誤的測試結果。

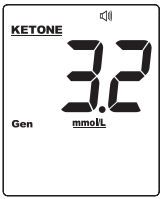


步驟4 得到結果

待機器倒數至0後，測量結果會出現於螢幕上。

測試結果會自動儲存於機器記憶中。

酮體測試結果會以mmol/L為單位顯示。



步驟5 關機

輕推退片鈕，即可自動將試片自機器中退出，或用手將試片取下，機器將會自動關機。請將採血針頭刺入採血針針頭護蓋後再行丟棄。

膽固醇測量密碼校對

膽固醇試片包裝會提供1支密碼卡，它具有校正功能。

當您使用新的一批試片時，必須先執行密碼校正，其步驟與螢幕顯示順序如下:

步驟1

於關機狀態下，插入密碼卡，機器螢幕上會出現一組號碼，此數字即為密碼。

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請確認螢幕上顯示的號碼、密碼卡及試片包裝上所標示的相同。

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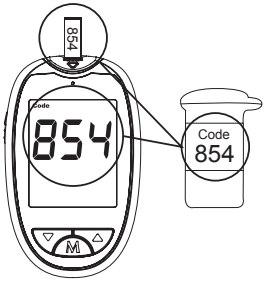
確認後，即可取出密碼卡，此時螢幕顯示"OFF"字樣，即完成校對工作。

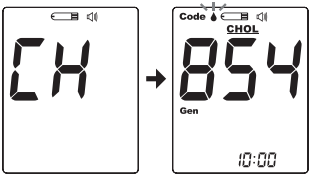


膽固醇測量步驟

步驟1 插入試片

膽固醇試片完全插入後，機器將自動啟動並執行自我檢測約1秒。

正常狀況下，將依序顯示右圖畫面。



請注意：

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1. 清洗雙手，使其保持乾燥。
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3. 以酒精棉片消毒後，待酒精揮發完全。
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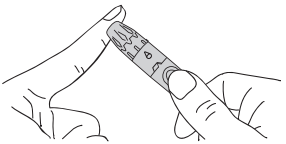
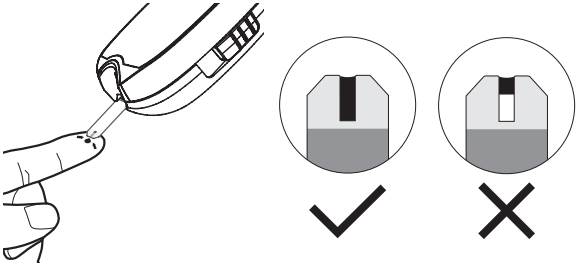
5. 聽到喀聲時代表採血動作已經完成。
6. 輕輕擠壓穿刺的周邊部位以取得足夠的血量。



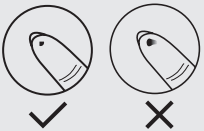
步驟3 吸入血液

將試片吸入口以45度靠近手指上的血液，血液會被自動吸入，待反應區內吸滿血量後再移開。



請注意：

- 請不要用手指壓在試片上，或使用散開的血液樣本。
- 請不要將血液直接滴在吸入口上，此舉會造成錯誤的測試結果。

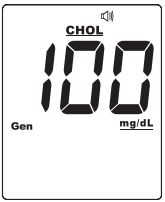


步驟4 得到結果

待機器倒數至0後，測量結果會出現於螢幕上。

測試結果會自動儲存於機器記憶中。

膽固醇測試結果會以mg/dL為單位顯示。



步驟5 關機

輕推退片鈕，即可自動將試片自機器中退出，或用手將試片取下，機器將會自動關機。請將採血針頭刺入採血針針頭護蓋後再行丟棄。

尿酸測量密碼校對

尿酸試片包裝會提供1支密碼卡，它具有校正功能。

當您使用新的一批試片時，必須先執行密碼校正，其步驟與螢幕顯示順序如下:

步驟1

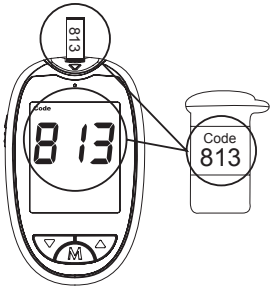
於關機狀態下，插入密碼卡，機器螢幕上會出現一組號碼，此數字即為密碼。

步驟2

請確認螢幕上顯示的號碼、密碼卡及試片包裝上所標示的相同。

步驟3

確認後，即可取出密碼卡，此時螢幕顯示"OFF"字樣，即完成校對工作。

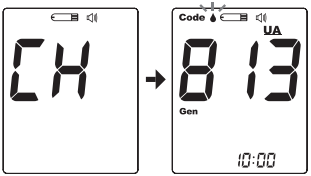


尿酸測量步驟

步驟1 插入試片

尿酸試片完全插入後，機器將自動啟動並執行自我檢測約1秒。

正常狀況下，將依序顯示右圖畫面。



請注意：

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步驟2 採血

1. 清洗雙手，使其保持乾燥。
2. 輕輕按摩採血部位使其充血。
3. 以酒精棉片消毒後，待酒精揮發完全。
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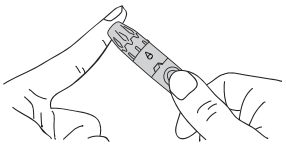
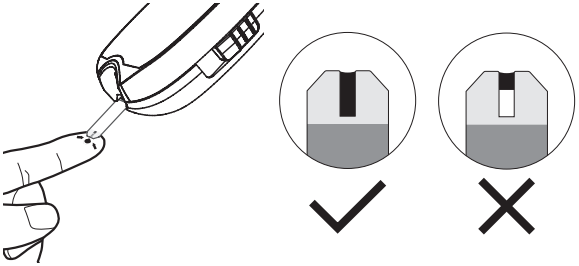


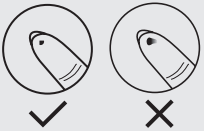
步驟3 吸入血液

將試片吸入口以45度靠近手指上的血液，血液會被自動吸入，待反應區內吸滿血量後再移開。



請注意：

- 請不要用手指壓在試片上，或使用散開的血液樣本。
- 請不要將血液直接滴在吸入口上，此舉會造成錯誤的測試結果。

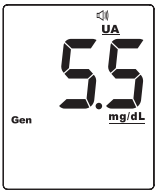


步驟4 得到結果

待機器倒數至0後，測量結果會出現於螢幕上。

測試結果會自動儲存於機器記憶中。

尿酸測試結果會以mg/dL為單位顯示。



步驟5 關機

輕推退片鈕，即可自動將試片自機器中退出，或用手將試片取下，機器將會自動關機。請將採血針頭刺入採血針針頭護蓋後再行丟棄。

測量結果輔助指示

隨測量結果出現的「輔助指示標誌」僅用於提示作用，其所代表的範圍如下。相關正確的血糖、酮體、膽固醇及尿酸控制範圍請參考「健康資訊」。

圖　示	血糖值範圍
Lo	血糖值＜0.5 mmol/L，超出量測範圍。
	13.3≦血糖值≦33.3 mmol/L
Hi	血糖值＞33.3 mmol/L，超出量測範圍。

圖　示	酮體值範圍
Lo	酮體值＜0.1 mmol/L，超出量測範圍。
Hi	酮體值＞8.0 mmol/L，超出量測範圍。

圖　示	膽固醇值範圍
Lo	膽固醇值＜100 mg/dL，超出量測範圍。
Hi	膽固醇值＞400 mg/dL，超出量測範圍。

圖　示	尿酸值範圍
Lo	尿酸值＜3 mg/dL，超出量測範圍。
Hi	尿酸值＞20 mg/dL，超出量測範圍。

提示音播報量測結果

血糖測試結果會以提示音進行三次重複播報，每次播報間隔可以聽到兩次快速的嗶嗶聲。即使測試結果小於十，仍會播報十位數。小數點以一次快速的嗶聲表示。

例如：6.0 mmol/L 表示方式為一聲長嗶(0)-一次暫停-六次嗶嗶聲(6)-一次暫停-一次快速嗶聲(.)-一次暫停-一聲長嗶(0)

請注意:

提示音僅播報測試數值，不播報螢幕上其他訊息。

品管液測試

藉由品管液測試出來的數值會落在試片包裝上所標示的容許範圍內，用來檢視機器和試片之間的運作是否正常，以及操作是否正確。

使用時機

在您遇到下列情況時，請先使用品管液測試。當連續三次測試結果皆落在容許範圍內，再開始進行測試。

- 當您感覺檢測結果與患者的身體狀況不同時，或懷疑測試結果不正確時。
- 當機器掉落或遭受外力撞擊時。
- 當懷疑試片可能受潮或受熱過久時。

請注意：

- 請使用本公司出品的品管液。
- 試片包裝上標示的品管液容許範圍是搭配試片所做出的結果，與人體正常數值範圍無關。
- 品管測試結果會自動儲存在機器記憶中，並會有『QC』的標示。
- 倘若品管測量過程中3分鐘內未執行品管測試，機器將會自動關機。
- 避免品管液瓶口沾到其他雜質或灰塵，使用後，請以乾淨紙巾清潔瓶口後再鎖緊瓶蓋。
- 機器具有品管模式自動偵測功能，試片吸入品管液後，機器將自動判定為品管模式(QC)，不須由使用者切換成品管模式(QC)。

