

FORHELP

User Manual

Model #: F156P1

Register **2 Years Warranty** For Free
by sending Amazon Order # to
support@forhelptech.com

*Please read the manual carefully before
you use the product, and keep the
manual well after using

Operation & Use Video

Want to quickly learn how to use the display?

Scan the QR code below to watch the video tutorial

or scan me



Warranty and Support

Warranty

Please send your Amazon Order # to support@forhelptech.com to **Register 2 Years Warranty** & **Get 10% OFF Code** for next order.

WHAT IS COVERED BY THIS WARRANTY?

Forhelp warranties the product hardware problem and accessories contained in the original packaging against manufacturing defects for 2 Years from the date you bought your product.

WHAT IS NOT COVERED BY THIS WARRANTY?

This Warranty does not apply to damage caused by accident, abuse, misuse, fire, liquid contact, earthquake or any other external cause.

Especially the cracked/broken screen that is damaged by the external force is NOT included in the warranty.

or scan me →



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01. About Your Monitor

Monitor Specifications

Screen Type	IPS
Screen Size	15.6 inch, 344x194 mm
Resolution	1920 x 1080
Aspect Ratio	16 : 9
Color Gamut	72% sRGB
Color Depth	16.78 Million colors
Color Temperature	6500K
Brightness	250 cd/m ²
Contrast Ratio	1000 : 1
Viewing Angle	Horizontal 178°, Vertical 178°
Refresh Rate	60 Hz
Net Weight	1.88 lbs
HDR Support	Yes
Freesync Support	Yes
Power Consumption	6W
Connectivity	Mini HDMI, 3.5mm Audio Jack, 2 Full-featured Type-C ports
Built-in devices	Speakers(1Wx2)

Product List

Please contact us if anything is missing or damaged.

✉ support@forhelptech.com



Portable Monitor



Magnetic Cover/Stand
Watch the video to learn how
to use the cover as stand



USB Type C to USB Type C Cable
For power and video signal transmission.
Can be connected to the Type-C port of your
device for power and display by single cable.



Mini HDMI to HDMI Cable
For video signal transmission
External power supply is required.

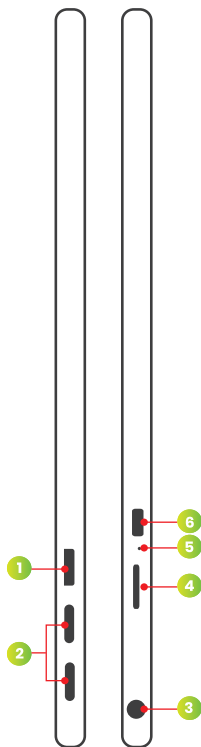


USB Type A to USB Type C Power Cable
For power only.
Does not support video signal transmission



Power Adapter
5V 2A (10W)

