

Health Manager Software

Installation and Quick User Guide

biocomfort



Before you start

- The Health Manager Software must be installed before measurements using the devices can be carried out.
- The measuring devices must be 'linked' to the software before a measurement can be carried out.
- Measuring devices which are not linked will display the error code "error 19" or "E 19".
- The USB wireless dongle may not be inserted until the software is installed.
- The Health Manager Software can manage up to 8 users. Upon "Add new user" a user no. between 1 and 8 is assigned to the user.

System requirements

Operating System

Windows 2000, Windows XP, Windows Vista (updated to their latest service packs)

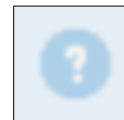
Minimum requirements

- Processor Speed 1.6 GHz
- RAM 512 MB; 1 GB (for Windows Vista)
- SVGA (800x600) or higher-resolution video adapter and monitor

Installation

- Insert the Installation CD.
- Follow the instructions that appear during the installation process.

Upon successful completion of the installation and before starting Health Manager Software, you must insert the USB wireless dongle. Please follow the instructions. Once the driver for the USB wireless dongle has been installed successfully, the following message appears: "*Hardware ready for use*".



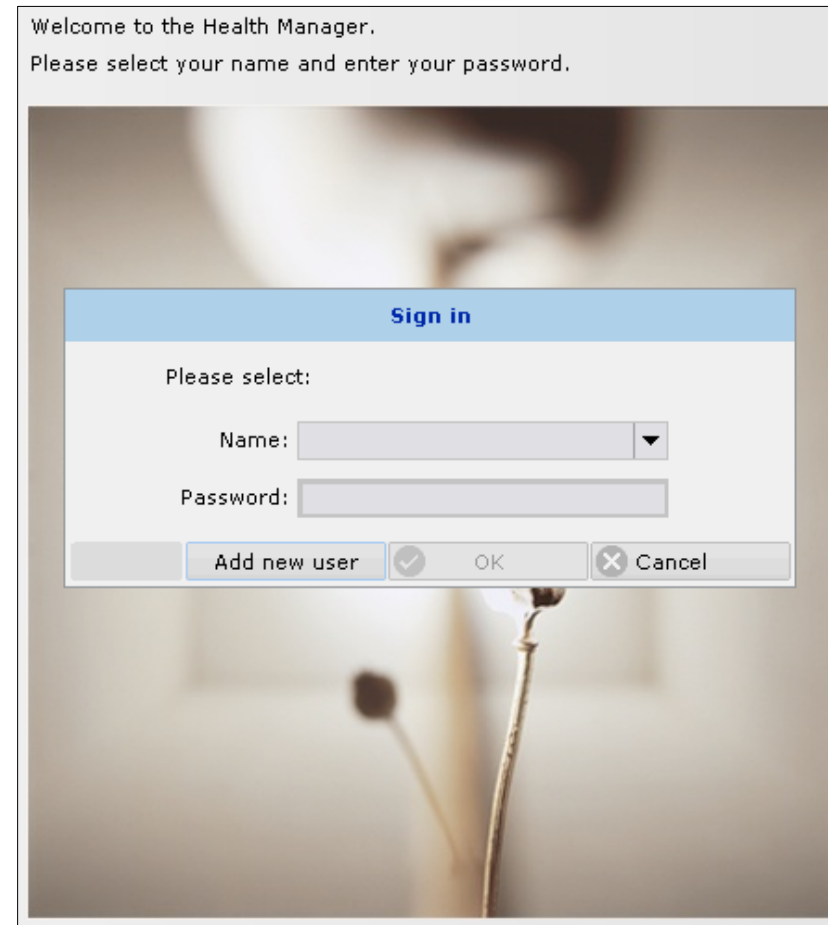
The software contains an integrated assistance program. The question mark symbol displays the software items for which additional information is available.



First step after installation of software: Add new user

When the program is first opened, an entry screen for adding new users and general body values will appear:

- Click on "Add new user".
- Optional: assign a private password (this is optional – you may also leave the password field blank).



Create new user

Your personal data:

Last name

First name

Password

?

Confirm password

Gender

☐ male

☐ female

Birth date

14/03/1958

Height

m

Physical activity

?

Back

Next

Cancel

Follow the user guide through the personal questionnaire.

