

**FORHELP**

**F156P1 Portable  
Monitor**



## FORHELP F156P1 Portable Monitor User Manual

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**FORHELP**

**FORHELP F156P1 Portable Monitor User Manual**



Please read the manual carefully before you use the product and keep the manual well after use.

#### **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](mailto:support@forhelptech.com) to Register for a 2-year warranty & Get a 10% OFF Code for your next order.

### WHAT IS COVERED BY THIS WARRANTY?

For help 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* →



## About Your Monitor

### Monitor Specifications

<b>Screen Type</b>	IPS
<b>Screen Size</b>	15.6 inch, 344x194 mm
<b>Resolution</b>	1920 X 1080
<b>Aspect Ratio</b>	16:9
<b>Color Gamut</b>	72% sRGB
<b>Color Depth</b>	16.78 Million colors
<b>Color Temperature</b>	6500K
<b>Brightness</b>	250 cd/m2
<b>Contrast Ratio</b>	1000:1
<b>Viewing Angle</b>	Horizontal 178°, Vertical 178°
<b>Refresh Rate</b>	60 Hz
<b>Net Weight</b>	1.88lbs
<b>HDRSupport</b>	Yes
<b>Freesync Support</b>	Yes
<b>Power Consumption</b>	6W
<b>Connectivity</b>	Mini HDMI, 3.5mm Audio Jack, 2 Full-featured Type-C ports
<b>Built-in devices</b>	Speakers(1Wx2)

## Product List

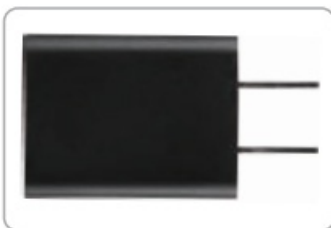
Please contact us if anything is missing or damaged.

[support@forhelptech.com](mailto:support@forhelptech.com)

- Portable Monitor
- Magnetic Cover/Stand Watch the video to learn how to use the cover as a stand

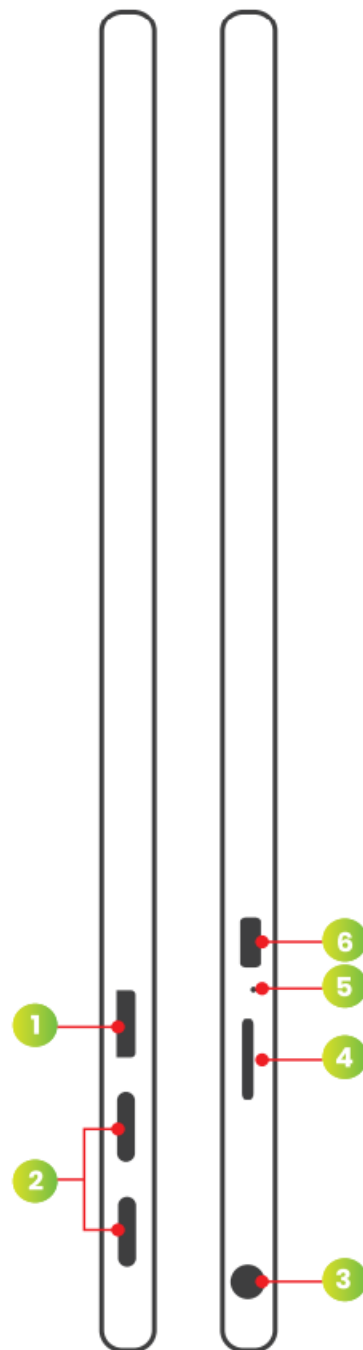


- USB Type C to USB Type C Cable For power and video signal transmission. Can be connected to the Type-C port of your device for power and display by a single cable.
- Mini HDMI to HDMI Cable For video signal transmission An external power supply is required.



- USB Type A to USB Type C Power Cable For power only. Does not support video signal transmission
- Power Adapter 5V 2A (10W)

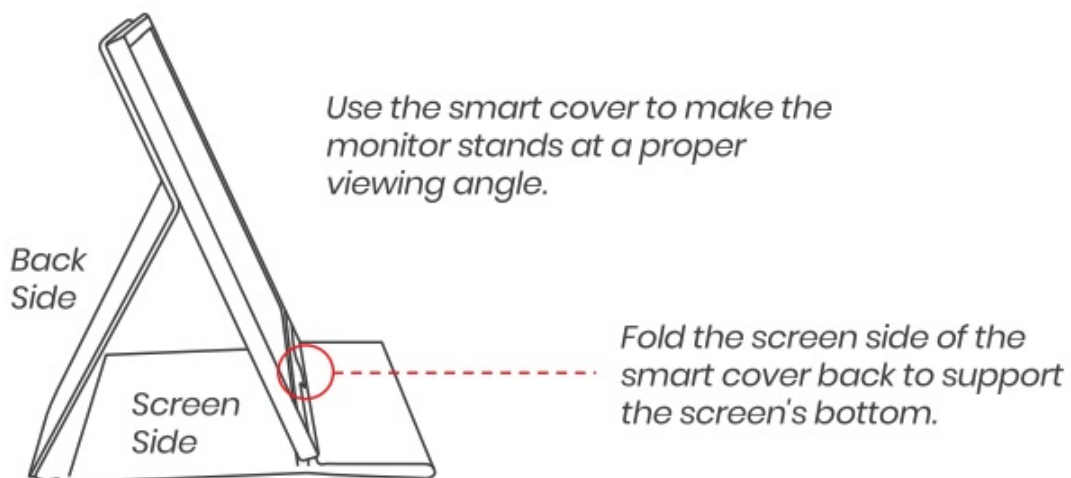
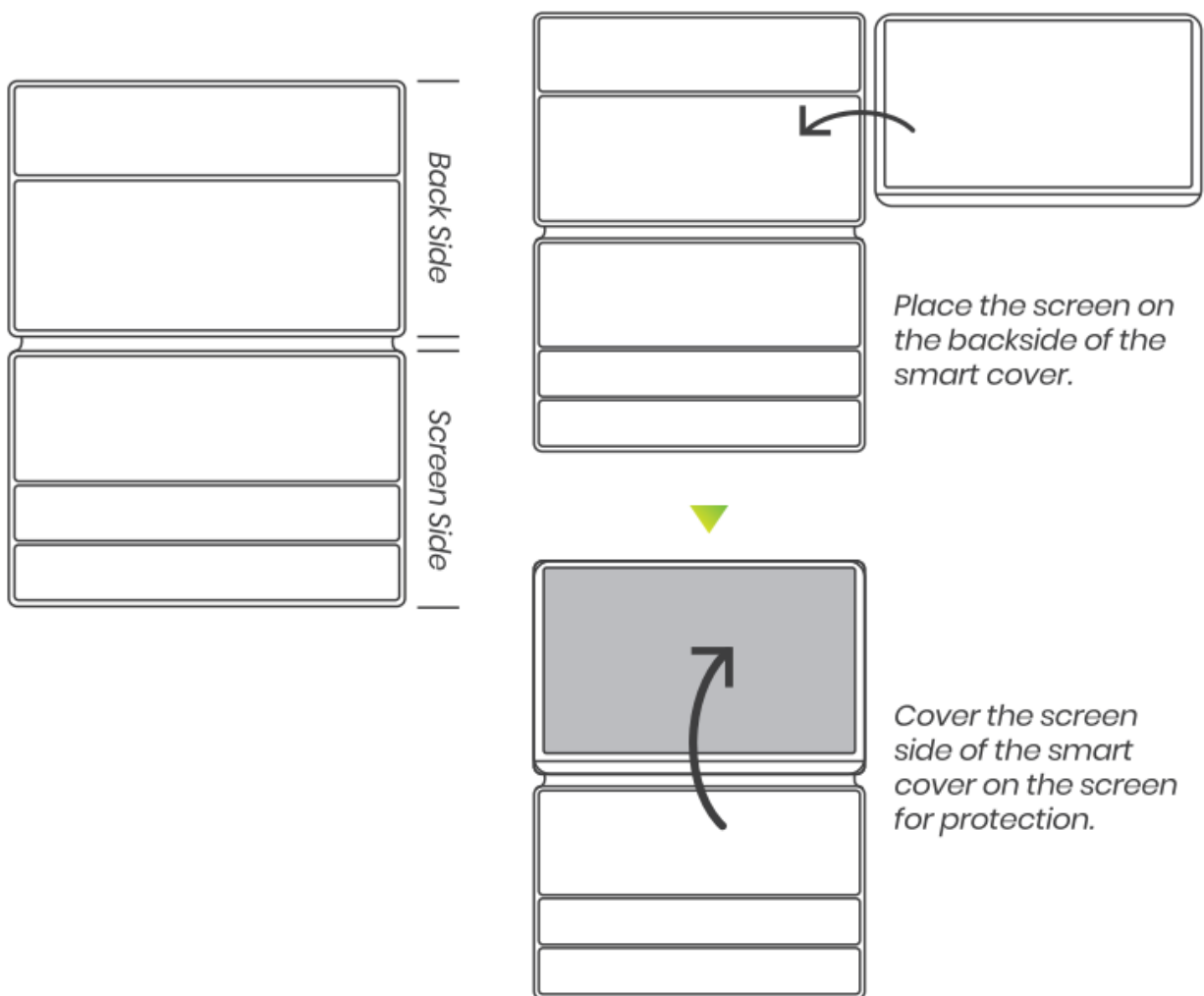
## Identifying Parts and Controls