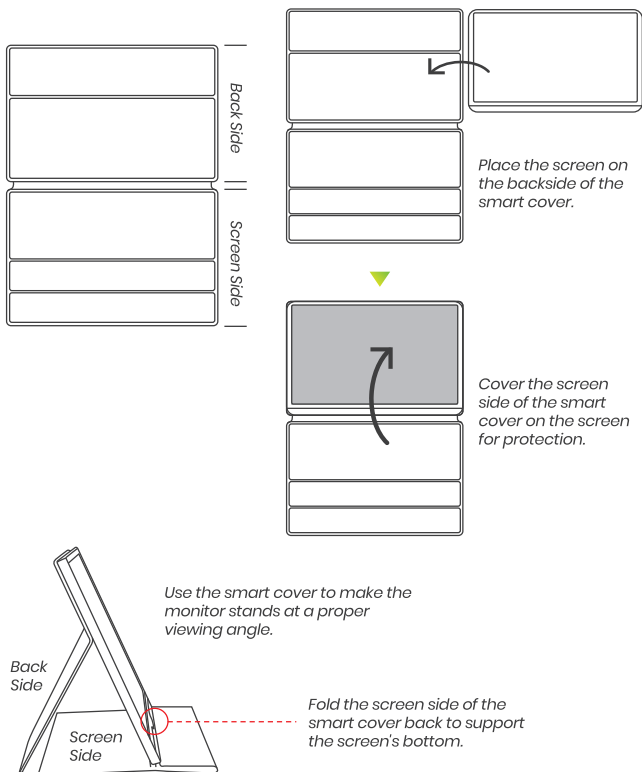
Identifying Parts and Controls



- 1 Mini HDMI
- 2 Full Function Type-C Port (For power, video, audio and touch signal)
- 3 3.5mm Headphone Jack
- 4 Multi-Function Key
 - a. Press in the middle: Deploy the menu
 - b. Scroll up/down: Nabigate the menu
- 5 Power Indicator Light
- 6 Power Button
 - a. Press the button for 5seconds: Turn off
 - Short press when on the menu: Go back to the previous step

02. Using the Monitor

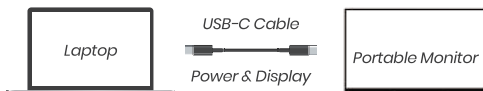
How to use the monitor cover as a stand



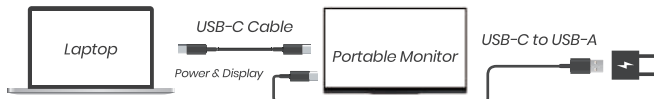
Connecting your Monitor

Laptop/PC Connection

1. Laptop/PC with Type-C port

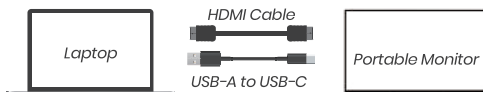


NOTE: Please use the wall charger to power on the monitor to avoid black or flashing screen when power supply is not enough.

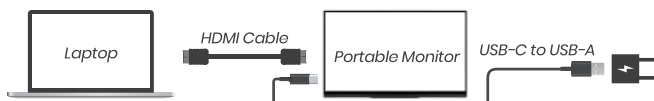


NOTE: USB-A to USB-C cable **cannot** be used for video transmission. The Type-C port of some devices **does not** support display and only supports charging. If it displays "No signal", please contact us for help. (support@forhelptech.com)

2. Laptop/PC with HDMI port



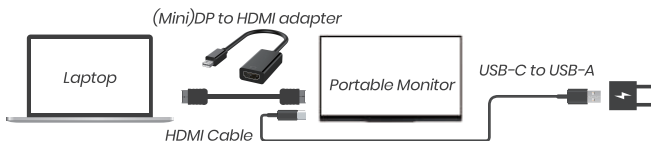
NOTE: Please use the wall charger to power on the monitor to avoid black or flashing screen when power supply is not enough.



3. Laptop/PC with (mini) DisplayPort e.g. Surface Pro

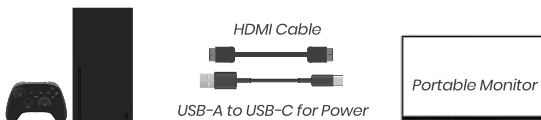


NOTE: Please use the wall charger to power on the monitor to avoid black or flashing screen when power supply is not enough.

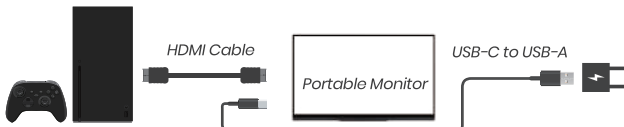


NOTE: (Mini)DP to HDMI adapter is not included in package, please contact us to get the adapter **free**.(support@forhelptech.com)

PS5/PS4/xbox Connection



NOTE: Please use the wall charger to power on the monitor to avoid black or flashing screen when power supply is not enough.



Switch Connection



NOTE: Switch cannot provide enough power supply for monitor. Please use **Switch original PD charger** and plug it into the Type-C port of monitor. Or it may not work if using other chargers.

