

Step 1. From the <http://projectpophealth.org/> homepage, click on the “Download” tab



Step 2. On the download page, click on the first “Download” icon listed under the “Download and Installation Instructions. This icon contains a hyperlink or you can go to the following link
http://downloads.vmware.com/d/info/desktop_downloads/vmware_player/3_0

You can also click on the “Download” icon listed on this page

Step 3. On the VMware page click on the VMware player “Download” button for version VMware player 3.1.4

The screenshot shows the VMware website's 'Download VMware Player' page. At the top, there's a navigation bar with the VMware logo and links for Community, Forums, Technical Resources, Virtual Appliances, Store, and My Account. Below this is a secondary navigation bar with tabs for Cloud Computing, Virtualization, Solutions, Products, Services, Support & Downloads (which is active), Partners, and Company. The main content area has a blue header with 'Download VMware Player' and a sub-header 'Home > Downloads > VMware Player v3.0'. Below the header, there's a section titled 'Download VMware Player' with instructions to click the 'Download' link on the versions below. There's also a 'Stay Informed' section with links to Release Notes and Usage Guidelines. A 'Related Resources' sidebar on the right lists links like Product Info, Documentation, Knowledge Base, Community, Self-Help Support, Support Policies, and Icon Usage & Guidelines. At the bottom, there's a table of product downloads. The table has columns for Product, Version, and Release Date. The row for 'VMware Player 3.1.4' has a 'Download' button circled in red. Below the table, there are four columns of links: Download Products, Purchase Support, Connect with Experts, and Find Answers. The footer contains copyright information and various links.

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Home > Downloads > VMware Player v3.0

Download VMware Player

Click on the "Download" link on one of the versions below to gain access to your binaries.

Stay Informed

Be sure to read the [Release Notes](#) for each version prior to downloading.

Looking to promote VMware Player on your site?

Please read and accept the [VMware Usage Guidelines](#) to gain access to VMware Player icon.

Other versions of VMware Player: [2.5](#), [2.0](#), [1.0](#)

Search VMware Downloads

All Downloads

Related Resources

- [Product Info](#)
- [Documentation](#)
- [Knowledge Base](#)
- [Community](#)
- [Self-Help Support](#)
- [Support Policies](#)
- [Icon Usage & Guidelines](#)

Product Downloads | [Drivers & Tools](#) | [Open Source](#) | [Need Help Downloading?](#)

PRODUCT	VERSION	RELEASE DATE
VMware Player 3.1.4	View History 3.1.4	2011/03/29

Download

Download Products
Visit Download Center
Download SDKs & APIs
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Read Downloads Help Guide

Purchase Support
Review VMware Support Options
Request Renewal/Upgrade Quote
Contact VMware Sales
Locate a VMware Reseller

Connect with Experts
Visit Community Forums
Join VMware User Groups
Visit VMworld
Browse Training
Register for Support Days

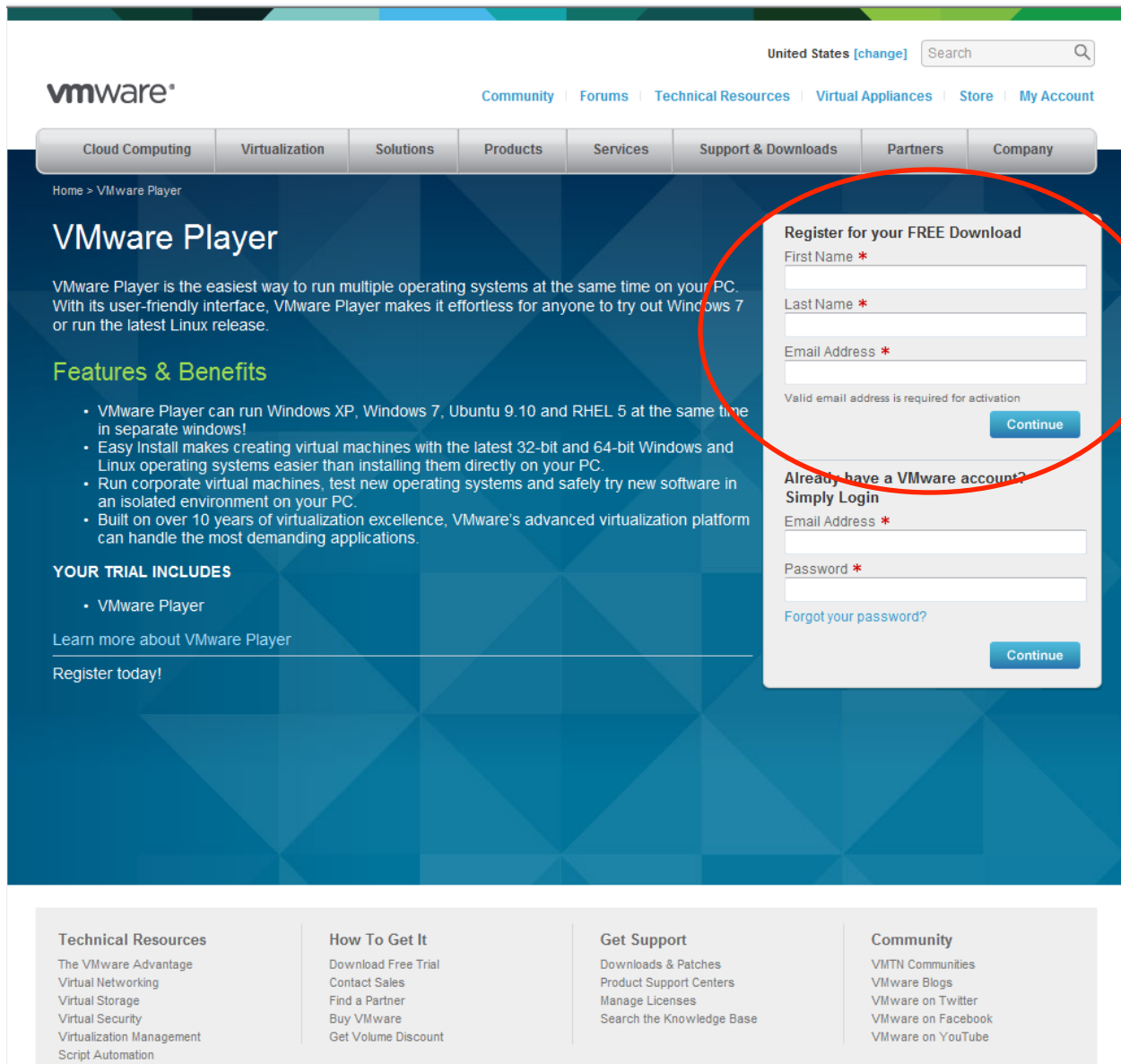
Find Answers
Visit Product Support Centers
Read Product Documentation
Search the Knowledge Base
Find Support Help Documents

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Step 4. Register for a free download.

Fill in your first and last name and e-mail and then click the “Continue” button



The screenshot shows the VMware Player registration page. A red circle highlights the registration form on the right side of the page. The form is titled "Register for your FREE Download" and contains the following fields:

- First Name *
- Last Name *
- Email Address *

Below the email field, there is a note: "Valid email address is required for activation". A "Continue" button is located at the bottom right of the registration form.