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
  - Press in the middle: Deploy the menu
  - Scroll up/down: Navigate the menu
5. Power Indicator Light
6. Power Button
  - Press the button for seconds: Turn off
  - Short press when on the menu: Go back to the previous step

### Using the Monitor

How to use the monitor cover as a stand



## Connecting your Monitor

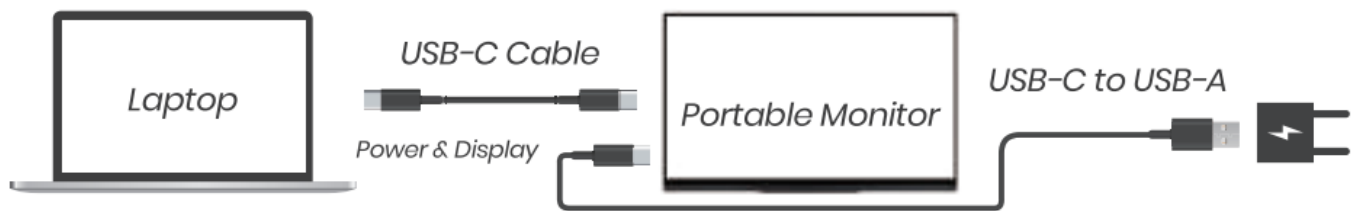
### Laptop/PC Connection

Laptop/PC with Type-C port

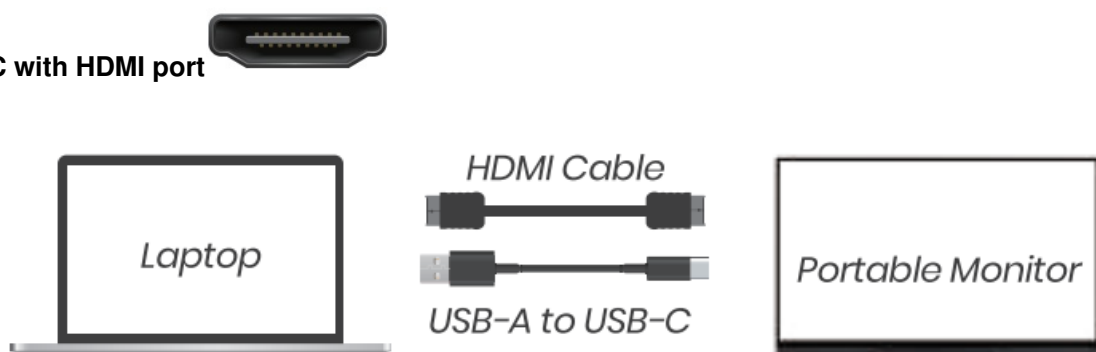


**NOTE**

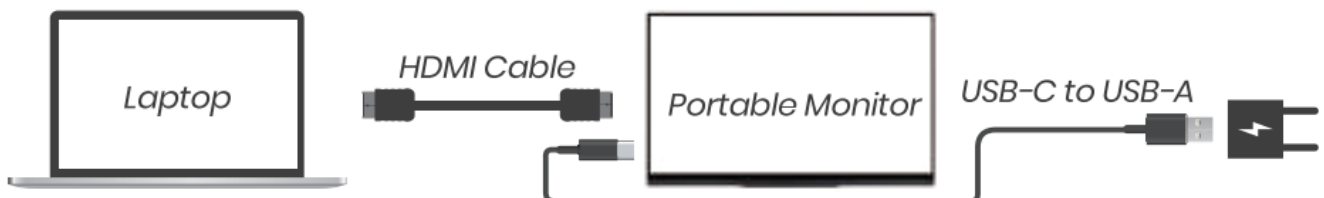
Please use the wall charger to power the monitor to avoid black or flashing screens when the power supply is not enough.