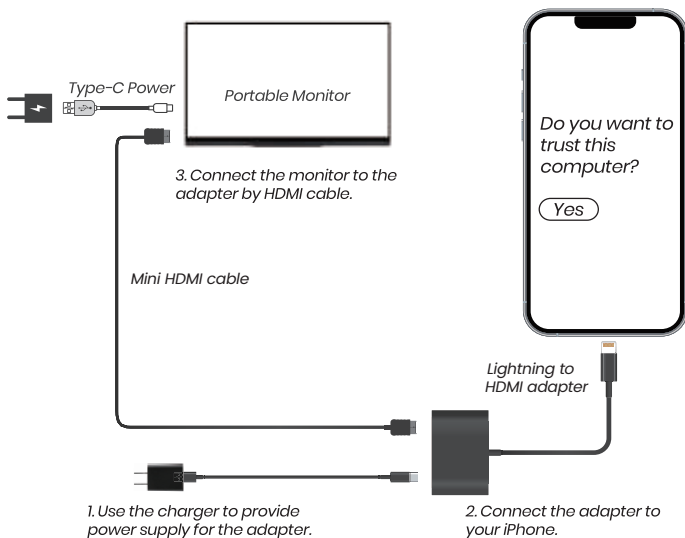
Phone Connection



NOTE:

- Phones may not be able to provide enough power supply for monitor with high brightness, please plug in wall charger to Type-C port to power on the monitor, then plug in USB-C cable connected to phone to another Type-C port.
- Some phones like Google Pixel **do not** support video output.

iPhone Connection with Lightning to HDMI adapter

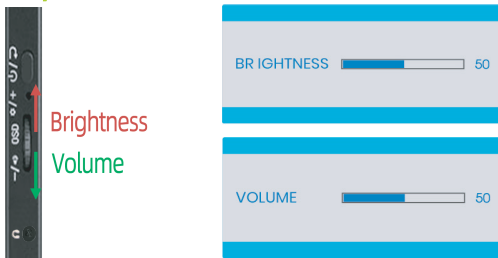


NOTE:

- A Lightning to HDMI adapter is required for iPhone. Please contact us to get the adapter for free. (support@forhelptech.com)
- Please also plug in a wall charger to the lightning port of the adapter to power on the adapter and make it work.

Using the On-Screen Display(OSD) Menu

Brightness/Volume Menu



- Scroll up the Menu Button to open the Brightness Menu.
- Scroll down the Menu Button to open the Volume Menu.

Main Menu



- Press the **Menu** button to open and display the OSD menu.
- Scroll up and down to toggle between options.
- Press the **Menu** button to select the highlighted item
- Scroll up and down to select the desired parameter.
- Press the **Menu** button to enter the slide bar of options.
- Press the **Exit** button to return to previous menu without saving current settings or Press **Menu** button to confirm settings.

Brightness/Contrast

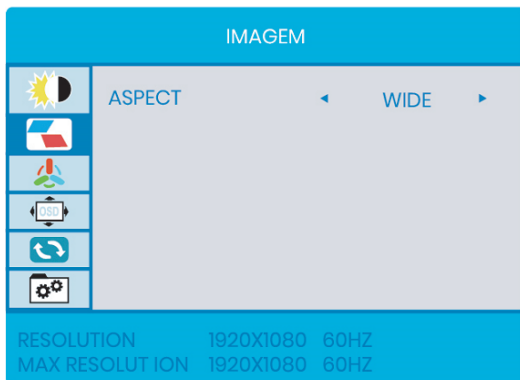


- **Brightness:** Allows you to adjust the brightness or luminance of the backlight (Range: 0~100).
- **Contrast:** Adjust the contrast between the objects and background. (Range: 0~100).
- **ECO:** 4 image modes (Standard/Game/Movie/Photo).
- **Sharpness:** Make the outline of objects more clear (Range: 0~4).
- **DCR:** Select On / Off to enable / disable dynamic contrast ratio.