Below the registration form, there is a section titled "Already have a VMware account? Simply Login" with an "Email Address *" field, a "Password *" field, and a "Forgot your password?" link. A "Continue" button is also present at the bottom right of this section.

The main content area on the left features the "VMware Player" heading, a description of the product, and a "Features & Benefits" section with the following bullet points:

- VMware Player can run Windows XP, Windows 7, Ubuntu 9.10 and RHEL 5 at the same time in separate windows!
- Easy Install makes creating virtual machines with the latest 32-bit and 64-bit Windows and Linux operating systems easier than installing them directly on your PC.
- Run corporate virtual machines, test new operating systems and safely try new software in an isolated environment on your PC.
- Built on over 10 years of virtualization excellence, VMware's advanced virtualization platform can handle the most demanding applications.

Below the features, there is a section titled "YOUR TRIAL INCLUDES" with a bullet point:

- VMware Player

At the bottom of the page, there is a footer with four columns of links:

- Technical Resources**
 - The VMware Advantage
 - Virtual Networking
 - Virtual Storage
 - Virtual Security
 - Virtualization Management
 - Script Automation
- How To Get It**
 - Download Free Trial
 - Contact Sales
 - Find a Partner
 - Buy VMware
 - Get Volume Discount
- Get Support**
 - Downloads & Patches
 - Product Support Centers
 - Manage Licenses
 - Search the Knowledge Base
- Community**
 - VMTN Communities
 - VMware Blogs
 - VMware on Twitter
 - VMware on Facebook
 - VMware on YouTube

Step 5. Ensure your information is correct.

Select a country, city, zip code and a password.

Click the box next to “I agree to the terms and conditions outlined in the End User License Agreement.”

Then click “Register”

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Home > VMware Player > Register

Evaluate VMware Products

3. Complete VMware Player Registration

Your Contact Information

First Name *

Last Name *

Email * enewlin@odu.edu

Country *

Create a password * Enter at least 6 characters [Make your password secure](#)

Re-enter password *

VMware Player End User License Agreement

VMWARE, INC. MASTER END USER LICENSE AGREEMENT

NOTICE: BY DOWNLOADING AND INSTALLING, COPYING OR OTHERWISE USING THE SOFTWARE, YOU AGREE TO BE BOUND BY THE TERMS OF THIS VMWARE MASTER END USER LICENSE AGREEMENT ("EULA"). IF YOU DO NOT AGREE TO THE TERMS OF THIS EULA, YOU MAY NOT DOWNLOAD, INSTALL, COPY OR USE THE SOFTWARE, AND YOU MAY RETURN THE UNUSED SOFTWARE TO THE VENDOR FROM WHICH YOU ACQUIRED IT WITHIN THIRTY (30) DAYS AND REQUEST A REFUND OF THE LICENSE FEE, IF ANY, ALREADY PAID UPON SHOWING PROOF OF PAYMENT. "YOU" MEANS THE NATURAL PERSON OR THE ENTITY THAT IS AGREEING TO BE BOUND BY THIS EULA, THEIR EMPLOYEES AND

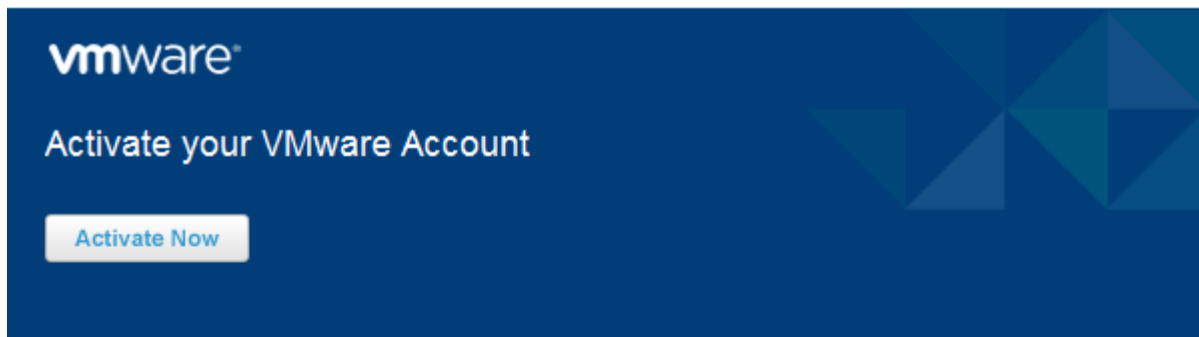
* ☒ I agree to the terms and conditions outlined in the End User License Agreement.

☒ Yes, I would like to receive email communications relating to VMware Player including tips and tricks, user guides, product updates and special offers. I understand that any information I provide will be treated in accordance with the VMware [Privacy Policy](#).

Register

Technical Resources How To Get It Get Support Community

Step 6. You will receive two e-mails. Retrieve the “Activate VMware Account” confirmation e-mail. Click the “Activate Now” button in the message.

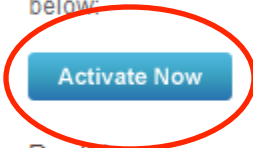


**** Please do not reply to this email. ****

**** Please save this email for future reference. ****

Dear Eliz,

Thank you for creating a VMware account. To complete the registration process, please click the button below:



Don't have your password?

If you do not have your password either because this account was created for you or you have forgotten it, you can reset your password [here](#).

Need Help?

If you are experiencing issues with activating your account, please call the Customer Care Team at 1-877-4VMWARE and press "0" or send an email to customer_service@vmware.com.

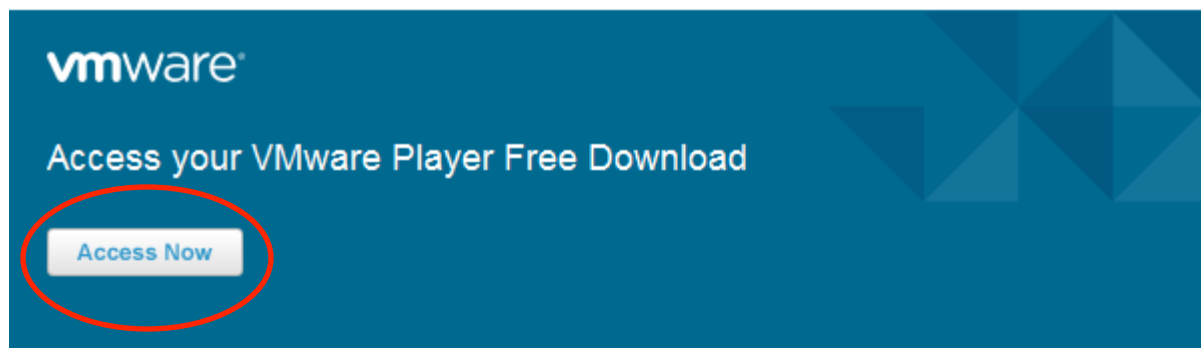
Sincerely,
The VMware Team

VMware, Inc. 3401 Hillview Ave Palo Alto CA 94304 USA Tel 1-877-486-9273.