**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)

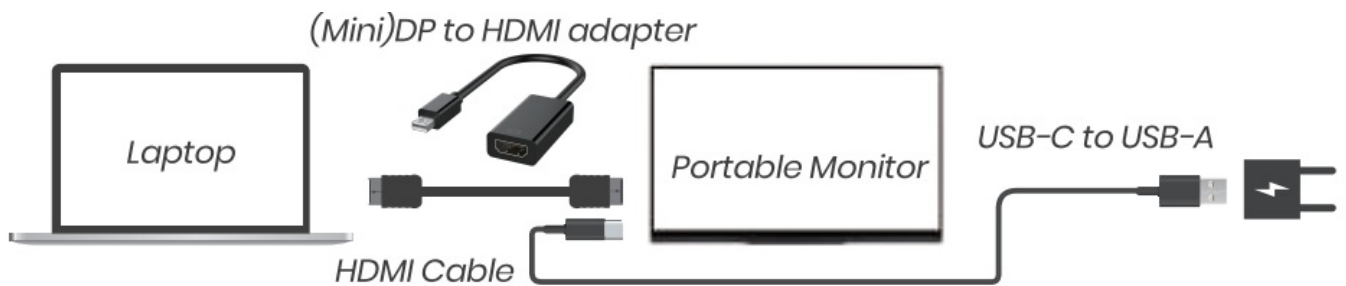
**Laptop/PC with HDMI port**

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

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

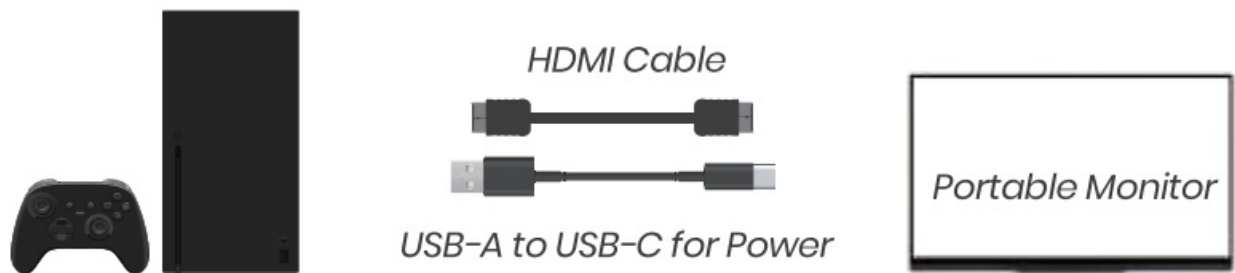
**NOTE:** Please use the wall charger to power on the monitor to avoid a black or flashing screen when the power supply is not enough.



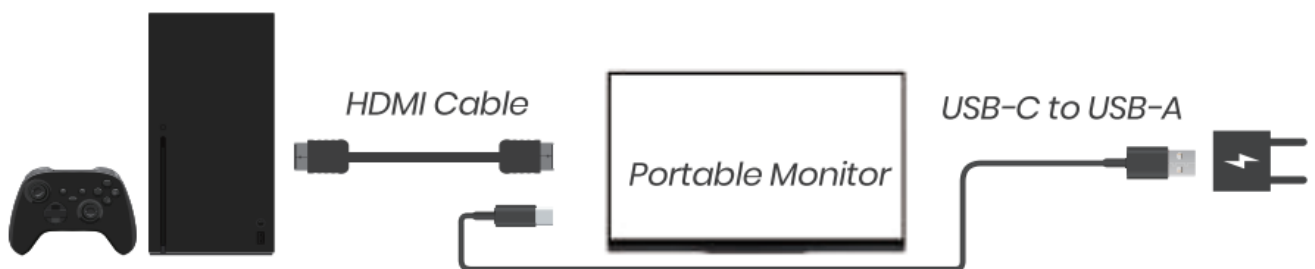


**NOTE:** (Mini)DP to HDMI adapter is not included in a package, please contact us to get the adapter for free.  
[support@forhelptech.com](mailto:support@forhelptech.com)