NOTE:

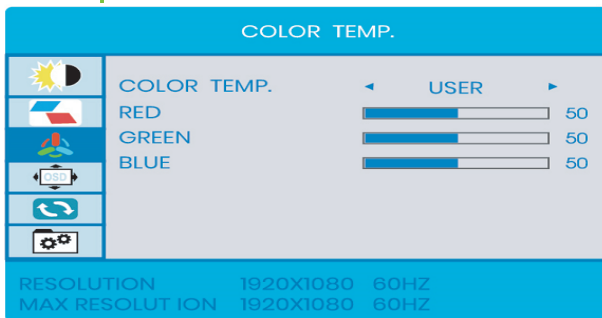
- When the monitor is connected to phones, if there is no external power supply and the brightness is adjusted to a high value, brightness will be automatically adjusted to 30 because of not enough power supply. Please use the wall charger to power on the monitor to avoid black or flashing screen.
- Brightness and Contrast cannot be adjusted if ECO is set to "Game / Movie / Photo" mode or DCR is turned

IMAGE



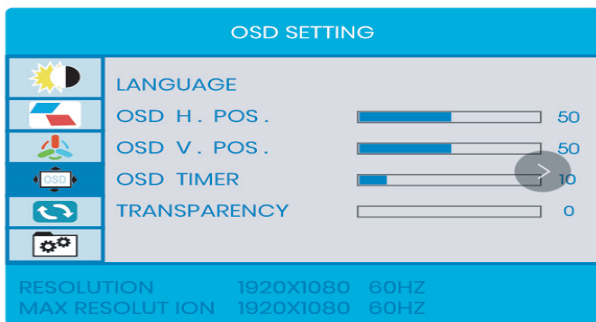
Aspect: Display image scale, 16:9/4:3 set

Color Temp



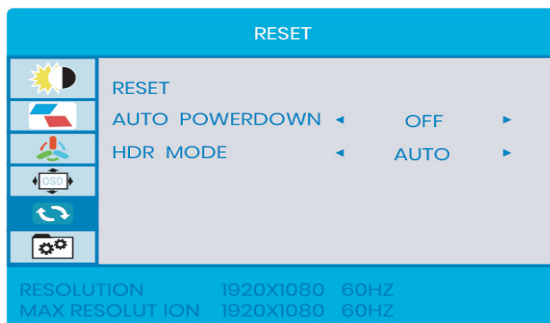
– **Color Temp:** Adjust the tint of screen to 9300k, 6500k, sRGB, User.

OSD SETTING



- **Language** : there are 13 language choices available
- **OSD H.POS.**:Position the menu window horizontally
- **OSD V.POS.**:Adjust the position of the menu window
- **vertically**
- **OSD Timer**:The menu window disappears automatically in seconds
- **Transparency**:Menu window transparency settings

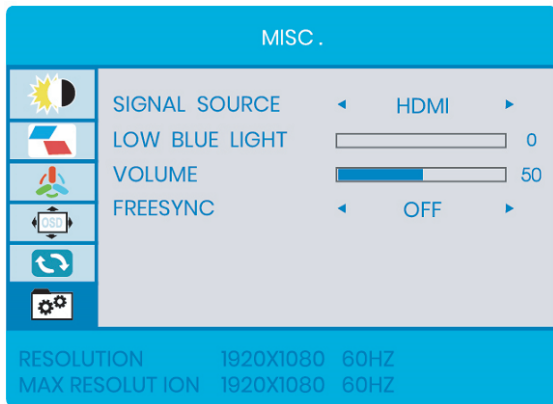
RESET



- **Reset:** Reset all display settings
- **Auto Powerdown:** Automatic shutdown
- **HDR MODE:** HDR turns on or off

NOTE: Brightness, Contrast and ECO settings cannot be adjusted if HDR is turned on (set to 2084).

MISC



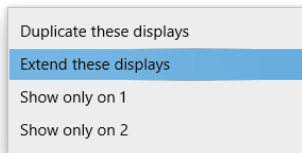
- **Signal source:** Signal source selection
- **Low BLUE LIGHT:** Decreasing the blue light emitted from the display
- **VOLUME:** Adjust the volume while reading on the screen.
(Range: 0~100).
- **setting:** 0~100.
- **Freesync:** Monitor response speed increased switch

Using the Duplicate/Extend/Second Screen

Windows

- Right click on the desktop and select "Display settings".
- Scroll down to the "Multiple Displays" option.
Select "Duplicate these displays" or "Extend these displays" or "Show only on 2" for Different Modes.