Copyright © 2010 VMware, Inc. All rights reserved. VMware is a registered trademark of VMware, Inc.

Thank you for registering with VMware. Any information that you provide to VMware will be treated in accordance with our [Privacy Policy](#). To login or manage your VMware account for orders, support and free trials, go to [My Account](#). To be kept up-to-date on VMware product announcements, event invitations and other virtualization news, [subscribe here](#).

Step 7. Then open the e-mail titled “Access your VMware player Download” and click the “Access Now” button



**** Please do not respond to this email. ****

**** Please save this e-mail for future reference. ****

Dear Eliz,

Thank you for your interest in VMware Player.

Download VMware Player

Please use the link below to download VMware Player.

- [Download VMware Player](#)

Getting Help with VMware Player

- **Read the installation guide/user guide(s)**

This documentation will help you set up and run your evaluation software with ease:

[VMware Player Documentation](#)

- **Support Information**

If you have questions or need support during your evaluation, visit the [Community Forum](#) for product documentation, knowledge bases and other resources.

Thank you for your interest in VMware. We hope you enjoy VMware Player.

Sincerely,
The VMware Team

You are receiving this email because you requested a license of VMware Player. As noted on the download page and in the VMware Privacy Policy, you can opt out of these communications by visiting <http://info.vmware.com/content/Subscription/?cmp=EMC-PlayerEvalActivation&li=subscription>

Step 8. Log on the VMware site using your e-mail and password and click the “Continue” button.

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Home > VMware Player

VMware Player

VMware Player is the easiest way to run multiple operating systems at the same time on your PC. With its user-friendly interface, VMware Player makes it effortless for anyone to try out Windows 7 or run the latest Linux release.

Features & Benefits

- VMware Player can run Windows XP, Windows 7, Ubuntu 9.10 and RHEL 5 at the same time in separate windows!
- Easy Install makes creating virtual machines with the latest 32-bit and 64-bit Windows and Linux operating systems easier than installing them directly on your PC.
- Run corporate virtual machines, test new operating systems and safely try new software in an isolated environment on your PC.
- Built on over 10 years of virtualization excellence, VMware's advanced virtualization platform can handle the most demanding applications.

YOUR TRIAL INCLUDES

- VMware Player

[Learn more about VMware Player](#)

[Register today!](#)

Register for your FREE Download

First Name *

Last Name *

Email Address *

Valid email address is required for activation

[Continue](#)

**Already have a VMware account?
Simply Login**

Email Address *

Password *

[Forgot your password?](#)

[Continue](#)

Technical Resources

- The VMware Advantage
- Virtual Networking
- Virtual Storage
- Virtual Security
- Virtualization Management
- Script Automation

How To Get It

- Download Free Trial
- Contact Sales
- Find a Partner
- Buy VMware
- Get Volume Discount

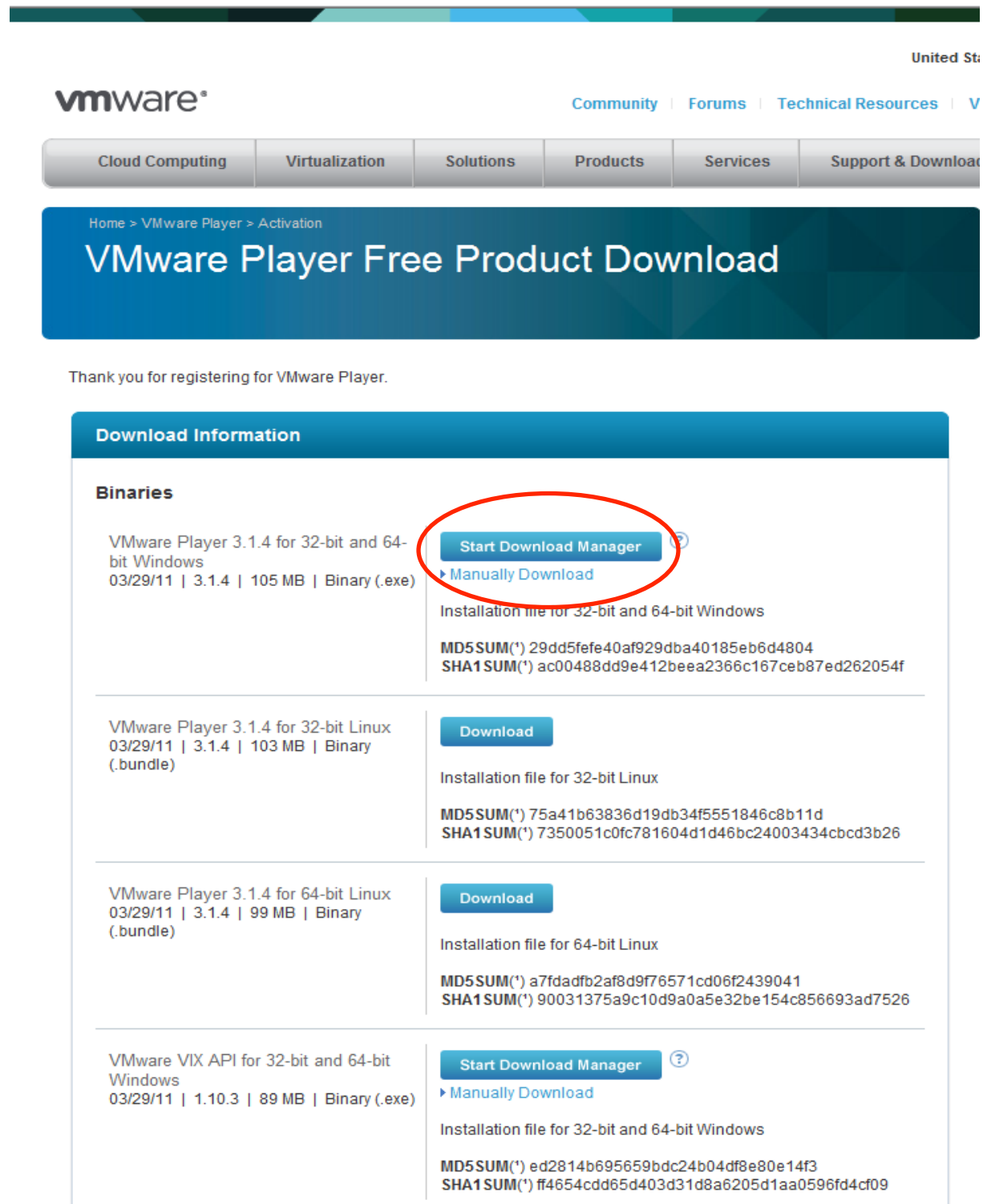
Get Support

- Downloads & Patches
- Product Support Centers
- Manage Licenses
- Search the Knowledge Base

Community

- VMTN Communities
- VMware Blogs
- VMware on Twitter
- VMware on Facebook
- VMware on YouTube

Step 9. Click on the “Start Download Manager” button for VMware Player 3.1.4 for 32-bit and 64-bit Windows if you use Windows. Mac users should access the download at the following site: <https://www.vmware.com/tryvmware/?p=vmware-fusion31&lp=1>



