

ForHelp F156P1

ForHelp 15.6-inch Portable Monitor User Manual

Model: F156P1 | Brand: ForHelp

1. PRODUCT OVERVIEW

The ForHelp 15.6-inch Portable Monitor is a versatile external display designed for enhanced productivity and entertainment on the go. Featuring a 1920x1080 Full HD IPS matte screen, it offers a wide 178° viewing angle and vibrant color reproduction. Its ultra-slim and lightweight design makes it highly portable, complemented by a durable smart cover that doubles as a stand.



Figure 1: ForHelp 15.6-inch Portable Monitor with its smart cover acting as a stand.

What's in the Box

- ForHelp Portable Monitor
- HDMI-Mini HDMI Cable
- USB-C to USB-C Cable
- Foldable Cover (Smart Stand Case)
- User Guide
- Quick Start Guide



Figure 2: Illustration of the items included in the product packaging.

2. SETUP AND CONNECTIONS

The ForHelp portable monitor offers flexible connectivity options to suit various devices. Ensure your device supports Thunderbolt 3.0/4.0 or USB 3.1 Type C DP ALT-MODE for full functionality via a single USB-C cable.

2.1 Single Cable Connection (USB-C)

For devices with a full-featured USB-C port (supporting power and video output), a single USB-C to USB-C cable is sufficient for both power and display.

One cable connection



One USB-C cable for both power and display

* Please make sure the USB-C port on your device is Thunderbolt 3/4 or supports DisplayPort.



Two cables connection

mini HDMI to HDMI cable



USB-A to USB-C power cable



If your device does not have a USB-C port, you can connect the monitor via mini HDMI to HDMI cable and power the monitor with an external power supply by using the power cable.

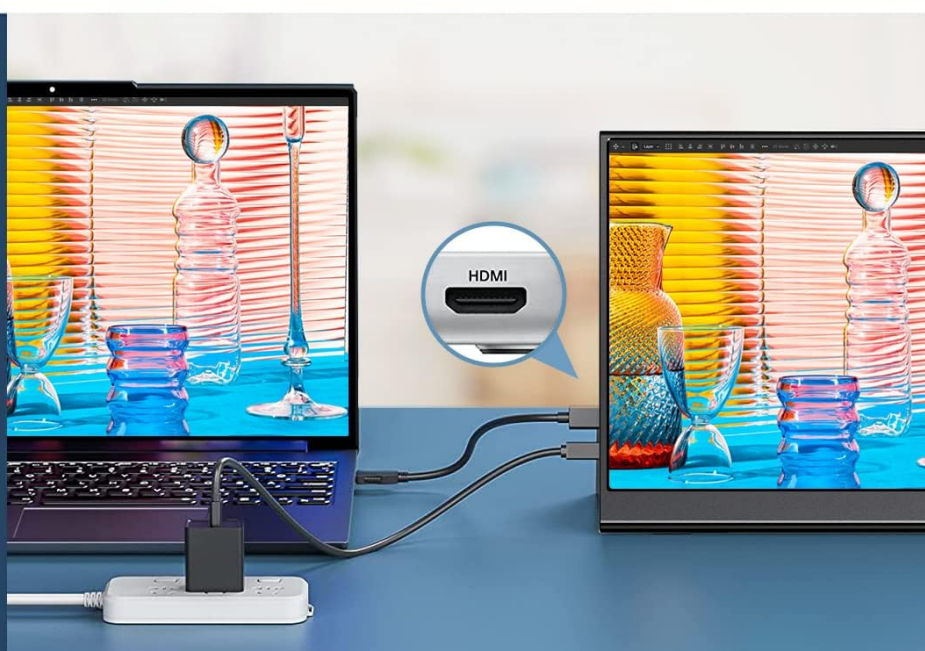


Figure 3: Connect your device to the monitor using a single USB-C cable for power and display.

Good Helper for Urgent Work

Suddenly received a job assignment while you're out? Suddenly need to start a group meeting while you're out? No need to worry!



Photo Edit



Video Edit



Art Design



Figure 4: Example of a smartphone connected to the portable monitor using a single USB-C cable. An adapter may be needed for phones without a full-function Type-C port.

2-in-1 Smart Stand Case

Soft, wear-resistant and look stylish and simple. It features a slip-proof, scratch proof and waterproof function and provides effective everyday protection.

2.1lb
Light weight

0.3"
Ultra-slim



Figure 5: A MacBook connected to the portable monitor using a single USB-C cable for display and power.