- The answers are required so that the software can analyze your measurement values with regards to your personal heart-cardiovascular risk.
- Ensure to fill out this data properly to get correct personal heart-cardiovascular risk results.

Filling out the health questionnaire

- You will probably already know the majority of additional data – height, age, physical activity.
- An additional part refers to previous illnesses, genetic predispositions and life style.

Create new user

Risks

Family history of coronary heart disease:

☐ No blood relatives of yours have suffered from heart disease, cardiac infarction or apoplexy.

☐ Blood relatives of yours have suffered from heart disease, cardiac infarction or apoplexy.

Smoking:

☐ You have never smoked or stopped smoking more than 3 years ago.

☐ You smoke or stopped smoking less than 3 years ago.

Diabetes:

☐ You do not have diabetes.

☐ You have diabetes.

Back

Next

Cancel

Second step after installation of software: Link devices

- Ensure that the measuring devices contain batteries.
- Ensure that the wireless dongle is inserted.
- Subsequent to answering the health questions and/or clicking on "Continue", the Device Wizard window will open.
- The Device Wizard displays all the devices of the Health Manager which are within range. As long as the device is not "*linked*" with the software, it will not appear in the Device Wizard screen.
- Devices which are "*linked*" to the software but are not within range will appear as „Offline“.

Step 1:

Select the option "*Add devices*" and click on "*Continue*".

Step 2:

Select the option "*Search*", wait until the search function is finished and then click on "*Continue*".

Step 3:

The Device Wizard will display all Health Manager devices which are within range, activated through the battery and "*linked*" with the software. The device will now appear as "*Online*".

Step 4:

Click on "*Finish*" to complete the process. The user No. which was assigned to you upon "*Add new user*" will be activated on the device. Select your user No. on the device to execute a measurement on the device.

You can subsequently access the Device Wizard at any time to delete, update or add new devices.

Step 1:

Device wizard

Welcome to our Device Wizard

Our Device Wizard provides for a choice of adding new medical devices or deleting those present.