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Home > VMware Player > Activation

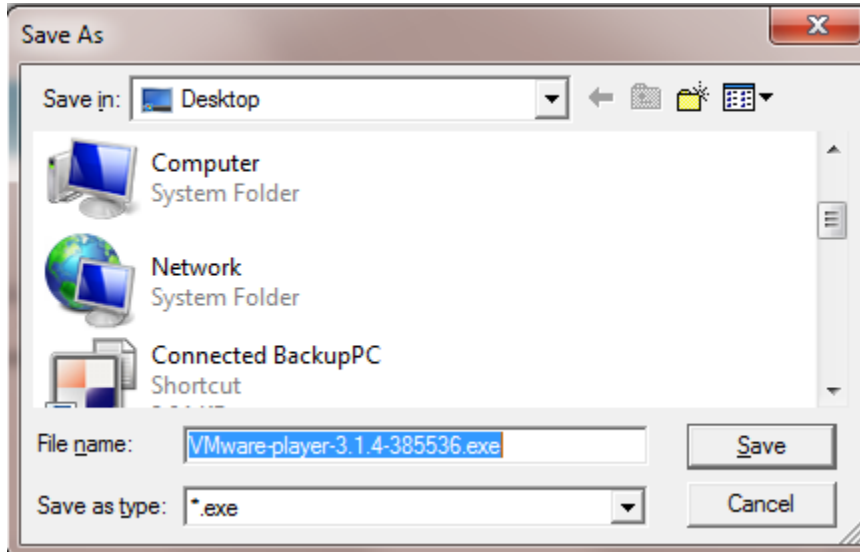
VMware Player Free Product Download

Thank you for registering for VMware Player.

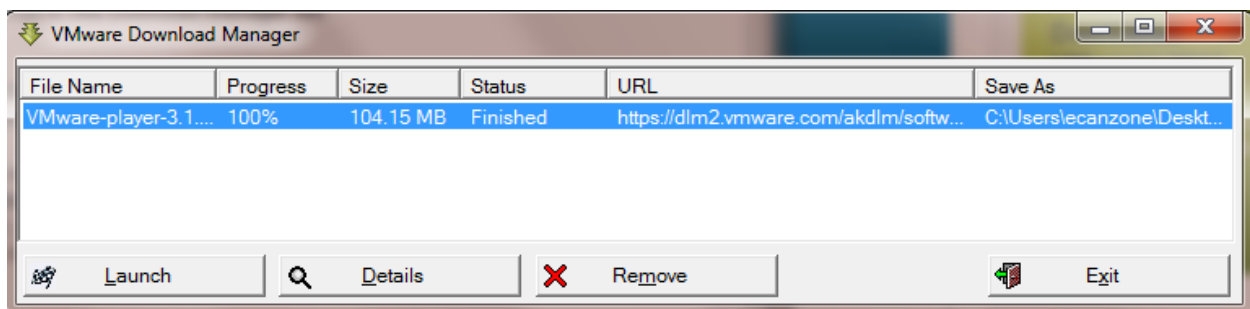
Download Information

Binaries	
VMware Player 3.1.4 for 32-bit and 64-bit Windows 03/29/11 3.1.4 105 MB Binary (.exe)	Start Download Manager ⓘ Manually Download Installation file for 32-bit and 64-bit Windows MD5SUM(*) 29dd5fefe40af929dba40185eb6d4804 SHA1SUM(*) ac00488dd9e412beea2366c167ceb87ed262054f
VMware Player 3.1.4 for 32-bit Linux 03/29/11 3.1.4 103 MB Binary (.bundle)	Download Installation file for 32-bit Linux MD5SUM(*) 75a41b63836d19db34f5551846c8b11d SHA1SUM(*) 7350051c0fc781604d1d46bc24003434cbcd3b26
VMware Player 3.1.4 for 64-bit Linux 03/29/11 3.1.4 99 MB Binary (.bundle)	Download Installation file for 64-bit Linux MD5SUM(*) a7fdadfb2af8d9f76571cd06f2439041 SHA1SUM(*) 90031375a9c10d9a0a5e32be154c856693ad7526
VMware VIX API for 32-bit and 64-bit Windows 03/29/11 1.10.3 89 MB Binary (.exe)	Start Download Manager ⓘ Manually Download Installation file for 32-bit and 64-bit Windows MD5SUM(*) ed2814b695659bdc24b04df8e80e14f3 SHA1SUM(*) ff4654cdd65d403d31d8a6205d1aa0596fd4cf09

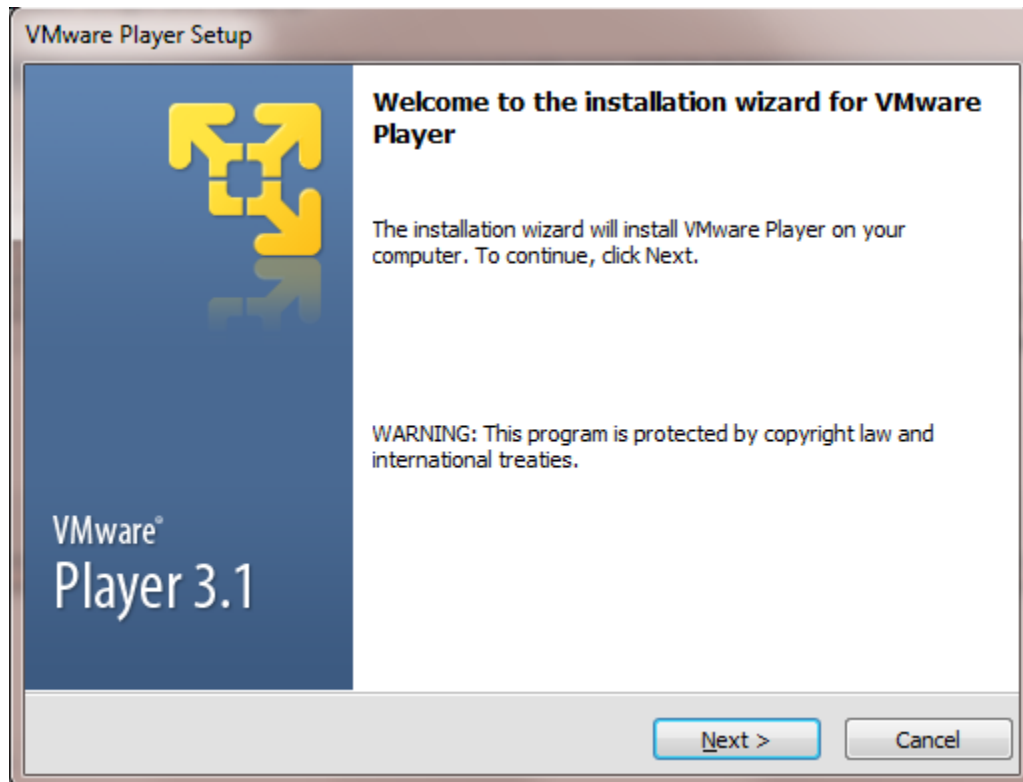
Step 10. Save the file to your desktop.