2.2 Two Cable Connection (HDMI + USB-A for Power)

For devices that do not support USB-C DP ALT-MODE, use the Mini HDMI port for video and a USB-A to USB-C cable for power. The HDMI port is located on the left side of the product.

FHD 1080P IPS Screen



Low
Blue Light



1000:1
Contrast Ratio



178°
View Angle



300 Nits
Brightness



16.7
Million Colors



100%
Color Mode

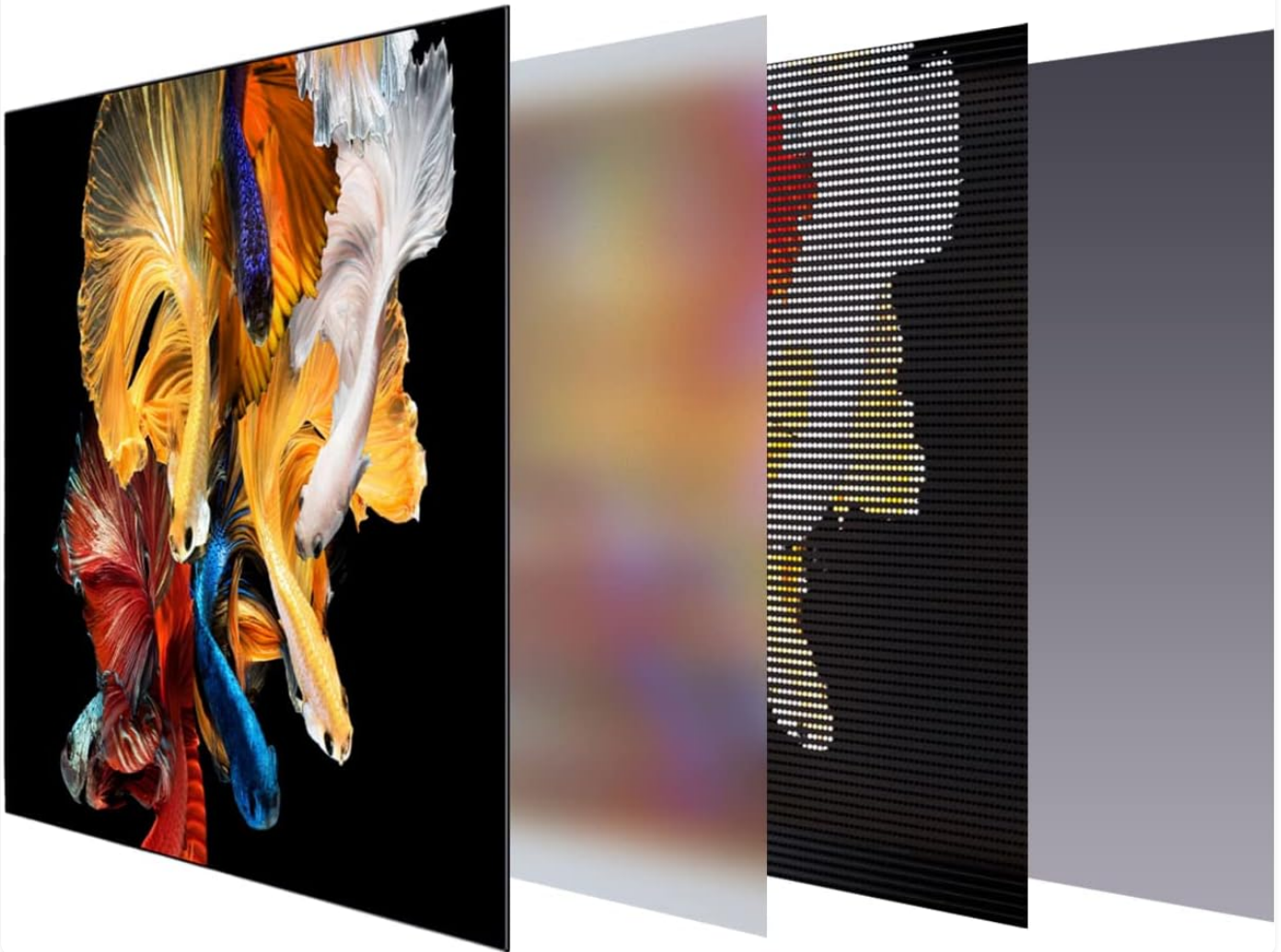


Figure 6: Connect your device to the monitor using a Mini HDMI cable for video and a USB-A to USB-C cable for power.