Multiple displays

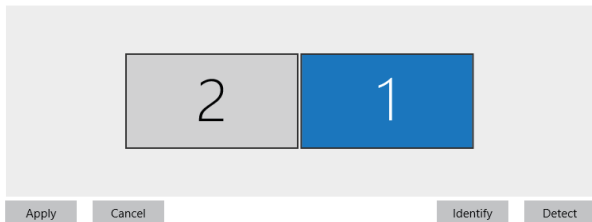


How to extend a second screen on the left side

- Right click on the desktop and select "Display settings".
- In the top section of that window, you will see an image of each screen with numbers.
- Press and hold the left mouse button and drag that image to the opposite side of the image on the right and release the mouse cursor.
- Click Apply.

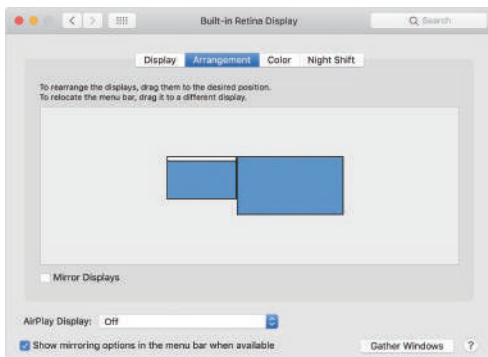
Rearrange your displays

Select a display below to change the settings for it. Press and hold (or select) a display, then drag to rearrange it.



Mac OS

- Choose Apple menu  > System Preferences, click Displays.
- Click the Arrangement tab.
- Make sure that the Mirror Displays checkbox isn't selected for Extend Mode or is selected for Mirror Mode.

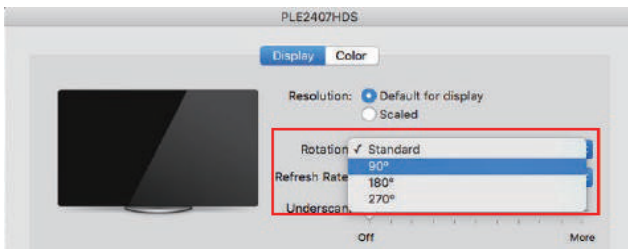


Using the Portrait / Landscape Mode



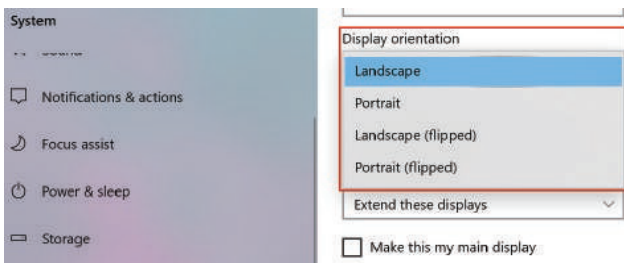
Mac OS

- Choose Apple menu  > System Preferences.
- Hold down the Cmd+Option(Alt) keys and click on "Displays"
- Look for the newly visible 'Rotation' drop down menu.



Windows

- Right click on the desktop and select Display settings.
- Scroll down to the "Display orientation" option.
- Selecting "Landscape" or "Portrait".



Supported Devices and Models

Phone

Brand	Model
SAMSUNG	DEX, S8/S9/S10/S20 Series, Note 8/Note 9/Note 10 Series
HUAWEI	Mate 10/Mate 20/Mate 30 Series, Mate RS, P20/P30/P40 Series
HONOR	Note 10, V20/V30 Series
OPPO	R17 Pro, Reno Find
Razer	Razer Phone, Razer Phone 2
HTC	U Ultra
LG	G5, G6, G7
ASUS	ROG Gaming Phone
More Brands	Updating