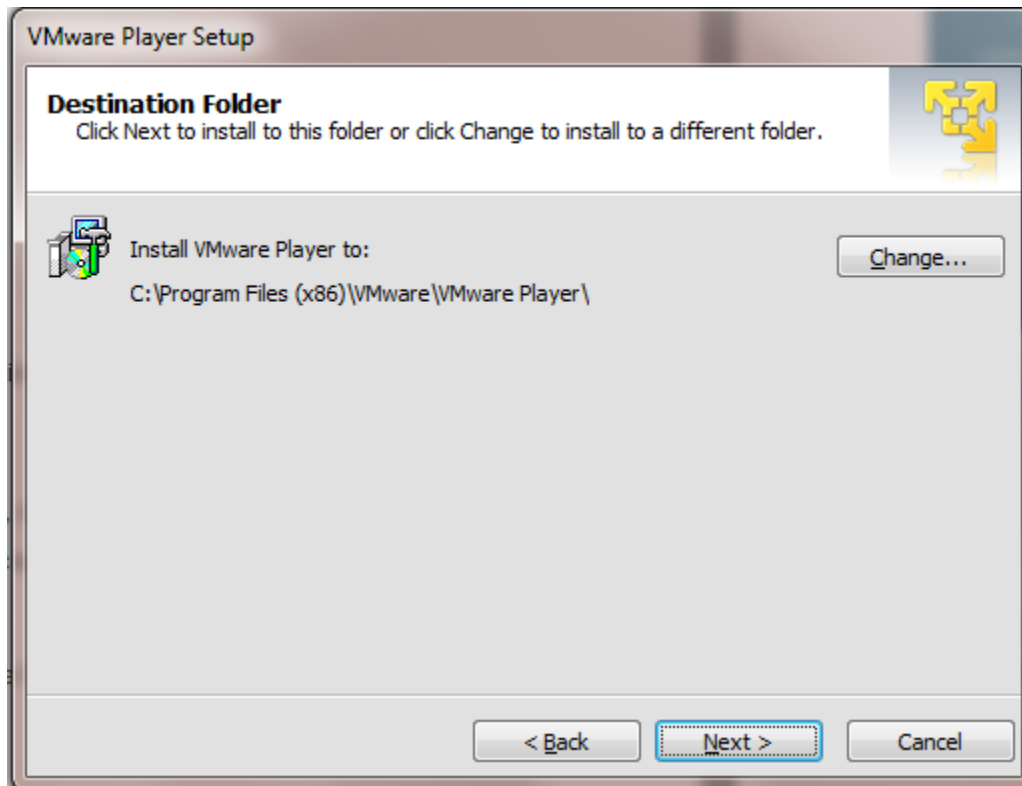
Step 11. A VMware Download Manager may appear. A “Launch” button will be enabled once the file is downloaded. Click on the “Launch” button on the VMware Download Manager. Note: some systems skip this step and more directly to step 12.



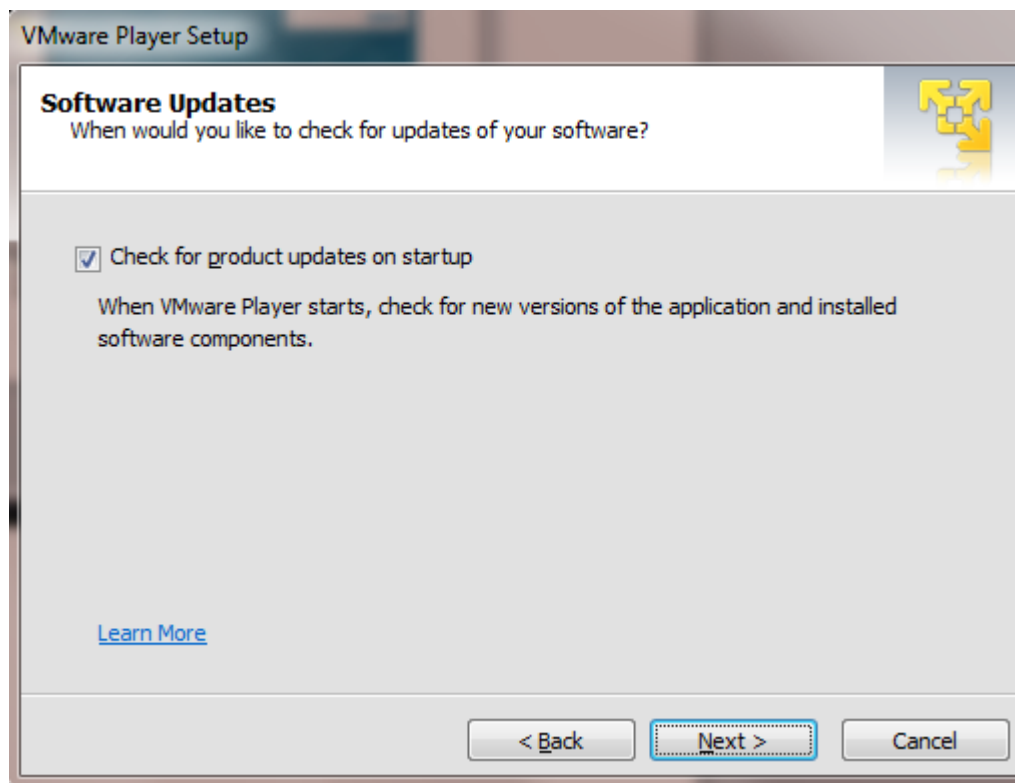
Step 12. The installation wizard will load. Click on the “Next” button.



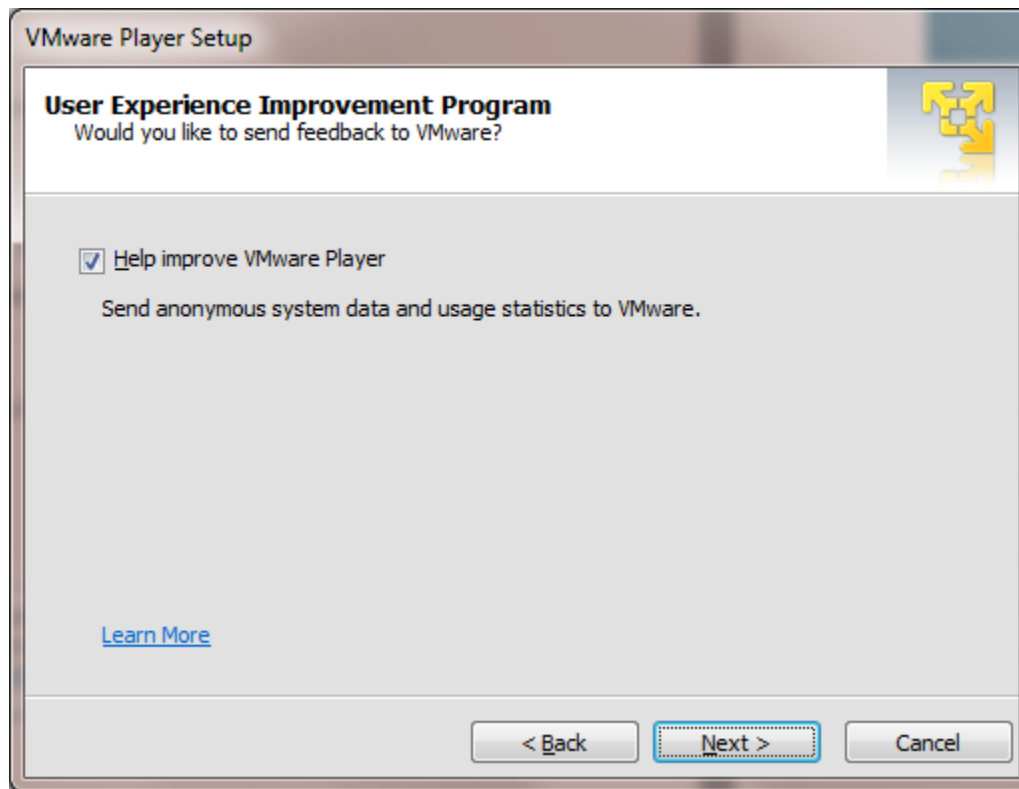
Step 13. Click “Next” to accept the default destination folder.