Portable Monitor for MacBook



USB Type-C

If your device has a full-functioned USB-C port, you can connect the device to portable monitor with a single cable.



USB-A & HDMI

Otherwise, you can also connect the device to portable monitor with an USB-A cable and HDMI cable.



Figure 7: Various laptops (HP, Dell, Lenovo, ASUS) connected as a second screen using HDMI and USB-C for power.

2.3 Device Compatibility

The monitor is compatible with a wide range of devices including laptops, PCs, Macs, phones, PS, Xbox, and Switch game consoles.



Figure 8: The monitor supports connection to gaming consoles such as Xbox, PlayStation, and Nintendo Switch.

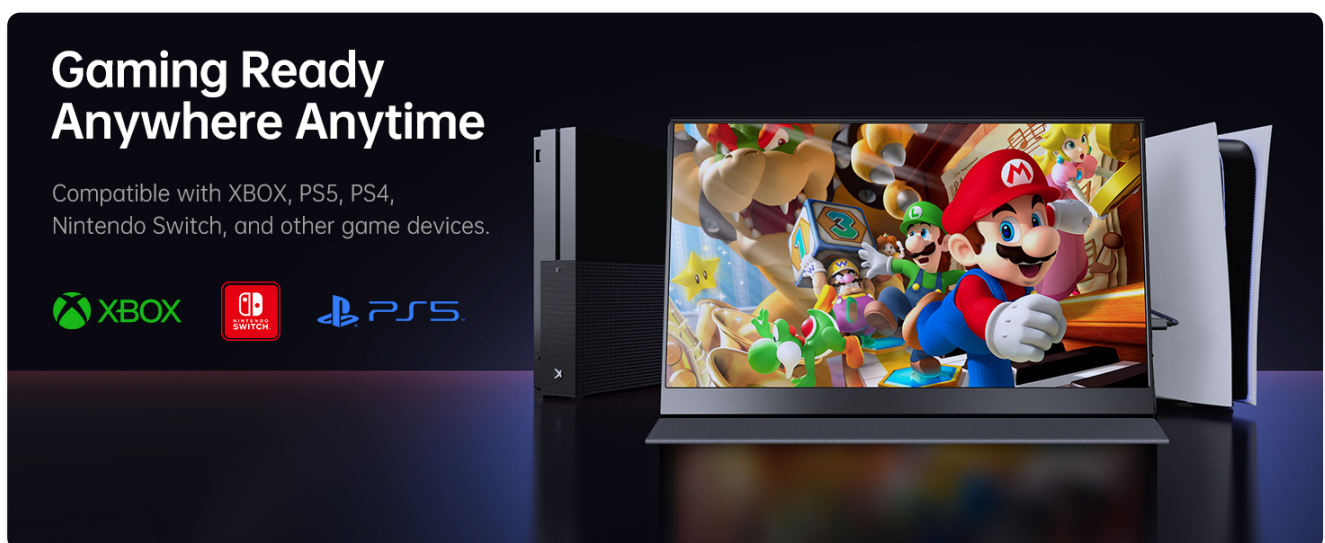


Figure 9: Enjoy a gaming-ready experience anywhere, anytime with compatible devices.

Your browser does not support the video tag.

3. OPERATING THE MONITOR

The monitor is designed for ease of use with intuitive controls and multiple display modes.

3.1 Controls and Ports

The monitor features dual speakers, a power button, a multi-function key (trackwheel), a 3.5mm audio jack, and two full-function Type-C/USB-C ports, along with a Mini HDMI port.



Figure 10: Detailed view of the monitor's side ports and control buttons.

3.2 Display Modes

Utilize various display modes to optimize your workflow or entertainment:

- **Copy Mode:** Duplicate your primary screen for presentations or sharing content.
- **Extension Mode:** Extend your desktop workspace for increased productivity.
- **Second Screen Mode:** Use the portable monitor as a dedicated second display.

Sharing Business Anytime, Anywhere

Work productively on business trips and make traveling easier with an ultra-lightweight monitor that fits comfortably in your carry-on bag.



Word
Office series



Excel
Office series



PPT
Office series



Figure 11: The monitor facilitates sharing and collaboration in business environments.

Travel Ready Portable Monitor

You can easily put it into a briefcase or computer bag, making it the ideal travel companion for a laptop and maximizing your productivity while you travel.