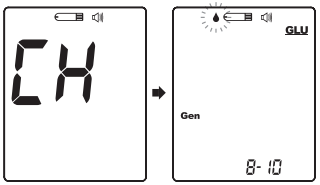
血糖品管液測量步驟

步驟1

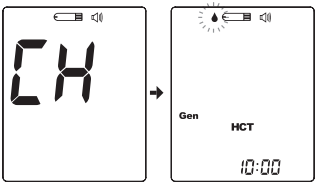
血糖或3合1試片完全插入後，機器將自動啟動並執行自我檢測約1秒。

正常狀況下，將依序顯示以下畫面。

血糖試片

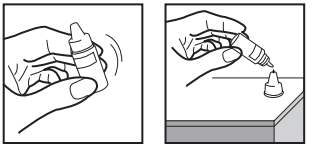


3合1試片



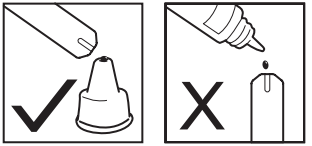
步驟2

搖勻**血糖品管液**，擦掉第一滴，再將第二滴滴在品管液瓶蓋上。



步驟3

將試片吸入口靠近瓶蓋上的品管液，品管液將自動被吸入反應區內。**請勿直接將品管液滴到吸入口。**



步驟4

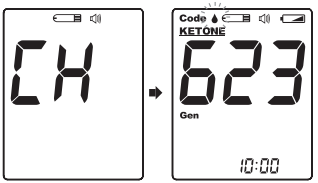
待機器倒數至0後，測量結果會出現於螢幕上。測試結果會自動儲存於機器記憶中。

酮體品管液測量步驟

步驟1

酮體試片完全插入後，機器將自動啟動並執行自我檢測約1秒。

正常狀況下，將依序顯示右圖畫面。

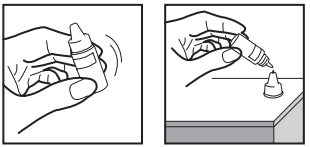


請注意：

623僅為示意圖，不一定是您所使用機器的真正號碼。機器上顯示的號碼與試片包裝上的密碼須一致，若不相同，請停止測量步驟，並請與當地經銷商聯繫。

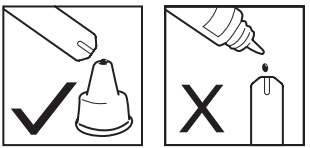
步驟2

搖勻**酮體品管液**，擦掉第一滴，再將第二滴滴在品管液瓶蓋上。



步驟3

將試片吸入口靠近瓶蓋上的品管液，品管液將自動被吸入反應區內。**請勿直接將品管液滴到吸入口。**



步驟4

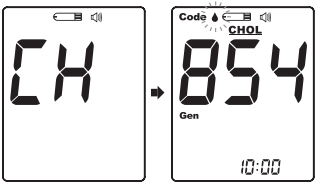
待機器倒數至0後，測量結果會出現於螢幕上。測試結果會自動儲存於機器記憶中。

膽固醇品管液測量步驟

步驟1

膽固醇試片完全插入後，機器將自動啟動並執行自我檢測約1秒。

正常狀況下，將依序顯示右圖畫面。

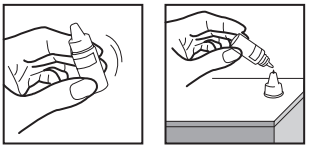


請注意：

854僅為示意圖，不一定是您所使用機器的真正號碼。機器上顯示的號碼與試片包裝上的密碼須一致，若不相同，請停止測量步驟，並請與當地經銷商聯繫。

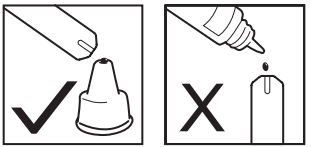
步驟2

搖勻**膽固醇品管液**，擦掉第一滴，再將第二滴滴在品管液瓶蓋上。



步驟3

將試片吸入口靠近瓶蓋上的品管液，品管液將自動被吸入反應區內。**請勿直接將品管液滴到吸入口。**



步驟4

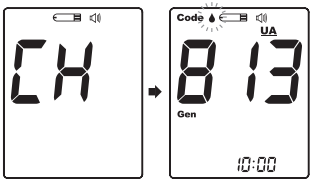