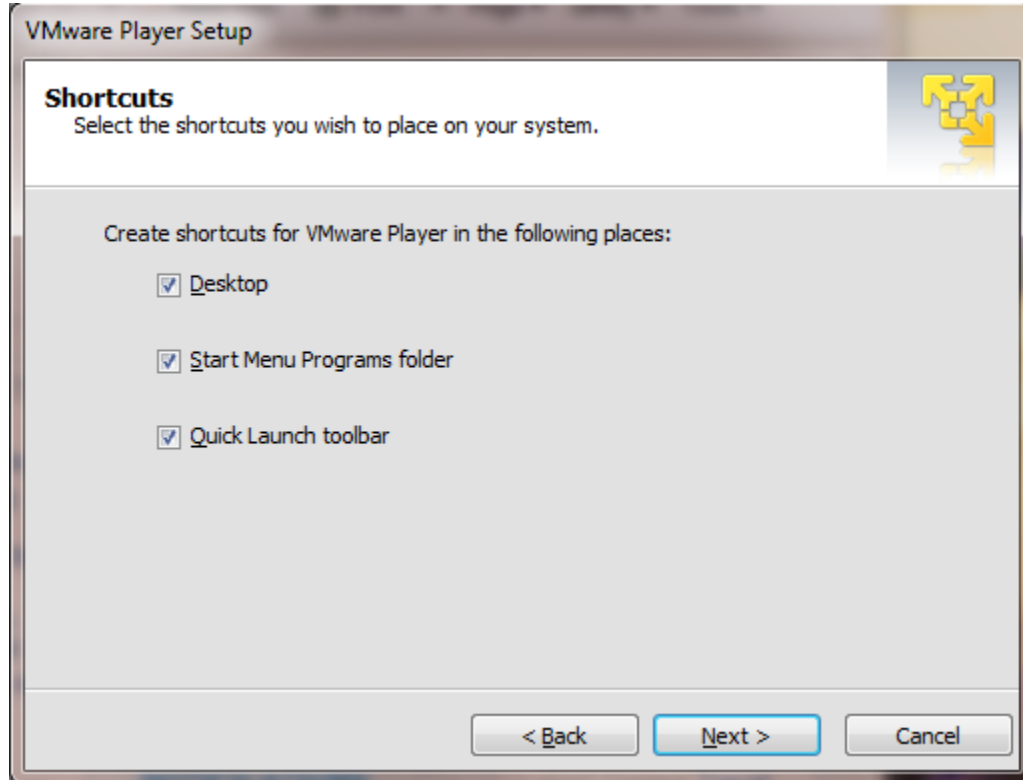
Step 14. Make sure the box is checked for “Check for product updates on startup and click “Next”



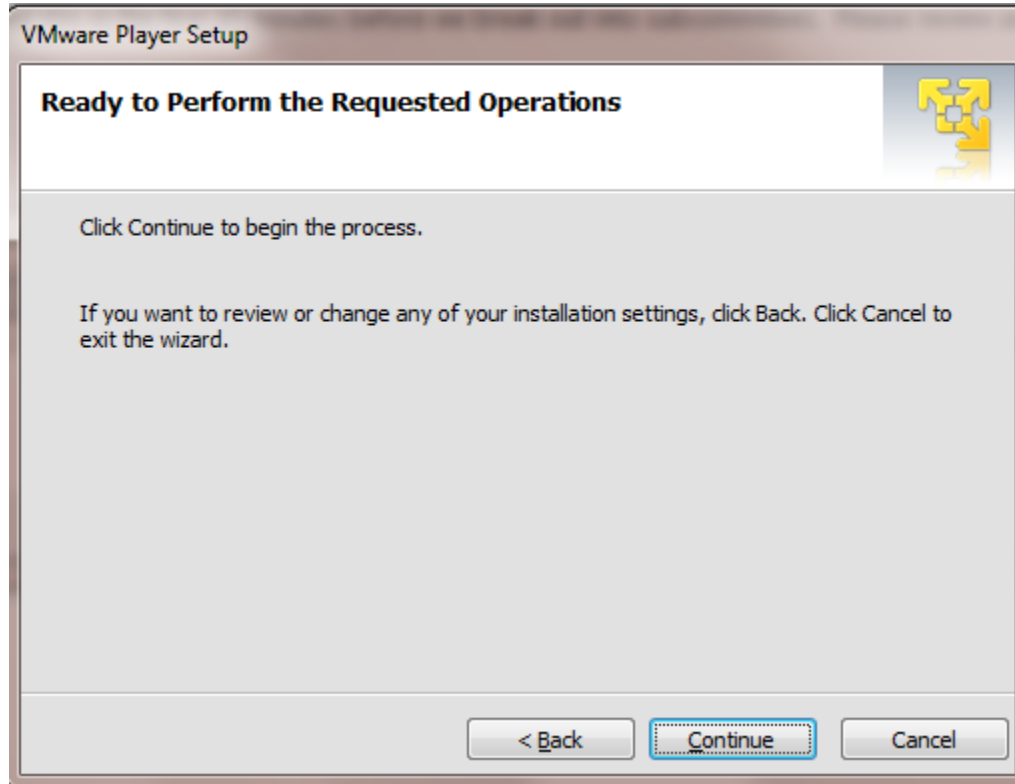
Step 15. You may choose whether or not to “Help improve VMware player”. Then click “Next”