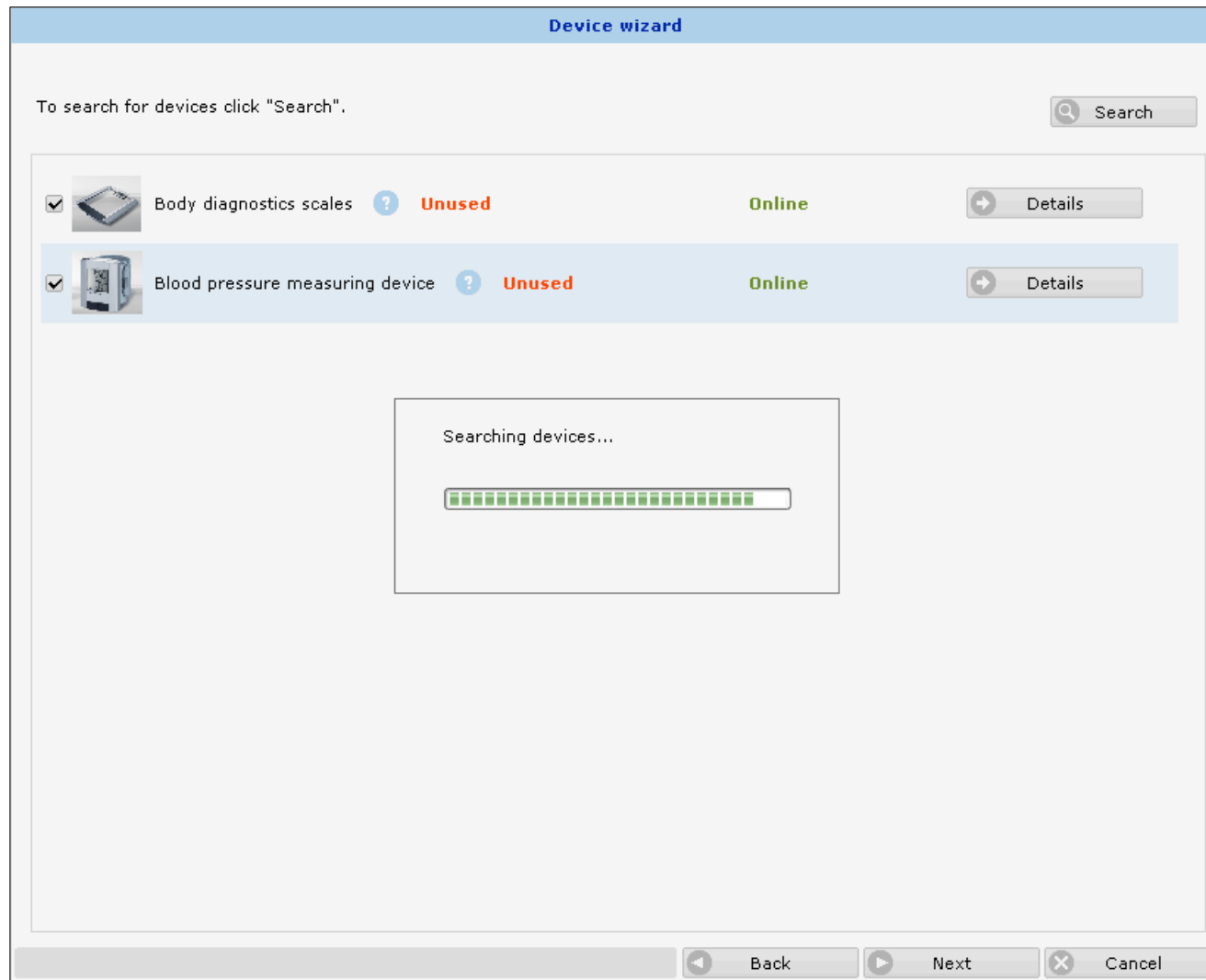
My devices All bound devices

What do you want to do next?

☒ Add devices
☐ Remove devices

Back Next Cancel

Step 2:



Step 3 and 4:

Device wizard




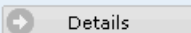
Update devices for:

☐ This user

☒ All users

This will be your bound devices after the update:

My devices All bound devices

	Body diagnostics scales ?	Online	
	Blood pressure measuring device ?	Online	

Back Finish Cancel

Analyses using Health Manager software

The software works on the basis of the internationally recognized PROCAM score. The software already works with the body values gathered by you. In order to prepare analyses on the basis of the PROCAM score, a minimum of one blood pressure measurement as well as a manual entry of blood fat (HDL/LDL) and triglycerides must be carried out. Please take care to add values accurate and ongoing. Only then it is possible to carry out a risk assessment. The Score is valid for 35-65 years old males. The amount of infarctions of women in the study was too low to deduce a score for them. Anyway, it could be shown that the risk of an infarction of 45-65 years old women in the post menopause is 1/4 the risk of infarction of a man at the same age. Therefore the risk for woman will be calculated with the same parameters as the man risk and afterwards divided by 4. Considering that it can be only done for women between 45-65 in the post menopause.

The screens show e.g. an overview of your data (1), the measurement progression of individual values (2), your long-term risk (3), the health indications generated by the software (4) or the development of your values with regards to a health target as defined by you (5) (e.g. reducing body weight or cholesterol levels).

The screenshot displays the 'Health Manager' software interface. On the left is a sidebar with navigation buttons: 'Health analysis', 'Health values' (highlighted in blue), 'Settings', 'Print', and 'Help'. Below these are sections for 'Indications' (showing '1 New indications') and 'Risk status' (showing '--'). The main window is titled 'Blood fat' and contains a 'Your current values:' section with tabs for 'Date Time', 'Cholesterol', and 'HDL'. Below this is a sub-section titled 'All Values' with a tab for 'Triglycerides'. The 'Health values' sub-section is active, showing a form to 'Enter new values' with fields for Date (14/03/2008), Time (17:00:43), Cholesterol (226 mg/dl), HDL (61 mg/dl), LDL (165 mg/dl), and Triglycerides (158 mg/dl). At the bottom of this form are 'OK' and 'Abort' buttons.

