The communication between the 5300 programmer system and the CIS is initiated by the programmer by using the UniPP software. In a typical communication cycle, the physician changes a parameter and requests to send it to the device. The CardioFit device periodically transmits a beacon signal that starts a communication cycle and is also a communication trigger for the 5300 programmer. This signal is received by programming wand reception channel of the 5300 programmer and causes the programmer to answer back by sending the desired command. The command is sent to the Cardiofit by the programming wand transmit channel using ASK modulation. Cardiofit then echoes the command to the 5300 programmer and the 5300 programmer answers with echo confirmation.