360°
Protection



PU
Material



Figure 12: The monitor is travel-ready, enhancing productivity on the go.

Good Helper for Urgent Work

Suddenly received a job assignment while you're out? Suddenly need to start a group meeting while you're out? No need to worry!



Photo Edit



Video Edit



Art Design



Figure 13: A good helper for urgent work, supporting photo editing, video editing, and art design applications.

3.3 Visual Enhancements

The monitor features an advanced IPS Matte screen with 1920x1080 resolution, 1000:1 contrast ratio, 300 Nits brightness, and 16.7 million colors, supporting 178° full viewing angle.

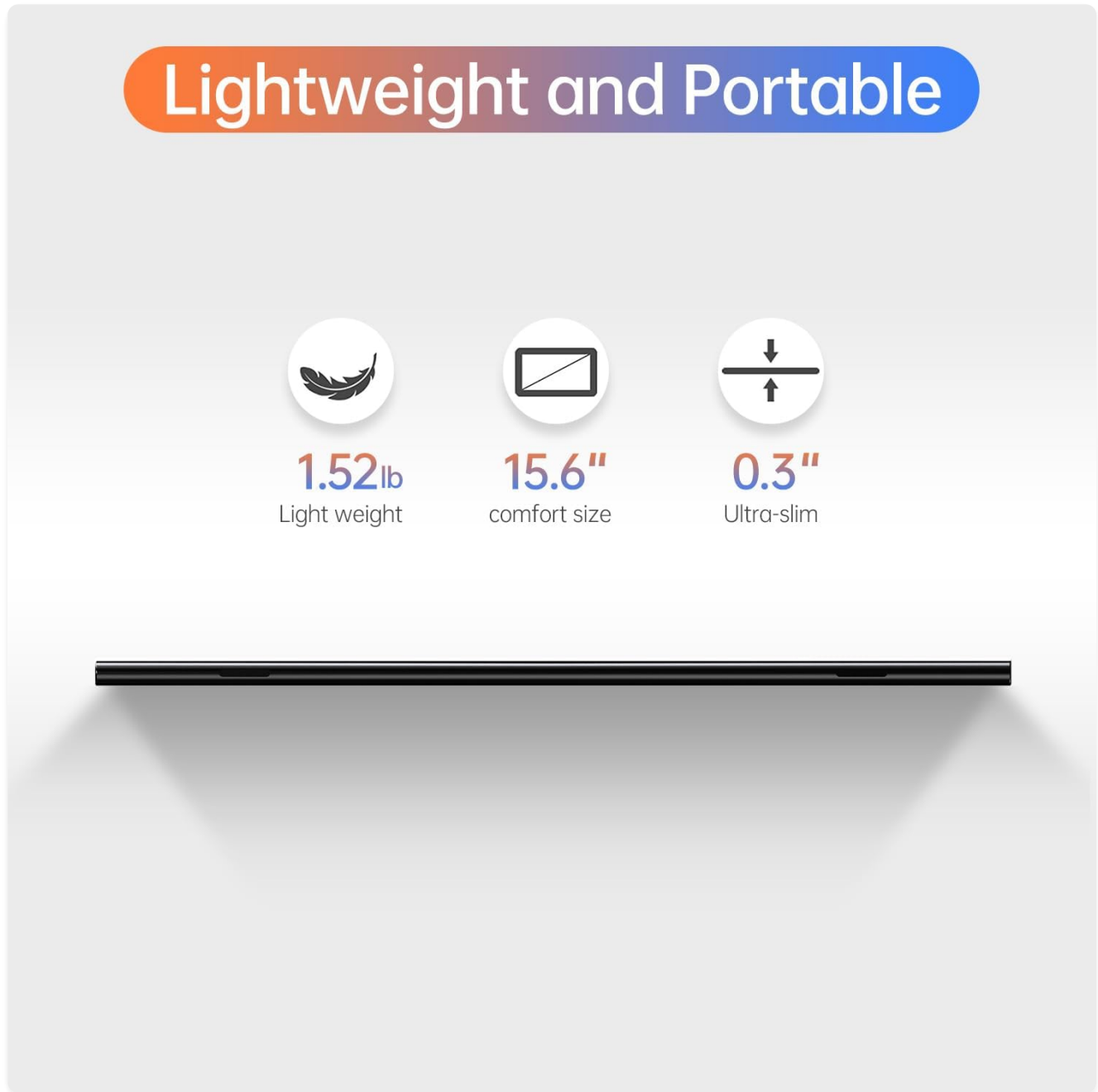


Figure 14: Key features of the FHD 1080P IPS screen, including low blue light, contrast ratio, brightness, and color depth.