### PS5/PS4 Xbox Connection



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

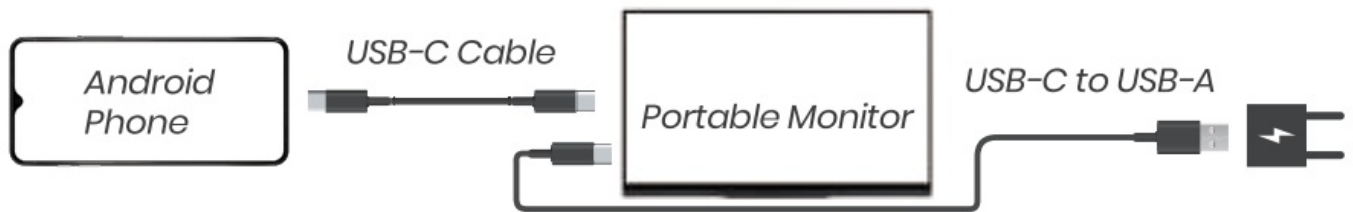


### Switch Connection



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

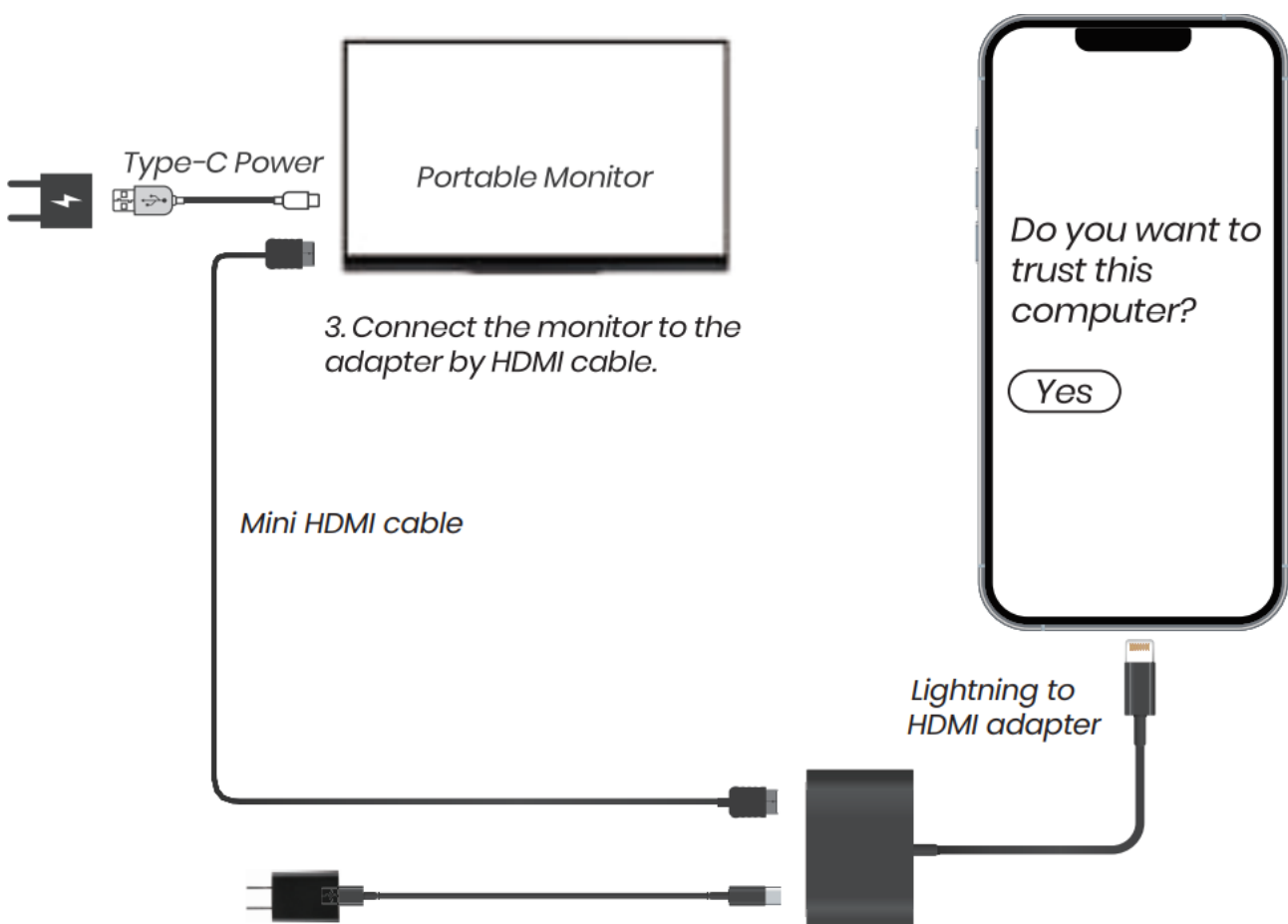
### Phone Connection



#### NOTE

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

#### iPhone Connection with Lightning to HDMI adapter



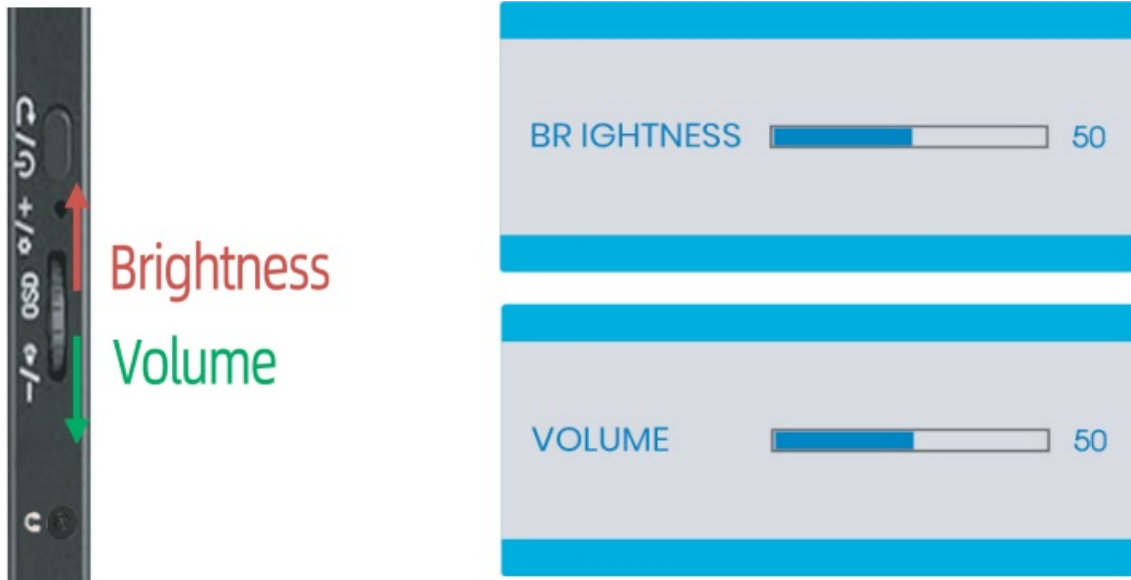
1. Use the charger to provide a power supply for the adapter.
2. Connect the adapter to your iPhone.

#### NOTE:

- A Lightning to HDMI adapter is required for an iPhone. Please contact us to get the adapter for free. ([support@forhelptech.com](mailto: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 use 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 the previous menu without
- saving current settings or Press the Menu button to confirm settings.

## Brightness/Contrast

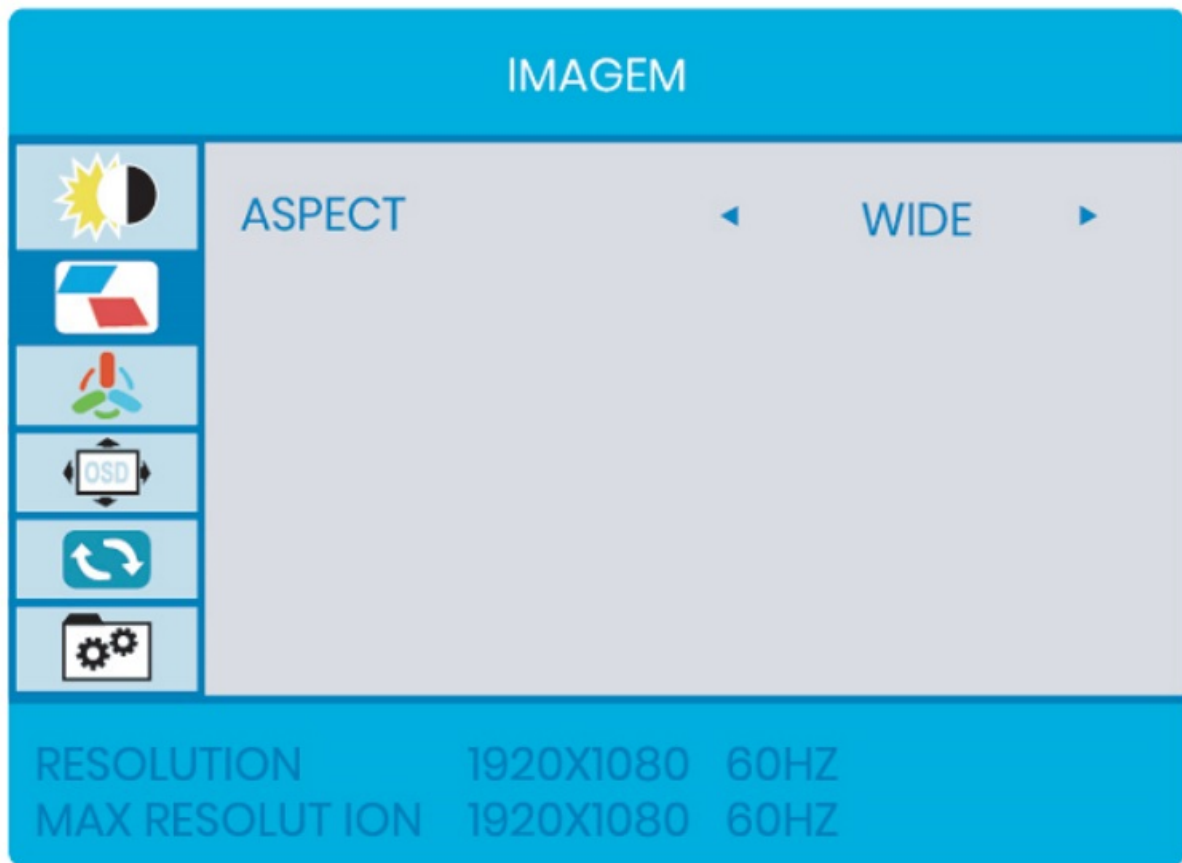


- Brightness: Allows you to adjust the brightness or luminance of the backlight (Range: 0~100).
- Contrast: Adjust the contrast between the objects and background. (Range: 0~100).
- ECO: 4 image modes (Standard/Game/Movie/Photo).
- Sharpness: Outline objects more clearly Range: 0~4).
- DCR: Select On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