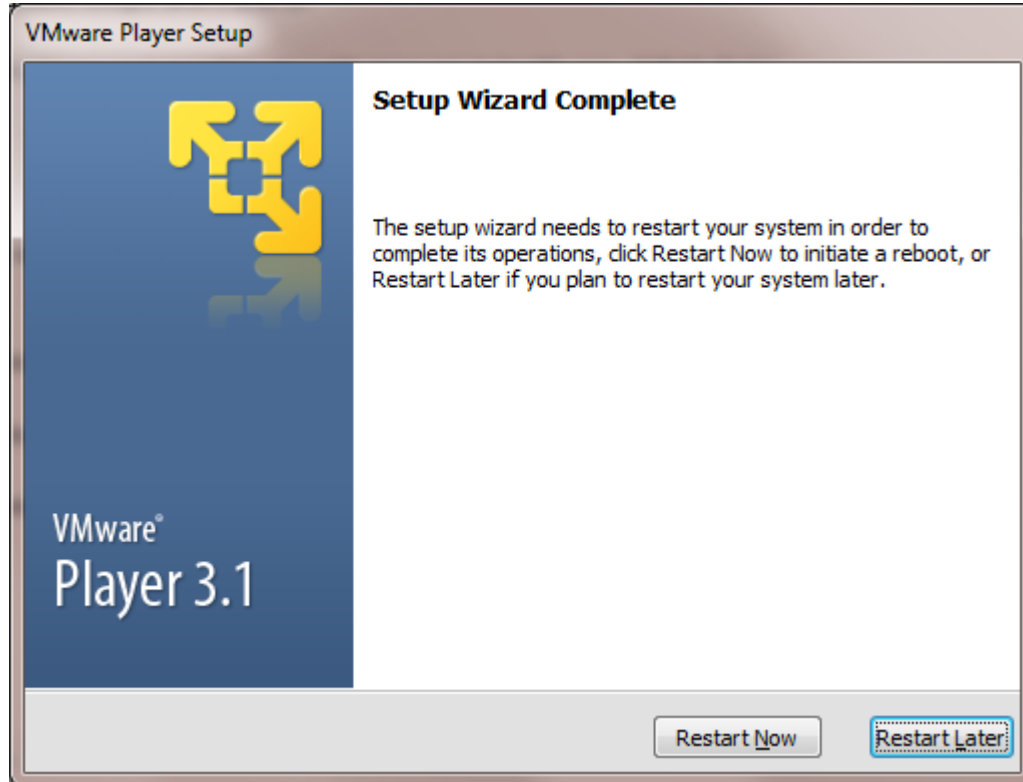
Step 16. Select the shortcuts you want to place on your system and click “Next”




Step 17. Click “Continue”



Step 18. Click “Restart Now”

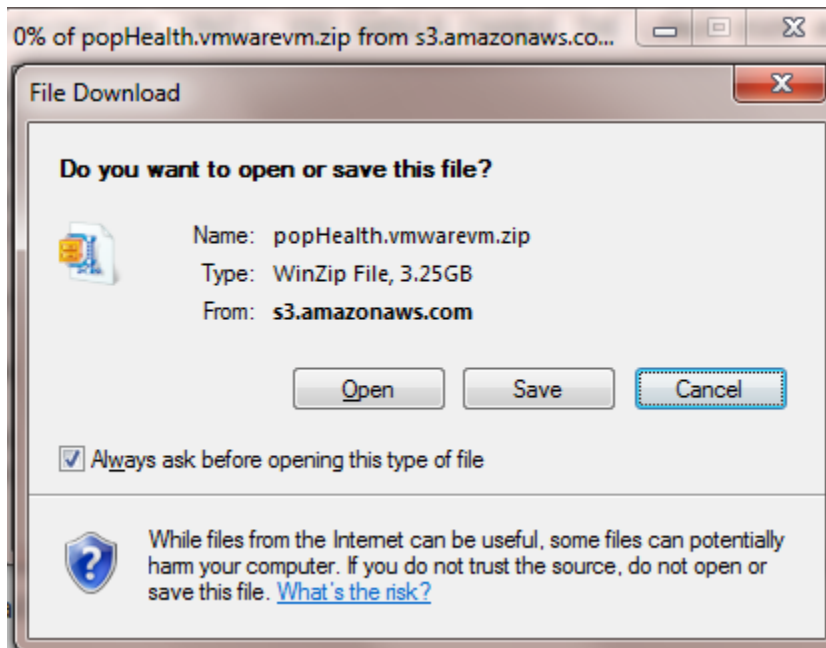




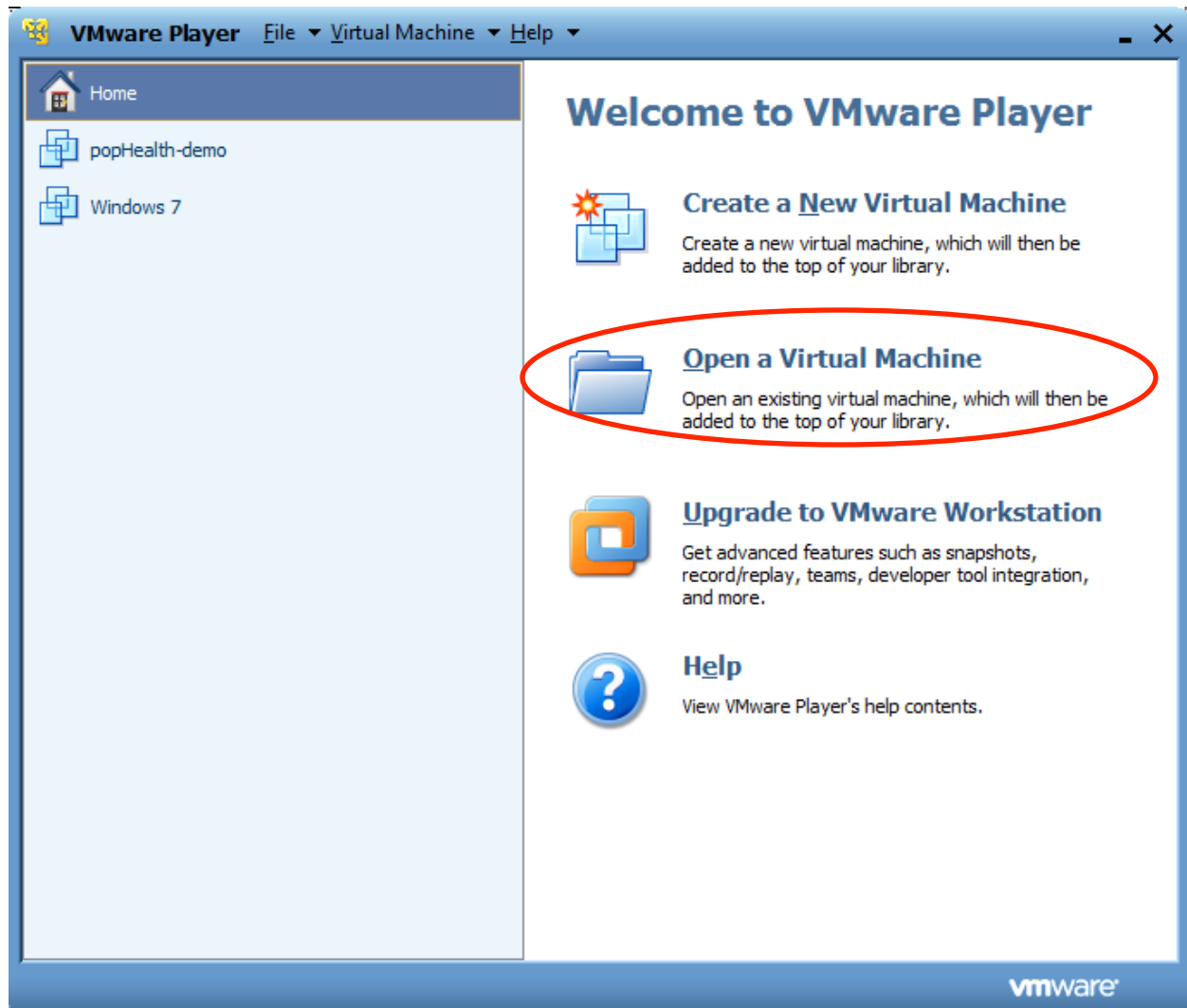
Step 19. Click on the  icon to download the popHealth virtual machine. You can click on the “Download” icon in these detailed instructions or you can go to the download page and click on the second “Download” icon