待機器倒數至0後，測量結果會出現於螢幕上。測試結果會自動儲存於機器記憶中。

尿酸品管液測量步驟

步驟1

尿酸試片完全插入後，機器將自動啟動並執行自我檢測約1秒。

正常狀況下，將依序顯示右圖畫面。

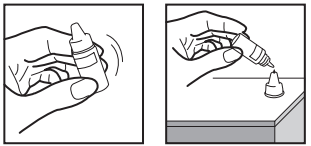


請注意：

813僅為示意圖，不一定是您所使用機器的真正號碼。機器上顯示的號碼與試片包裝上的密碼須一致，若不相同，請停止測量步驟，並請與當地經銷商聯繫。

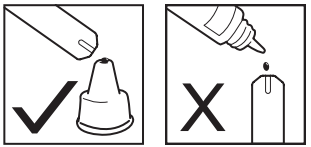
步驟2

搖勻**尿酸品管液**，擦掉第一滴，再將第二滴滴在品管液瓶蓋上。



步驟3

將試片吸入口靠近瓶蓋上的品管液，品管液將自動被吸入反應區內。**請勿直接將品管液滴到吸入口。**



步驟4

待機器倒數至0後，測量結果會出現於螢幕上。測試結果會自動儲存於機器記憶中。

數值範圍

品管液測試結果應落在試片包裝上所標示的容許範圍內。若測試結果超出範圍，請先確認以下幾點：

- 溶液是否完全覆蓋試片上的反應區？
- 試片及品管液是否在保存期限內？
- 機器顯示的號碼與試片包裝上的密碼是否相同?
- 品管液是否已回溫，不過冷或過熱？
- 是否將第一滴品管液捨去，並將品管液瓶口擦乾淨？
- 品管液是否已搖勻？

確認以上皆為“是”後，請使用新試片再測一次。若測試結果仍超出容許範圍，可能是機器出問題，請勿使用此機器測試血糖，並請與經銷商連絡維修事宜。

檢閱記憶資料

在機器上看記憶結果

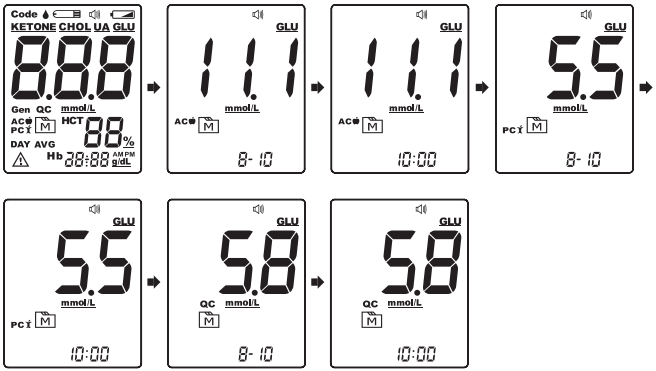
機器可儲存1000組含日期及時間的測試結果，並提供7天、14天、21天、28天、60天、90天的血糖測試結果平均值。

請注意:

- 進入記憶模式後，您可以選擇插入試片開啟測量模式。
- 進入記憶模式後，若出現"---"表示無任何記憶資料。
- 當記憶結果超過1000組，最新加入的記憶會自動取代最舊的記憶。
- 您若想離開記憶模式，長按M鍵直到OFF出現，機器將會自動關機。
- 進入記憶模式後，若3分鐘內未按任何鍵，螢幕會出現OFF，機器將會自動關機。
- 機器僅有計算血糖平均值的功能，紅血球容積比、血紅素、酮體、膽固醇、尿酸及品管液的測試結果並不會顯示平均值。
- 關於記憶刪除的方法，請見"機器設定"。

查看單筆測試結果

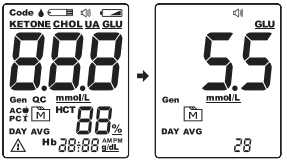
1. 在關機狀態下，按M鍵或上鍵▲進入記憶模式。
2. 按上下鍵▲▼，將依序顯示測試結果，並伴隨顯示測量參數:血糖(GLU)、紅血球容積比(HCT)、血紅素(Hb)、酮體(KETONE)、膽固醇(CHOL)或尿酸(UA)及測量模式符號:一般(GEN)、飯前(AC)或飯後(PC)；品管測試結果則會顯示QC。