Laptop

Brand	Model
Apple	MacBook 13.3in, MacBook Pro 2016/2017/2018 MacBook Air 2018, iPad Pro 2018
Google	Chromebook Pixels, Pixelbook Pen
Lenovo	Savior Y7000, Savior Y7000P, Savior Y9000K, YOGA 6 Pro, ThinkPad X1 Carbon, Yoga 5 Pro, Miix 720
DELL	G3 Series, G5 Series, G7 Series, Inspiron 5000, Inspiron 7000, XPS13, XPS15
HP	EliteBook 1050G1, EliteBook Folio G1, Omen 4 Pro, Pavilion X2
Microsoft	Surface Book 2
ASUS	Lingyao 3, U306, U321 Series, U4100, ROG Series
HUAWEI	MateBook D
Razer	Blade Stealth
More Brands	Updating

03. Troubleshooting

Please feel free to contact us for any problem.

✉ support@forhelptech.com

Black screen or No signal

1. Please use the original accessories we provide (cables and charger).
USB 3.0 A Male to USB Type C cable **does not** support video signal transmission.

2. Please plug in the wall charger to Type-C port for power supply and wait for the screen displays "no signal", then plug in the USB-C cable to another Type-C port or HDMI cable to MiniHDMI port for video signal transmission.

3. For single USB-C connection for power and display, the Type-C port of some devices like HP Elitebook, Acer Aspire **does not** support video output and only supports charging. Please contact us to help you confirm if your device supports.

4. Please set the display mode to Extend in Windows.

5. Connect the monitor to other devices to check if the monitor can work well with other devices.

6. Please contact us for help (✉ support@forhelptech.com)

How to connect this monitor to laptop without HDMI port like?

Microsoft Surface Pro, Surface Book, HP EliteBook, etc.

A (mini) DP to HDMI adapter is required to connect the monitor to your device. Please contact us to get the adapter **for free**.

(✉ support@forhelptech.com)

The stand is flimsy. How to use the monitor cover as a stand?

Please refer to Page 4 for detailed instruction.

Monitor keeps flashing/restarting

1. Flashing or continuously restarting is usually caused by not enough power supply.

If the monitor and your device are connected by single USB-C cable, some laptops and phones cannot provide enough power supply for this monitor. Please plug in wall charger to Type-C port of monitor for enough power supply.

2. Please contact us for help (✉ support@forhelptech.com)

I use the USB Type C to USB 3.0 A Male cable to connect the monitor to my device, but it displays “no signal”

The USB Type C to USB 3.0 A Male cable can only be used for power supply. This cable **does not** support video transmission.

My Android Phone is equipped with Type-C port. But it does not work with this monitor.

1. Phones may not be able to provide enough power supply for the monitor, please plug in the wall charger to Type-C port, then connect phone to another Type-C port by USB-C cable.

2. The Type-C port of some phones does not support display and only supports charging. For example, the Type-C port of Google phones like Pixel does not support video output. An Android to HDTV cable is required to mirror the screen. Contact us to get the HDTV cable.

(✉ support@forhelptech.com)

How to extend a second screen on the left side?

1. Please refer to Page 14 for instruction.

2. Please contact us for help (✉ support@forhelptech.com)

Can the monitor work with Apple iPhone?

Yes. A Lightning to HDMI adapter is required for iPhone to work with the monitor. Please refer to Page 8 and contact us to get the adapter for free.

(✉ support@forhelptech.com)

Can this monitor work with iPad?

Yes. If the port of iPad is Type-C port, the monitor will work well with iPad by single USB-C cable. But for iPad with lightning, a lightning to HDMI adapter is required to work with the monitor. Please contact us to get the free adapter. (✉ support@forhelptech.com)

How to save the setting of brightness?

Since our portable monitor doesn't contain a built-in battery, it does not have a memory function, so the brightness setting of the display cannot be saved, which means you need to reset the brightness every time you turn on the display. The action of setting the brightness is easy, just simply slide the brightness adjustment wheel will be OK.

Why the brightness and contrast cannot be adjusted?

The brightness and contrast cannot be adjusted if HDR is turned on, or ECO is set to "MOVIE, GAME, TEXT..." mode, or DCR is turned on. Please refer to Page 12 to reset these settings.

Warranty and Support

Warranty

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