- **HDR Mode:** Upgrade images with brighter highlights and more realistic colors.
- **Low Blue Light Technology:** Reduces eye strain during extended use.
- **Customizable Color Settings:** Adjust RGB settings to match your preference.



Richer Color Expression

Its true 8-bit color production results in 16.78 million vivid and accurate hues.



Figure 15: The monitor offers richer color expression with 16.78 million vivid and accurate hues.



Low Blue Light Technology

Alleviate visual fatigue and eye discomfort, maintain comfort and relaxation during extended use.



Figure 16: Low Blue Light Technology alleviates visual fatigue and eye discomfort.

HDR

HDR Mode For Colorful World

With HDR technology, New portable monitor delivers more vivid visual effect and immersion.



Figure 17: HDR Mode delivers a more vivid visual effect and immersion.

4. MAINTENANCE AND CARE

To ensure the longevity and optimal performance of your ForHelp portable monitor, follow these maintenance guidelines:

- **Cleaning:** Use a soft, lint-free cloth to gently wipe the screen and body. For stubborn smudges, slightly dampen the cloth with water or a screen-safe cleaner. Avoid harsh chemicals or abrasive materials.
- **Storage:** When not in use, store the monitor in its smart cover to protect it from scratches and dust. Avoid placing heavy objects on top of the monitor.
- **Handling:** Handle the monitor with care, especially when connecting or disconnecting cables. Avoid dropping or subjecting it to strong impacts.
- **Temperature:** Operate and store the monitor within recommended temperature ranges to prevent damage. Avoid extreme heat or cold.

Foldable Smart Cover



Stylish
design



Water
proof



Scratch
proof



Figure 18: The durable smart cover provides comprehensive protection and doubles as a stand.

5. TROUBLESHOOTING

If you encounter issues with your ForHelp portable monitor, refer to the following common solutions:

Problem	Possible Cause / Solution
"No Signal" or Black Screen	<p>Ensure your device supports Thunderbolt 3.0/4.0 or USB 3.1 Type C DP ALT-MODE if using a single USB-C cable.</p> <p>Verify all cables (USB-C, HDMI) are securely connected to both the monitor and your device.</p> <p>If using HDMI, ensure the USB-C power cable is also connected to an external power source.</p> <p>Check your device's display settings to ensure the external monitor is detected and configured correctly (e.g., extended or duplicated display).</p> <p>Try a different cable or port on your device if available.</p>
Flickering Screen	<p>Ensure the power supply is stable and sufficient.</p> <p>Try a different cable.</p> <p>Adjust the refresh rate in your device's display settings.</p>
No Audio from Monitor Speakers	<p>Check the monitor's volume settings using the multi-function key.</p> <p>Ensure your device's audio output is set to the external monitor.</p> <p>Verify the audio cable (if using 3.5mm jack) is properly connected.</p>

For more detailed troubleshooting, please refer to the official[User Manual \(PDF\)](#) or [User Guide \(PDF\)](#).

6. SPECIFICATIONS

Feature	Detail
Screen Size	15.6 inches
Resolution	1920 x 1080 (FHD 1080p)
Aspect Ratio	16:9
Screen Surface	Matte
Panel Type	IPS
Viewing Angle	178°
Total USB Ports	2 (Type-C)
Video Input	USB-C (full-featured), Mini HDMI

Feature	Detail
Audio Output	3.5mm Audio Jack
Item Weight	1.52 pounds
Product Dimensions	16.9 x 1.96 x 11.4 inches
Model Number	F156P1

7. WARRANTY AND SUPPORT

ForHelp offers a 2-year warranty for this portable monitor. To register your product and potentially receive a 10% OFF code, please send your Amazon Order # to support@forhelptech.com.

For additional assistance, you may also refer to the official [User Manual \(PDF\)](#) or [User Guide \(PDF\)](#) available online.

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Related Documents - F156P1

	<p>FORHELP F133Q1 Portable Monitor User Manual</p> <p>Comprehensive user manual for the FORHELP F133Q1 13.3-inch 2K portable monitor, covering setup, connections, OSD settings, troubleshooting, and warranty information.</p>
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