4. 長按M鍵，機器立即自動關機。

查看血糖平均值

1. 在關機狀態下，按下鍵▼進入記憶模式。
2. 進入記憶模式後，螢幕上會出現平均值符號(DAY AVG)。
3. 首先出現一般(GEN)模式的7天內機器紀錄的血糖測試結果平均值。您可以繼續按上下鍵▲▼查看14天、21天、28天、60天及90天的血糖平均值。以此類推出現飯前(AC)及飯後(PC)模式。



4. 長按M鍵，螢幕顯示OFF，機器回到關機狀態。

提示音播報記憶結果

在記憶模式下，提示音僅會播報最近的一筆測量紀錄，以及7天的量測平均值。

在應用程式上看記憶結果

透過傳輸線傳輸 (FORA 6 Plus)

使用本公司發行的“Health Care System Software”可以讓您在個人裝置上觀看及分析機器記憶的測試結果。

步驟1

請經由下列路徑下載及安裝軟體至個人電腦上:

- 進入網站(http://www.foracare.com.tw)
- 依照指示下載專用軟體。

步驟2

啟動您的電腦，並開啟軟體「Health Care Software System」。

步驟3

於機器關機狀態下，將傳輸線兩端分別接在機器的資料埠與個人電腦的連接埠，機器會自動顯示「PC」，代表機器已與電腦連結，進入傳輸模式。此時即可依照軟體指示的步驟下載結果。

請注意：

- 當機器進行資料傳輸時，無法執行測量。
- 資料傳輸所用的傳輸線必須另外購買。

透過藍牙傳輸 (FORA 6 Connect)

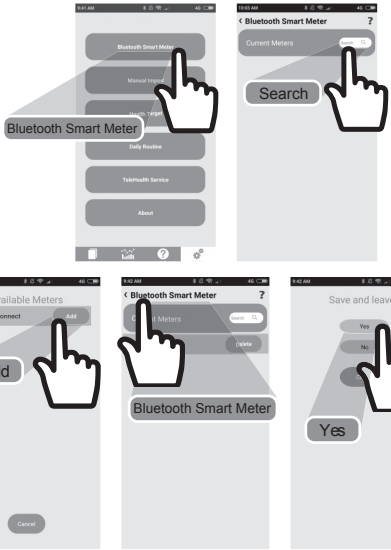
使用本公司發行的iFORA HM App在個人行動裝置上觀看及分析機器記憶的測試結果。

步驟1

在您的iOS或Android行動裝置上安裝iFORA HM App。

步驟2

依照下列圖示進行行動裝置與機器的藍牙配對。建議您的機器與新的藍牙設備連接時，先進行藍牙配對。



步驟3

當機器位於行動裝置的傳輸範圍內，資量將自動傳送到行動裝置。傳送完畢後，機器將會自動關機。(若兩者無法連接，機器將於兩分鐘後自動關機)。

請注意:

- 機器關機時會啟動藍牙傳輸資料，同時藍牙指示燈呈現藍色閃爍狀態。
- 當機器進行資料傳輸時，無法執行測量。
- 請確認您的行動裝置在傳輸資料前已開啟藍牙功能，並位於機器的傳輸範圍內。

清潔與保存

清潔

- 請用布沾水或使用中性清潔劑輕輕擦拭即可，**請勿將機器直接浸泡在任何液體內清洗或使用有機溶劑**。
- 資料傳輸埠部份應避免潮濕。

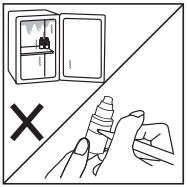
保存

機器的保存

- 請存放在-20℃至60℃，相對溼度95%以下。
- 請勿將機器掉落地面，並避免碰撞。
- 請盡量以原廠所附的收納袋攜帶或存放，避免碰撞。
- 請勿放置於陽光直射或高溫潮濕的場所。
- 切勿嘗試分解機器。

試片的保存

- 請按照試片説明書及包裝上所標示的儲存環境儲存試片。
- 鋁箔紙試片包裝開封後，請盡速使用該試片。
- 請用原裝的試片瓶儲存試片。請勿將試片移至其它容器。
- 拿取試片前，請拭乾雙手。請勿用濕手碰觸試片。
- 將試片從瓶中取出後請盡速使用。取出試片後應立即蓋好試片瓶。
- 請勿彎折或切割試片。
- 請將試片保存在乾燥及涼爽的環境，避免潮濕及陽光直射，不要冷藏。