### NOTE

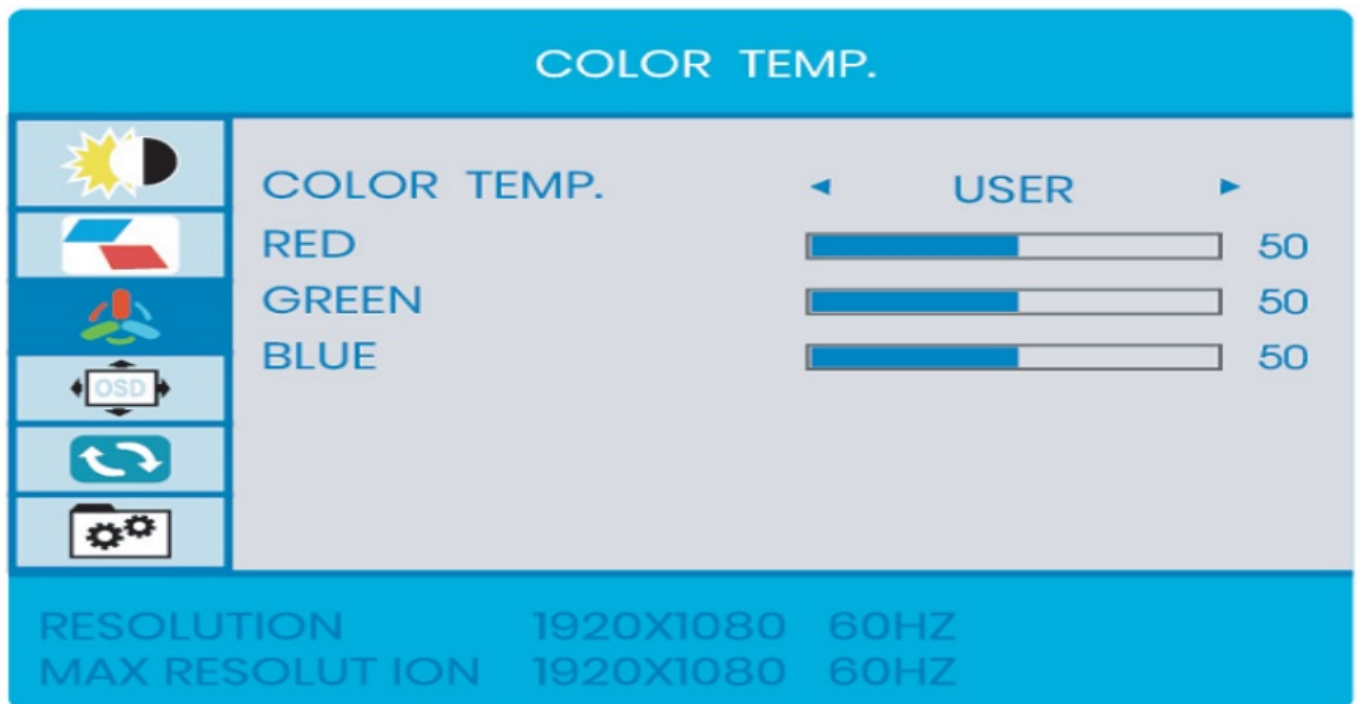
When the monitor is connected to phones, if there is no external power supply and the brightness is adjusted to a high value, the brightness will be automatically adjusted to 30 because of not enough power supply. Please use the wall charger to power on the monitor to avoid a black or flashing screen.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

### IMAGEM



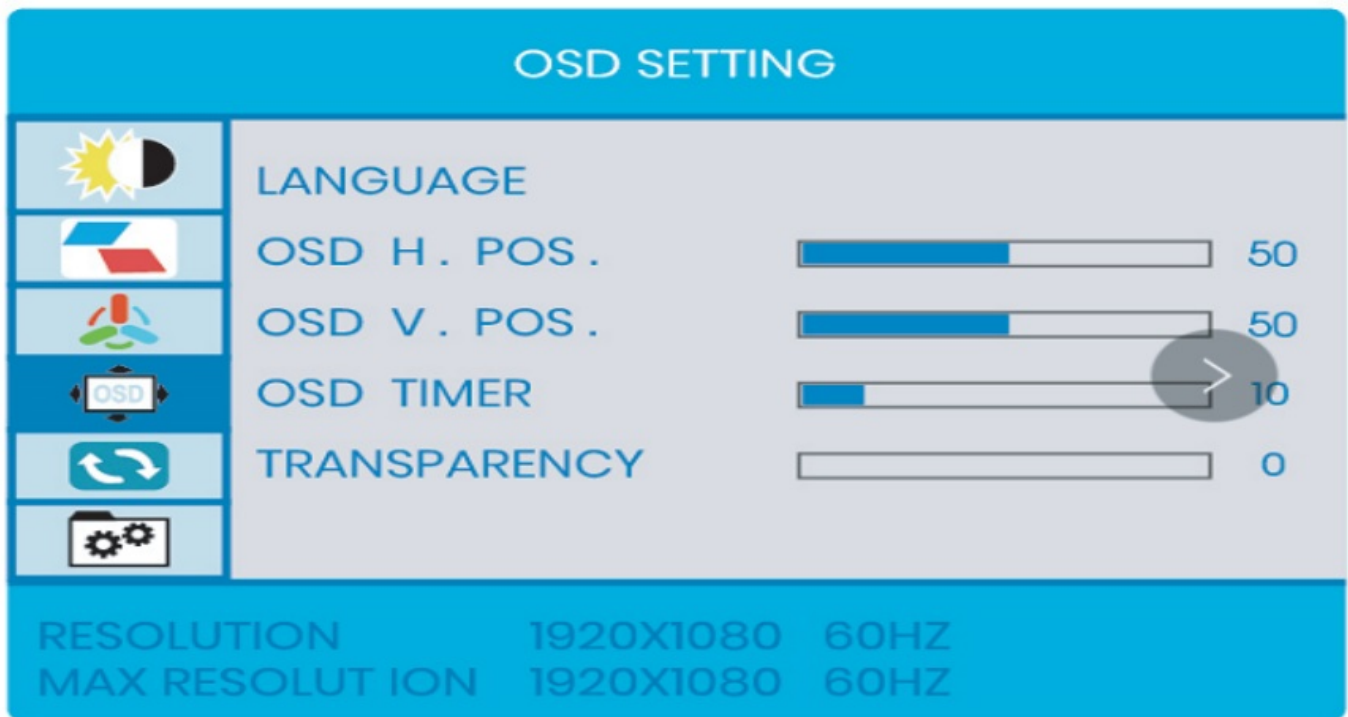
**Aspect:** Display image scale, 16:9/4:3 set

