Our manufacturer has designed our system so that anyone can set it up themselves. It is very simple; if you can put a magnet on your fridge then you are over qualified. We ship the system to you already pre-programmed and pre labeled; all of the technical stuff is done here by us before you get it. Once you receive the system you will open it up and give us a call, and our technicians will walk you through the entire set up. Once the system is installed, the tech will test and make sure every sensor is working properly, and at that point your monitoring will begin. Sounds easy enough, right?