(1)

Biocomfort Health Manager

Max Mustermann User No.1

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Health analysis

Health values

Settings

Print

Help

Indications

1 New indications

Risk status

0% 30%

Your target value status

0% 50 100%

0%

Log out

Health values

Selection of health value for measurement

Active health values

Blood fat Show details

Cholesterol

HDL

LDL

Triglyceride

Blood pressure Show details

Diastolic

Pulse

Systolic

Blood sugar Show details

Blood sugar

Body shape Show details

Hip

Waist

WHR

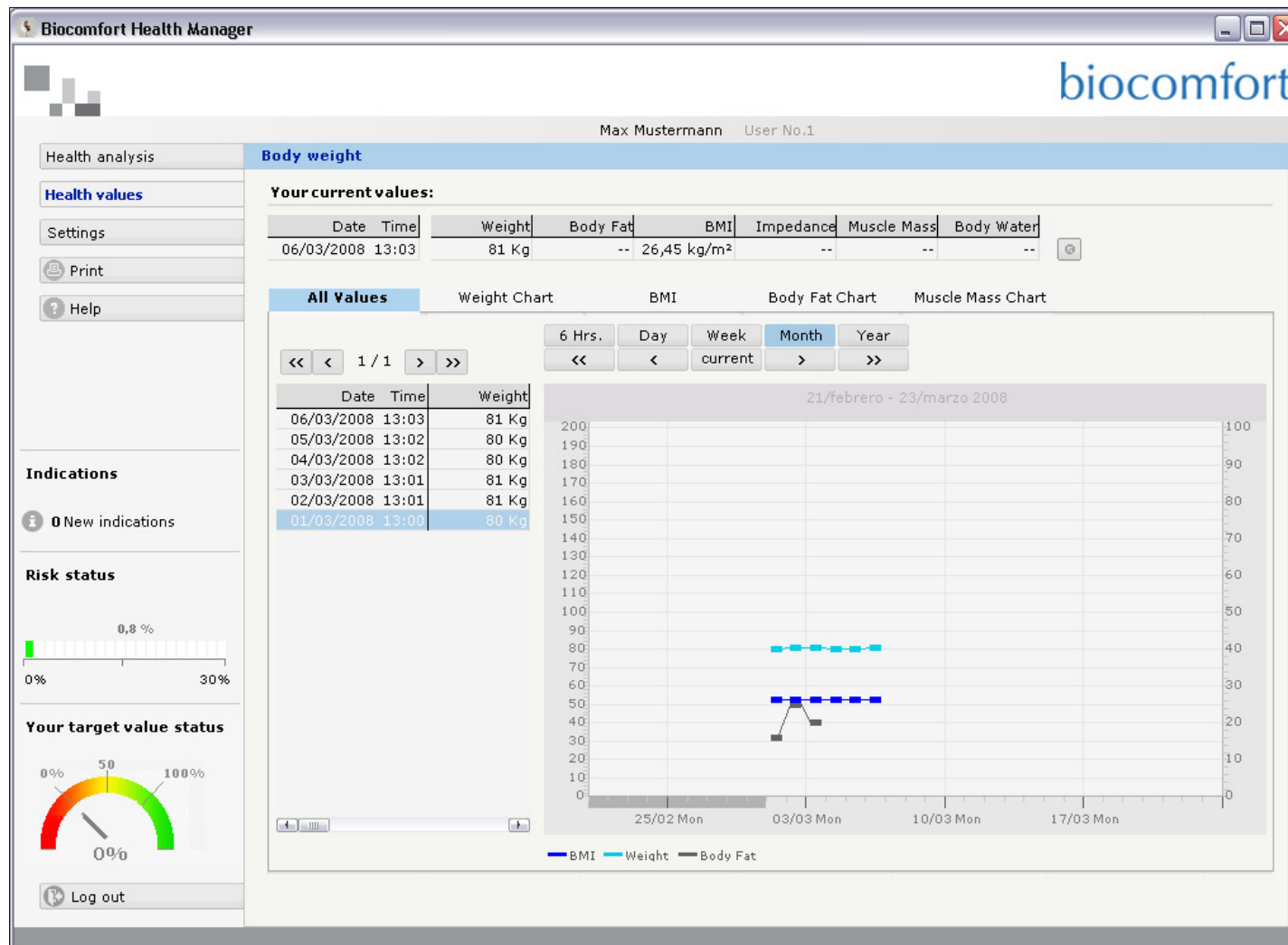
Body weight Show details

BMI

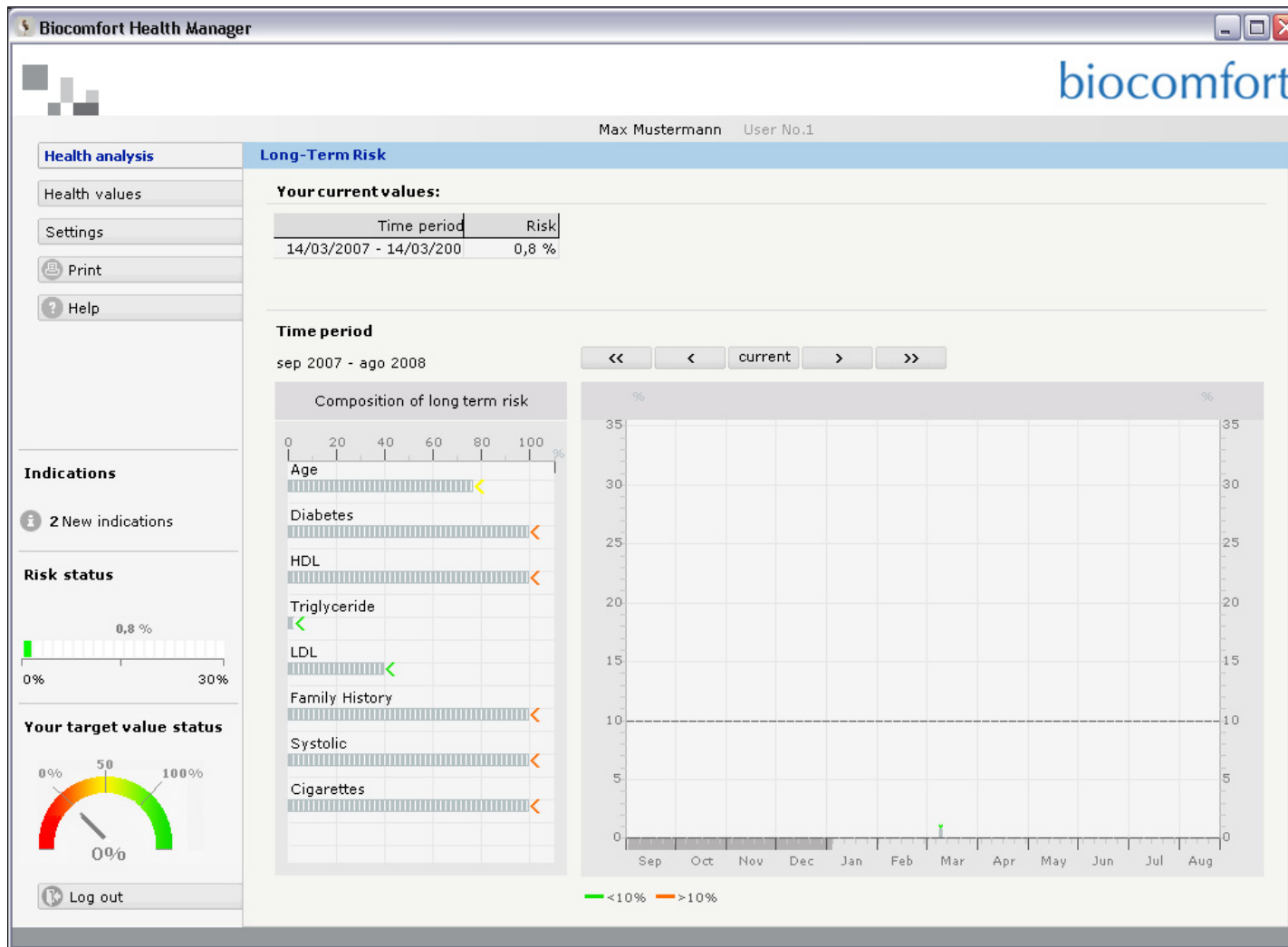
Body fat

Body mass index

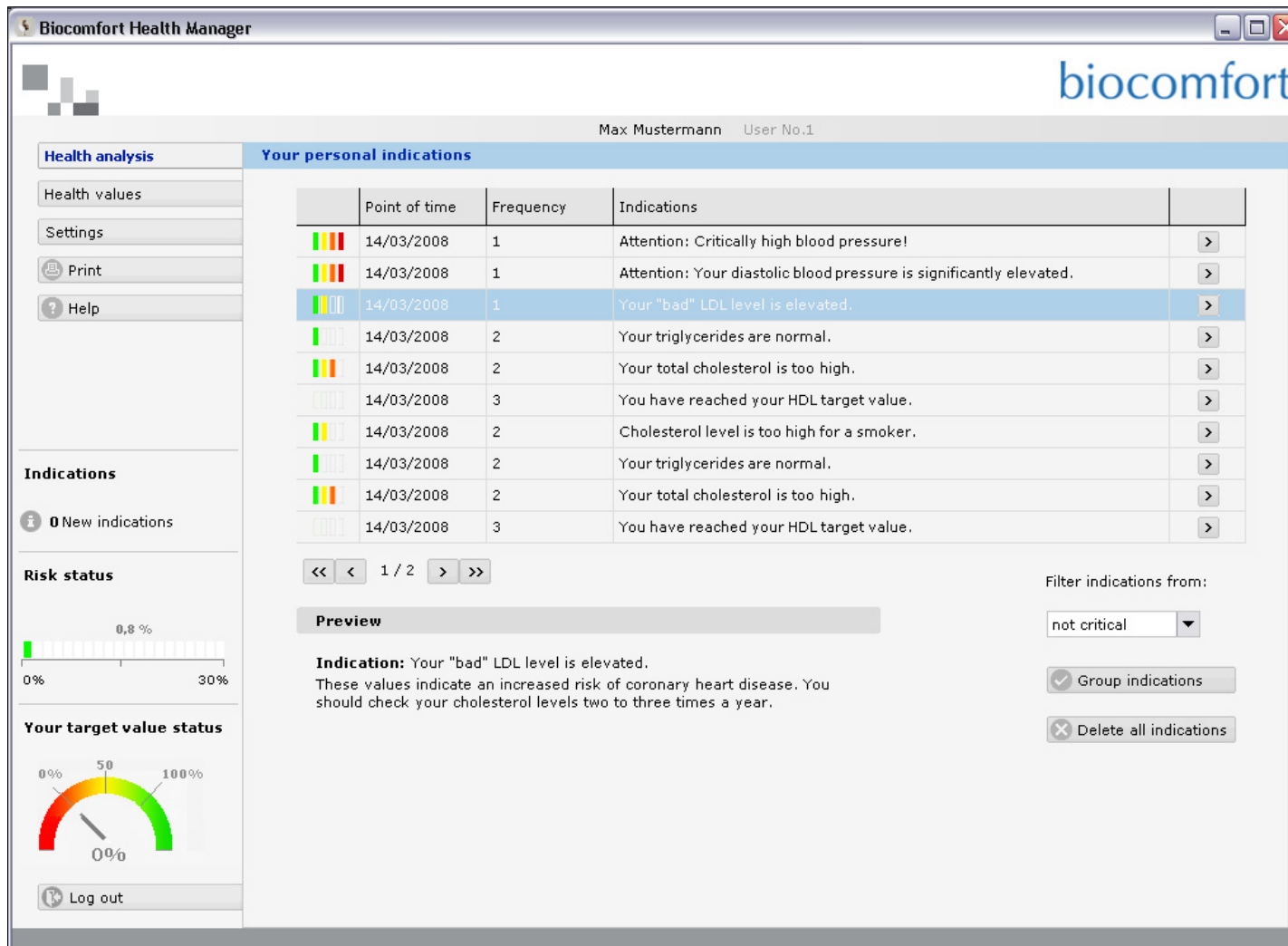
(2)