#### Color Temp



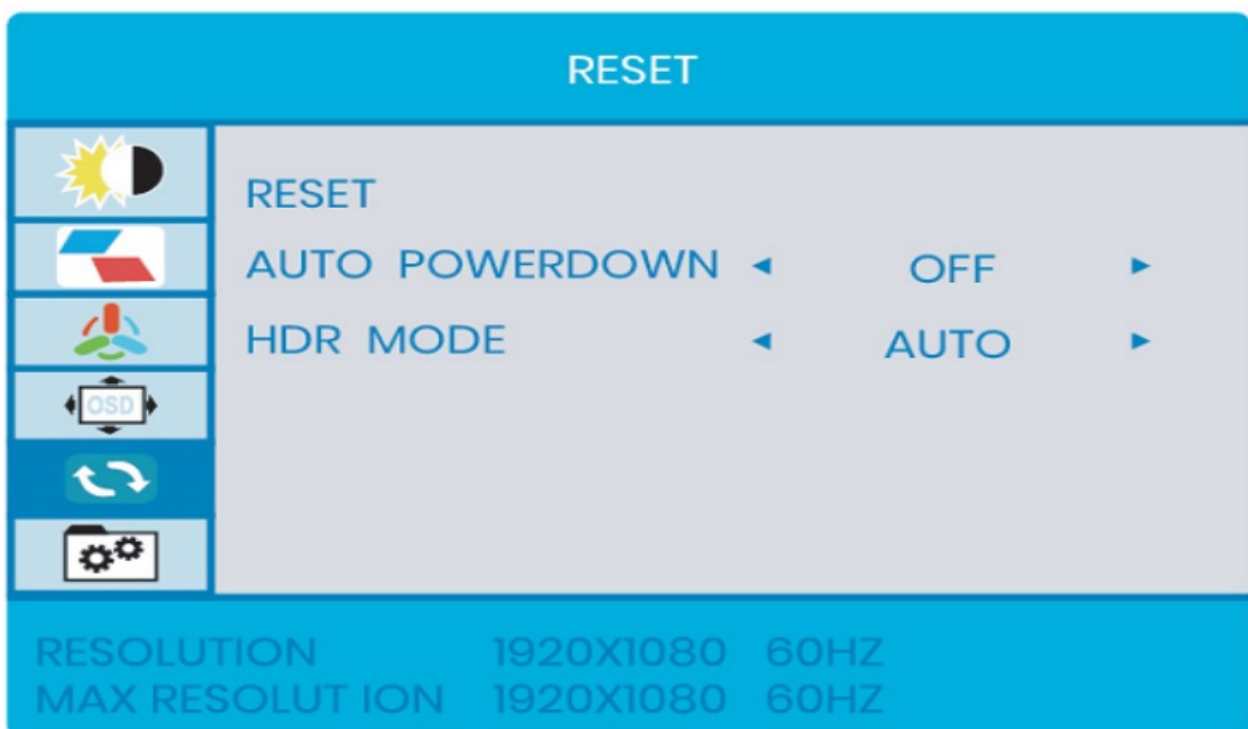
- Color Temp: Adjust the tint of the screen to 9300k, 6500k, sRGB, User.

#### 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

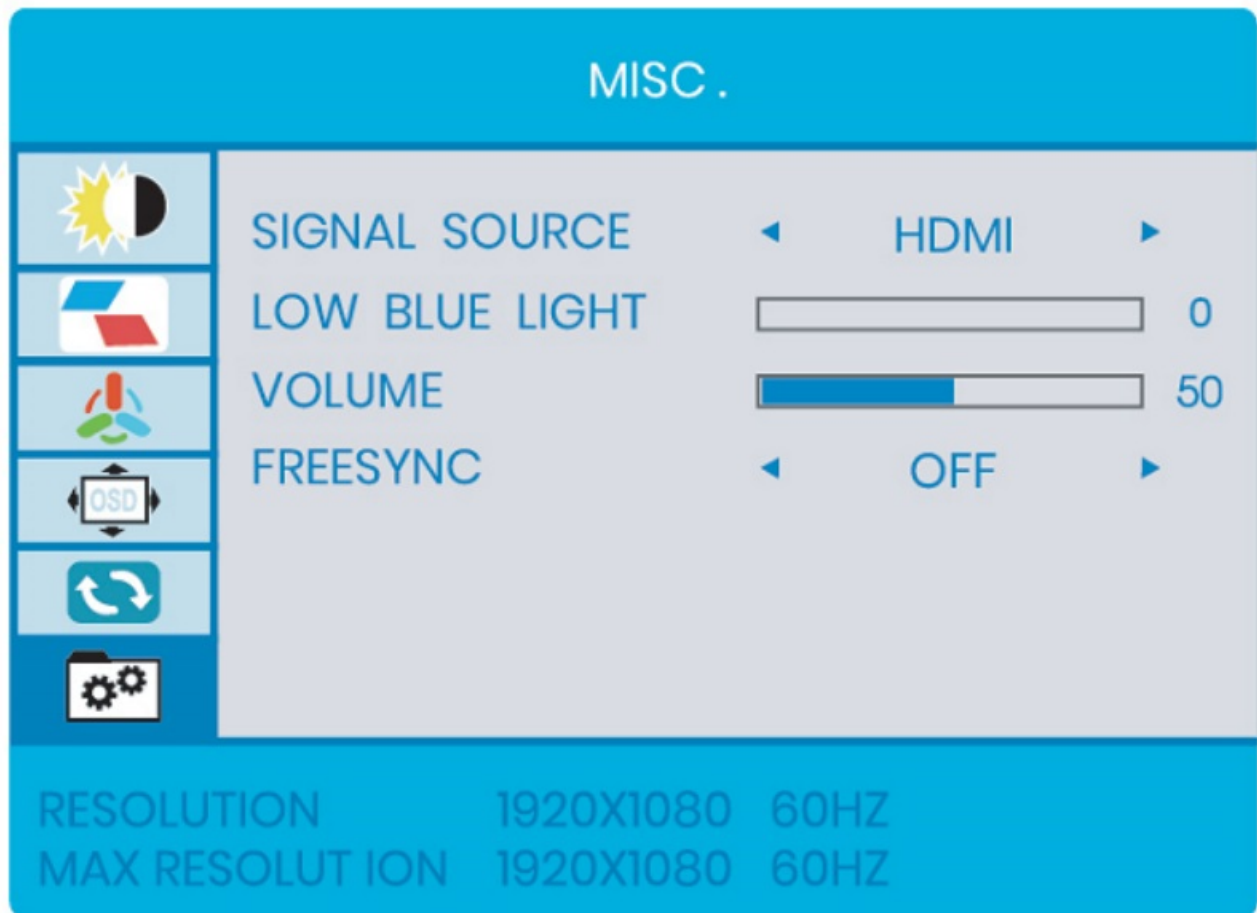


- Reset: Reset all display settings
- Auto Powerdown: Automatic shutdown

- 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

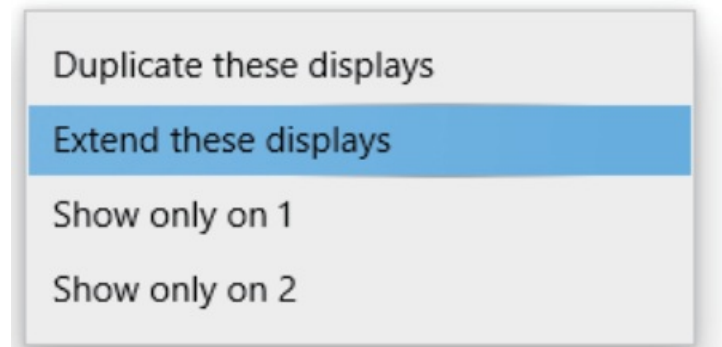


- Signal source: Signal source selection
- Low BLUE LIGHT: Decreasing the blue light emitted from the display
- VOLUME: Adjust the volume while reading on the screen.
- (Range: 0~100).
- setting: 0-100.
- Freesync: Monitor response speed increased switch

## 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" "Extend these displays" or "Show only on 2" for Different Modes.

