**Fora Premium V10 Settings:**

1. Open the battery port on the back of the Fora Premium V10 device.
2. Tap and release the “SET” button.
3. To set the Year: Cycle through the years by tapping the “M” button. Tap and release the “SET” button to lock it in. Repeat this step for Month, Day, Hour, and Minute.
4. To Delete all stored values from the device: Cycle through “Yes” and “No” by tapping the “M” button (“Yes” to delete all. “No” to skip.). Then tap the “SET” button to lock in your choice.
5. To set the Volume: Cycle to 0 (off) through 7 (loudest) by tapping the “M” button. Then tap the “SET” button to lock in your choice.
6. To set the Language: Cycle to L1 (English), L2 (Spanish), and L3 (Chinese). Then tap the “SET” button to lock in your choice.
7. To set reminders: Please refer to the [Fora Premium V10 Owner’s Manual](http://share.secondopinion.net/Activate%20BLE/FORA-V10-Meter-Manual-English.pdf).

**Set the Activate BLE app to use Fora Premium V10 devices:**

1. Open the Active BLE app.
2. Tap the Settings icon on the top left of the app.
3. Tap the “PAIR” button.
4. Tap the “PAIR DEVICE” button under “Fora Premium V10”.
5. On the Fora Premium V10 device, tap and release the “M” button.
6. You will notice the text under “Fora Premium V10” has changed to “Pair successful! Tap pair to pair new device”.
   1. Note: You will never need to tap this button again for any other Fora Premium V10 device. This button only lets the app know to search for any Fora Premium V10 devices when on the main capture screen.
7. Tap the Back icon on the top left of the app, to go back to Settings, and then tap the Back icon again to go back to the main capture screen; You should now see Fora Premium V10 “Waiting/Searching”