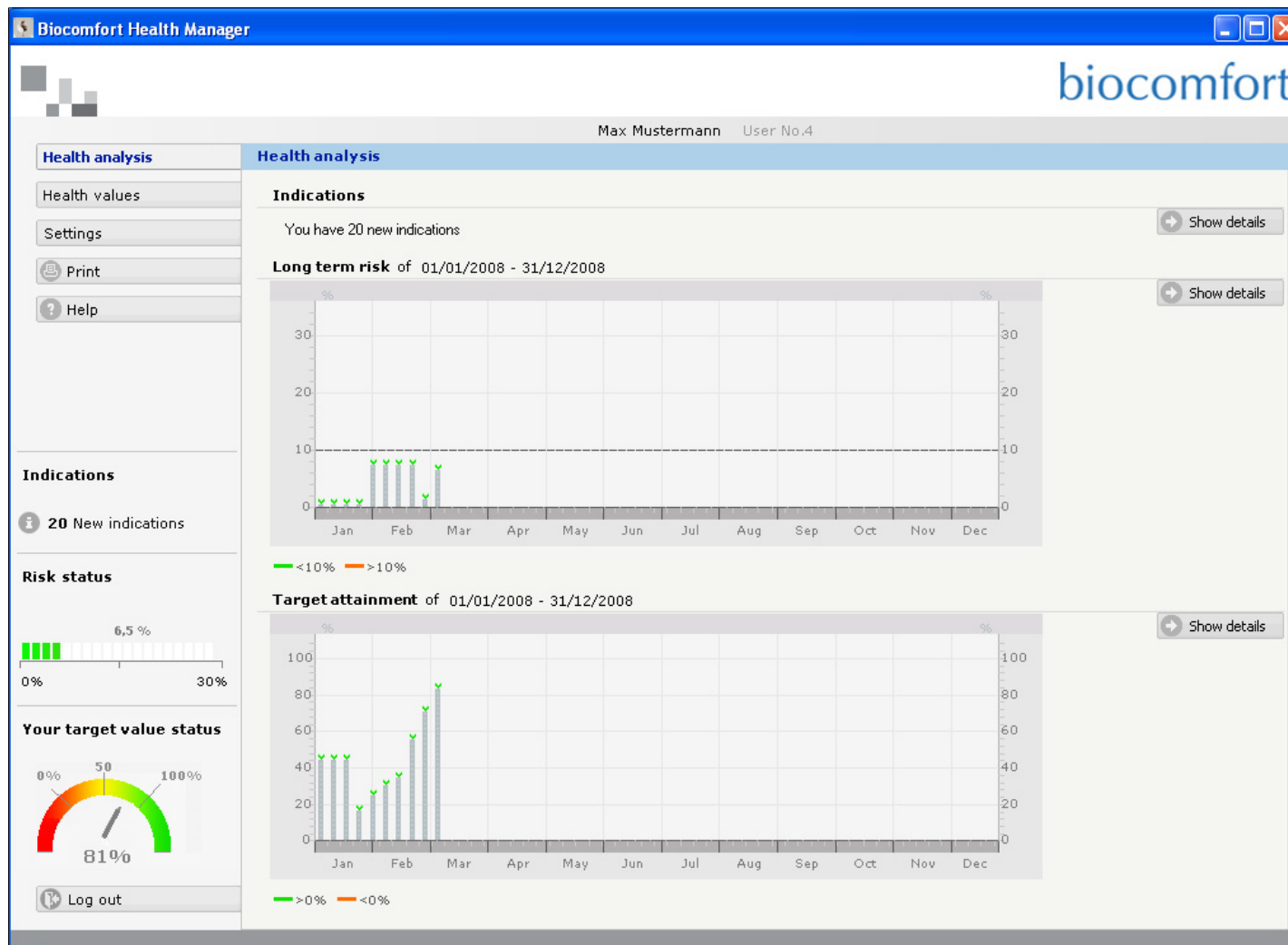


(3)