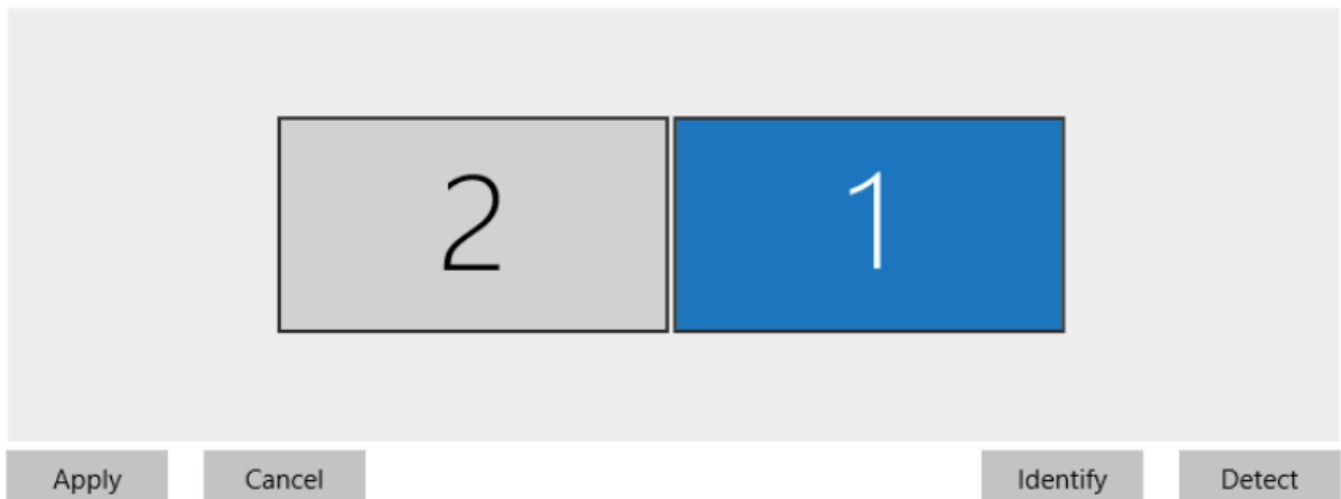


How to extend a second screen on the left side

- 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 drag that image to the opposite side of the image on the right and release the mouse cursor.
- Click Apply.

### Rearrange your displays

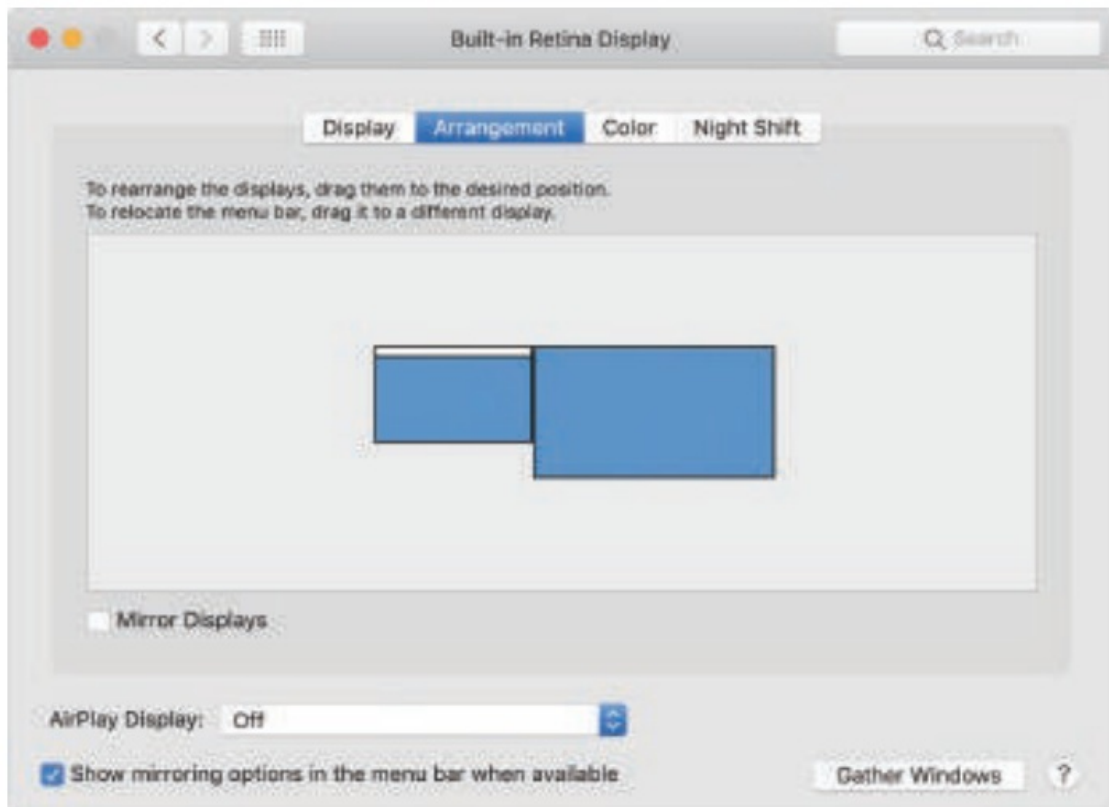
Select a display below to change the settings for it. Press and hold (or select) a display, then drag to rearrange it.



### Mac OS

- Choose the Apple menu › System Preferences, and 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.