品管液的保存

- 品管液請保存在2℃-30℃之下，請勿冷凍。
- 品管液開瓶後90天內有效，過期請丟棄。建議您打開後將開瓶日期標註在瓶身上。
- 品管液測試須在室溫下進行。

故障排除指引

若您依據解決方法執行仍無法排除問題時，或機器所顯示的訊息不在下列表中，**請勿嘗試自行解決，請直接與經銷商聯絡**。

故障訊息解讀

螢幕顯示	可能原因	解決方法
	電量不足	請更換新電池。
	環境溫度超出範圍	請在合適的操作溫度下重新測試。
	使用已用過之試片	試片請勿重複使用，請使用新的試片重新測試。
	機器倒數時拔出試片	請詳細閱讀說明書並使用新的試片重新測試。
	密碼錯誤	請聯繫當地經銷商。
	操作發生問題	請詳細閱讀說明書並用新的試片重新測試一次，若仍無法解決問題，請聯絡當地經銷商，切勿將機器寄回製造廠。

提示音播報錯誤訊息

- 血糖測量結果超出量測範圍
  - 測量結果大於33.3 mmol/L時，螢幕顯示"Hi"，提示音將以999的數值播報
  -量測結果小於0.5 mmol/L時，螢幕顯示"Lo"，提示音將以000的數值播報
- 電池電量不足警告：當電池即將耗盡，關機時，會連續三次發出兩聲快速的嗶聲。
- 其他錯誤訊息：當有其他錯誤消息時，會連續四次發出兩聲快速的嗶聲。

異常狀況排除指引

1. 插入試片後，機器未顯示任何訊息

- 電力耗盡：請更換電池。
- 電池裝置錯誤：檢查電池安裝是否正確。
- 試片插入方向錯誤：檢查試片插入方向。
- 機器故障：請連絡經銷商。

2. 血液或品管液進入試片反應區後，機器並未執行測試

- 檢體量不足：重新採血並使用新試片。
- 試片損壞：使用新試片。
- 機器故障：請連絡經銷商。

3. 測試結果與平常量測值差別太大

- 操作不正確：請詳閱操作步驟，並使用品管液測試後，重新採血再測1次。
- 試片損壞：請確認試片在保存期限，重新採血再測1次。
- 機器故障：請連絡經銷商。

4. 品管液測試結果，不在容許範圍內

- 使用前未搖勻：請重新搖勻品管液。
- 品管液過熱或過冷：測試前請放置品管液於室溫下(20℃至25℃)至少30分鐘。
- 試片損壞：使用新試片再測1次。
- 試片密碼不符：確認試片包裝上密碼與螢幕顯示號碼相同。

包裝標示說明

IVD	體外診斷試劑		請勿重複使用
	使用前,請詳細閱讀彩盒內所附的說明書		溫度限制
	使用期限	CE 0123	CE符號
LOT	批號		製造廠
SN	序號		使用後妥善處理包裝
	禁止高溫/直接太陽曝曬		注意，請參閱隨附文件
	保持乾燥	STERILE R	使用輻射滅菌
REF	型號		如果包裝破損請勿使用
	適當處理廢棄物		濕度限制
1.5V	直流電1.5伏特		電池
	數量		

產品規格

大小及重量	89.8 (L) x 54.9 (W) x 18 (H) mm , 46.1g(不含電池)
電源	1顆1.5V AAA鹼性電池
記憶空間	1000筆包括時間和日期的測量結果
省電模式	3分鐘未使用即自動關機
資料傳輸	傳輸線 (FORA 6 Plus) / 藍牙 (FORA 6 Connect)
機器儲存環境	-20℃至60℃，相對溼度95%以下
系統測量範圍	血糖:0.55 ~ 33.3 mmol/L ; 酮體:0.1~8.0mmol/L; 膽固醇:100~400 mg/ dL; 尿酸:3~20 mg/ dL

請注意:

本產品的系統準確性、精密度、操作環境、限制及其他重要資訊請參考試片說明書內容。

FORA® *6 Plus*
FORA® *6 Connect*

福爾旗艦6合1測試系統

Multi-Functional Monitoring System

製造廠名稱：ForaCare Suisse AG
製造廠地址：Neugasse 55, CH9000, St. Gallen, Switzerland