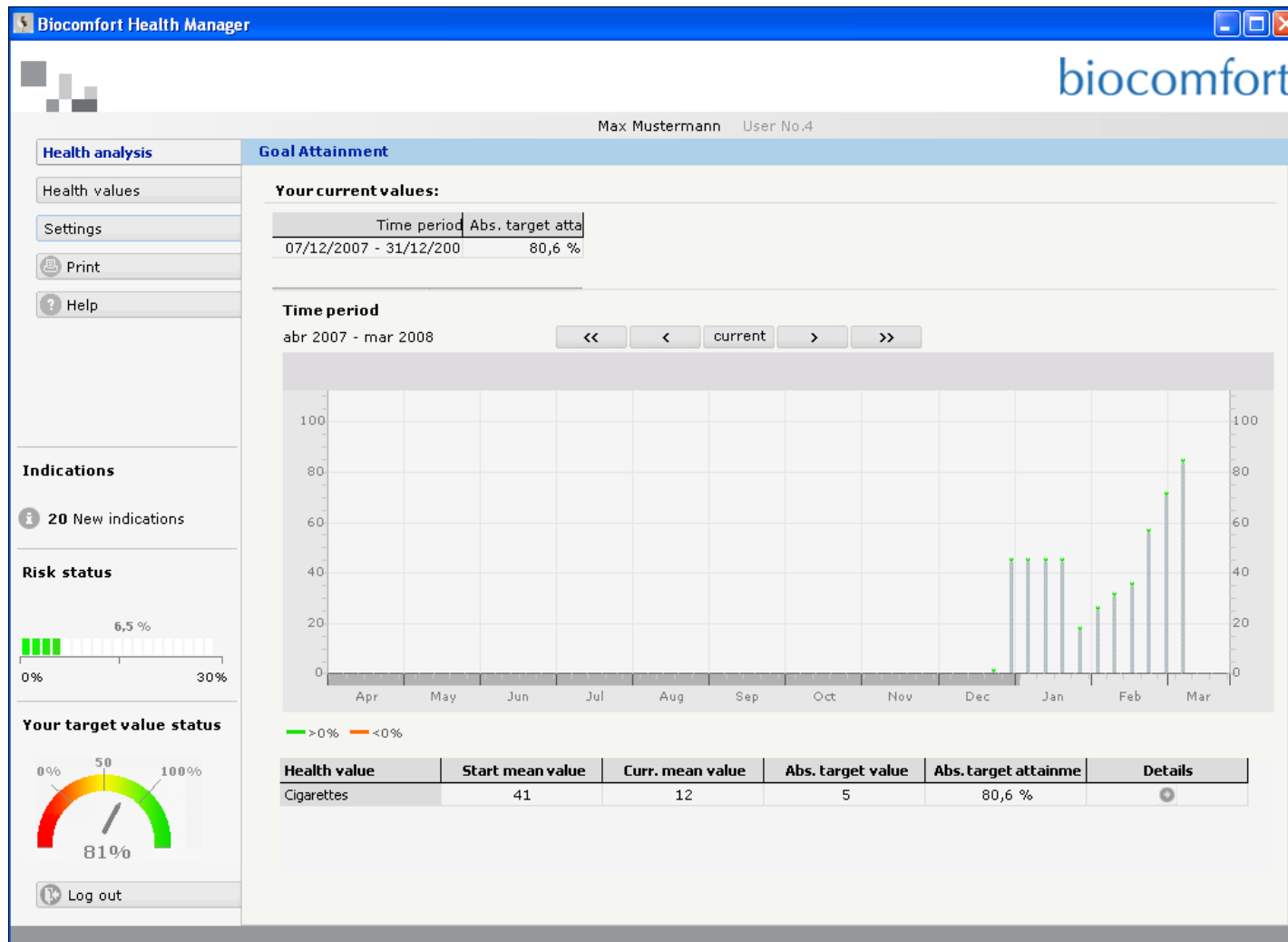


(4)





(5)



Error messages

- Error 19 on the measuring device display – the devices are not yet linked to the PC.
- The software is unable to find the devices – check batteries or insert batteries into device.
- The software is unable to find the devices – check wireless connection, or reset if required.

Each measuring device is equipped with an extensive user manual. Please take the time to read through the detailed information.

Disclaimer

The risk assessment in the Health Manager Software calculates the risk that persons without symptoms of coronary heart disease such as angina pectoris will experience myocardial infarction within the next ten year period. You should carefully review this disclaimer before using the software and consult a physician before applying the results to your particular case.

THIS SOFTWARE DOES NOT OFFER OR CONTAIN ANY MEDICAL ADVICE OR MEDICAL TREATMENT. USERS OF SOFTWARE SHOULD CONSULT THEIR PHYSICIAN FOR MEDICAL ADVICE OR TREATMENT, AND FOR ADVICE REGARDING APPLICATION OF INFORMATION PROVIDED BY THE SOFTWARE TO THEIR PARTICULAR CASE.

Neither this Software nor any information contained herein should be understood or used by any person as a substitute for obtaining medical advice or treatment from a physician. Even a low risk assessment percentage should not be interpreted as a guarantee or assurance that you are free from risk of developing coronary heart disease, or that you need not follow a healthy lifestyle, including healthy diet and exercise appropriate to your individual circumstances.

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