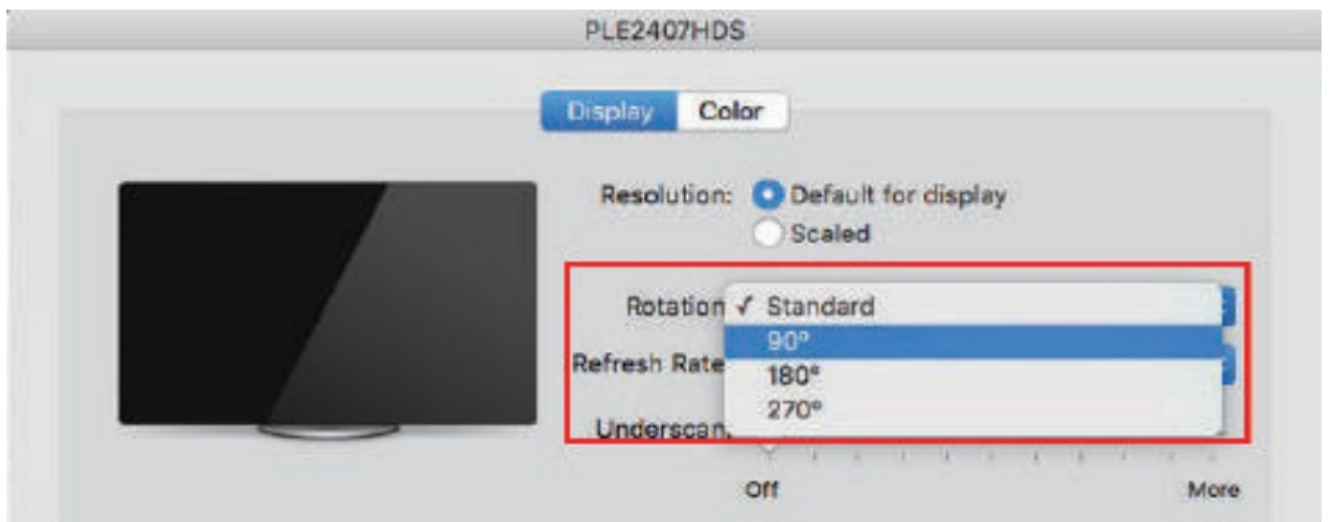


## Using the Portrait / Landscape Mode



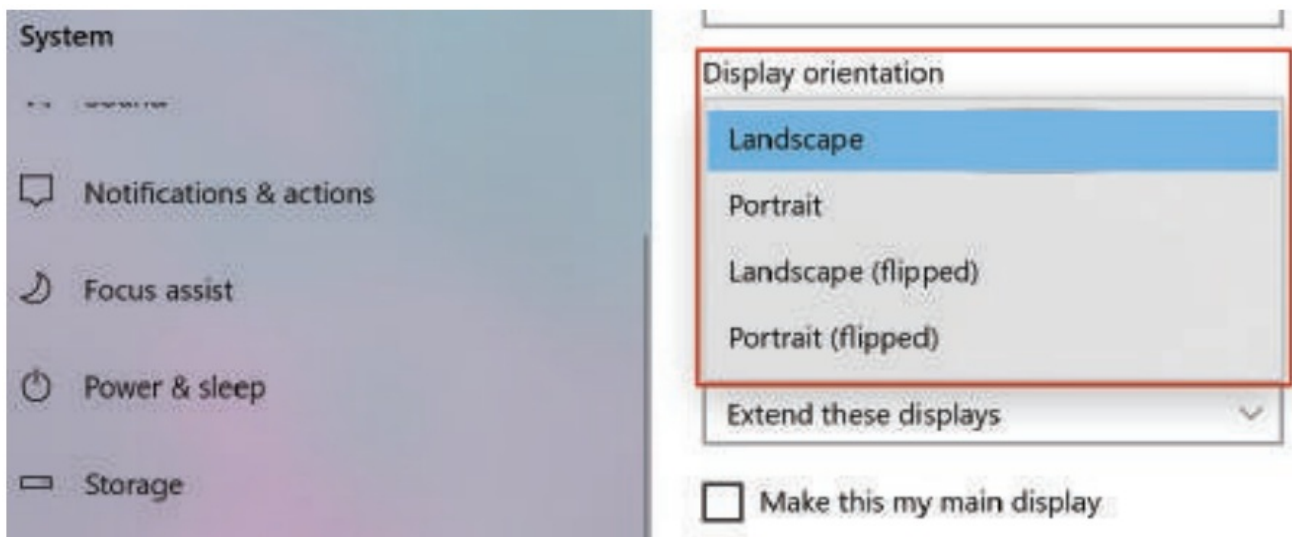
## Mac OS

- 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
<b>SAMSUNG</b>	<i>DEX, SB/S9/S10/S20 Series, Note 8/Note 9/Note 10 Series</i>
<b>HUAWEI</b>	<i>Mate 10/Mate 20/Mate 30 Series, Mate RS, P20/P30/P40 Series</i>
<b>HONOR</b>	<i>Note 10, V20/V30 Series</i>
<b>OPPO</b>	<i>R17 Pro, Reno Find</i>
<b>Razer</b>	<b><i>Razer Phone, Razer Phone 2</i></b>
<b>HTC</b>	<i>UU/tra</i>
<b>LG</b>	<i>G5, G6, G7</i>
<b>ASUS</b>	<i>ROG Gaming Phone</i>
<b>MoreBrands</b>	<i>Updating</i>

## Laptop

Brand	Model
<b>Apple</b>	<b><i>MacBook13.3in, MacBook Pro2016/2D17/2018 MacBook Air 2018, iPad Pro 2018</i></b>
<b>Google</b>	<b><i>Chromebook Pixefs, Pixelbook Pen</i></b>
<b>Lenovo</b>	<b><i>Savior Y7000, Savior Y7000P, Savior Y9000K, YOGA 6 Pro, ThinkPad XI Carbon, Yoga 5 Pro, Miix 720</i></b>
<b>DELL</b>	<b><i>G3 Series, G5 Series, G7 Series, Inspiron 5000, Inspiron 7000, XPS13, XPS15</i></b>
<b>HP</b>	<i>EliteBook 1050G1, EliteBook Folio G1, Omen 4 Pro, Pavilion X2</i>
<b>Microsoft</b>	<i>Surface Book 2</i>
<b>ASUS</b>	<i>Lingyao 3, U306, U321Series, U4100, ROG Series</i>
<b>HUAWEI</b>	<i>MateBookD</i>
<b>Razer</b>	<i>Blade Stealth</i>
<b>MoreBrands</b>	<i>Updating</i>

## Troubleshooting

Please feel free to contact us for any problem.

[support@forhelptech.com](mailto:support@forhelptech.com)

### Black screen or No signal

1. Please use the original accessories we provide (cables and chargers). USB 3.0 A Male to USB Type C cable does not support video signal transmission.
2. Please plug in the wall charger to the Type-C port for the power supply and wait for the screen to display “no

signal, then plug in the USB-C cable to another Type-C port or HDMI cable to the MiniHDMI port for video signal transmission.

3. For a single USB-C connection for power and display, the Type-C port of some devices like HP Elitebook, and Acer Aspire does not support video output and only supports charging. Please contact us to help you confirm if your device supports it.
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 at [support@forhelptech.com](mailto:support@forhelptech.com)

### **How to connect this monitor to a laptop without an HDMI port?**

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](mailto:support@forhelptech.com)

The stand is flimsy.

### **How to use the monitor cover as a stand?**

Please refer to Page 4 for detailed instructions.

### **The 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 a single USB-C cable, some laptops, and phones cannot provide enough power supply for this monitor.
2. Please plug in the wall charger to the Type-C port of the monitor for enough power supply.
3. Please contact us for help ( [support@forhelptech.com](mailto: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”
4. The USB Type C to USB 3.0 A Male cable can only be used for power supply.
5. This cable does not support video transmission.

My Android Phone is equipped with a 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 the Type-C port, then connect the 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.
3. An Android to HDTV cable is required to mirror the screen. Contact us to get the HDTV cable. ([support@forhelptech.com](mailto:support@forhelptech.com))

### **How to extend a second screen on the left side?**

1. Please refer to Page 14 for instructions.
2. Please contact us for help ( [support@forhelptech.com](mailto:support@forhelptech.com))

### **Can the monitor work with Apple iPhone?**

Yes. A Lightning to HDMI adapter is required for an iPhone to work with the monitor. Please refer to Page 8 and contact us to get the adapter for free. [support@forhelptech.com](mailto:support@forhelptech.com)

### Can this monitor work with an iPad?

Yes. If the port of the iPad is a Type-C port, the monitor will work well with the iPad with a single USB-C cable. But for an 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](mailto: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.

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or scan me



### Register 2 Years Warranty

Get 10% OFF Code

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## References

- [User Manual](#)