Save the file to your desktop

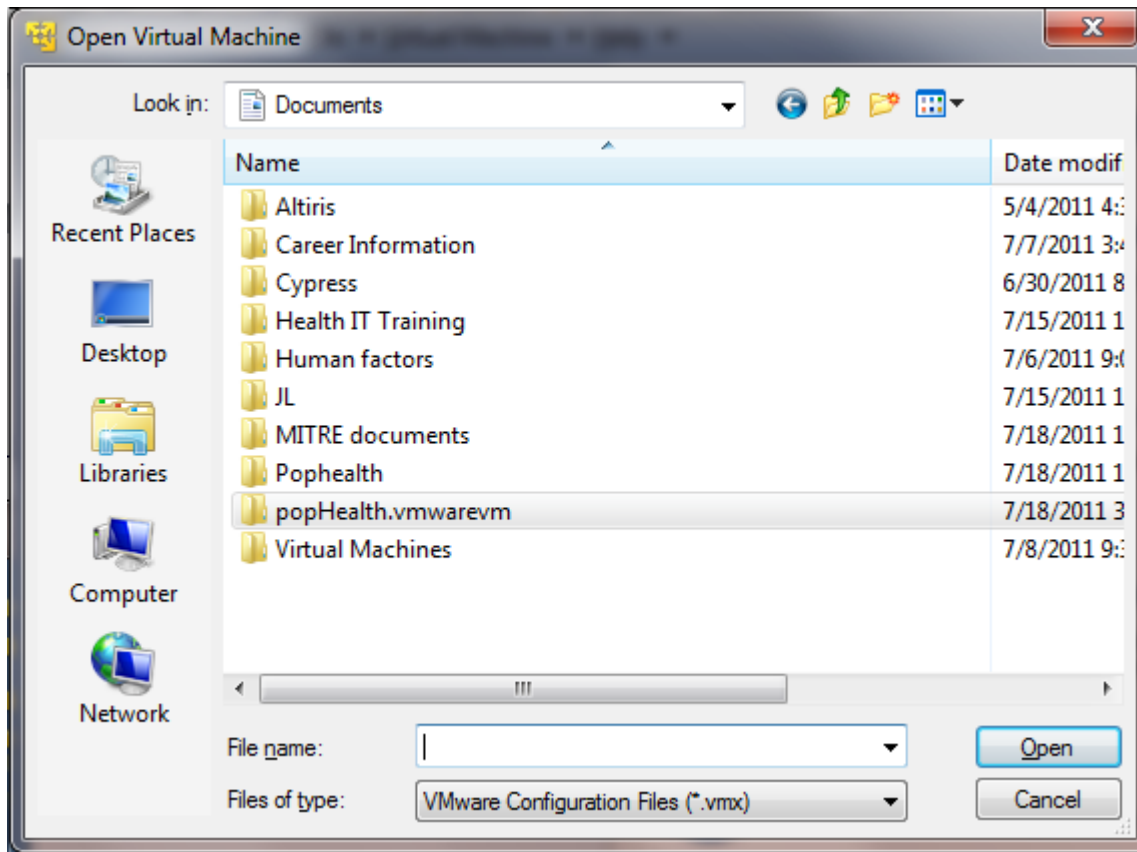
Then unzip the file once it is downloaded



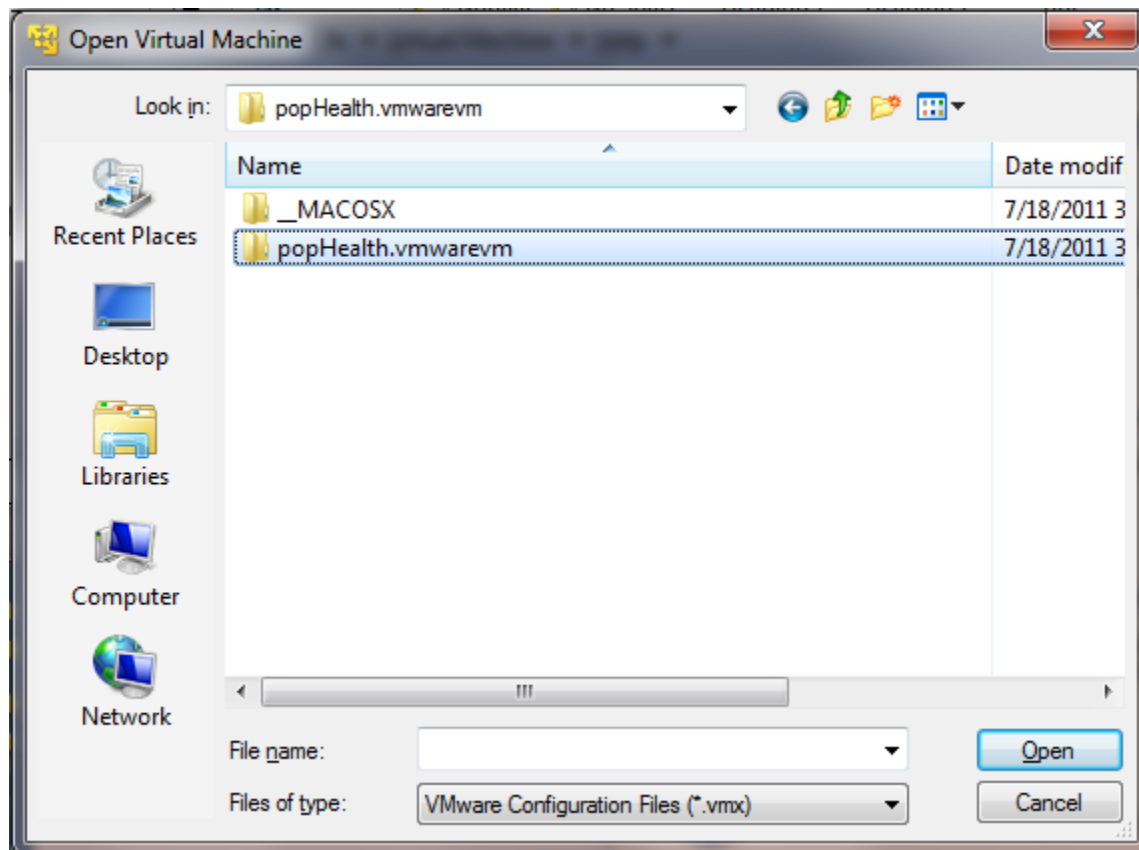
Step 20. Open the VMware player and click “Open a Virtual Machine”



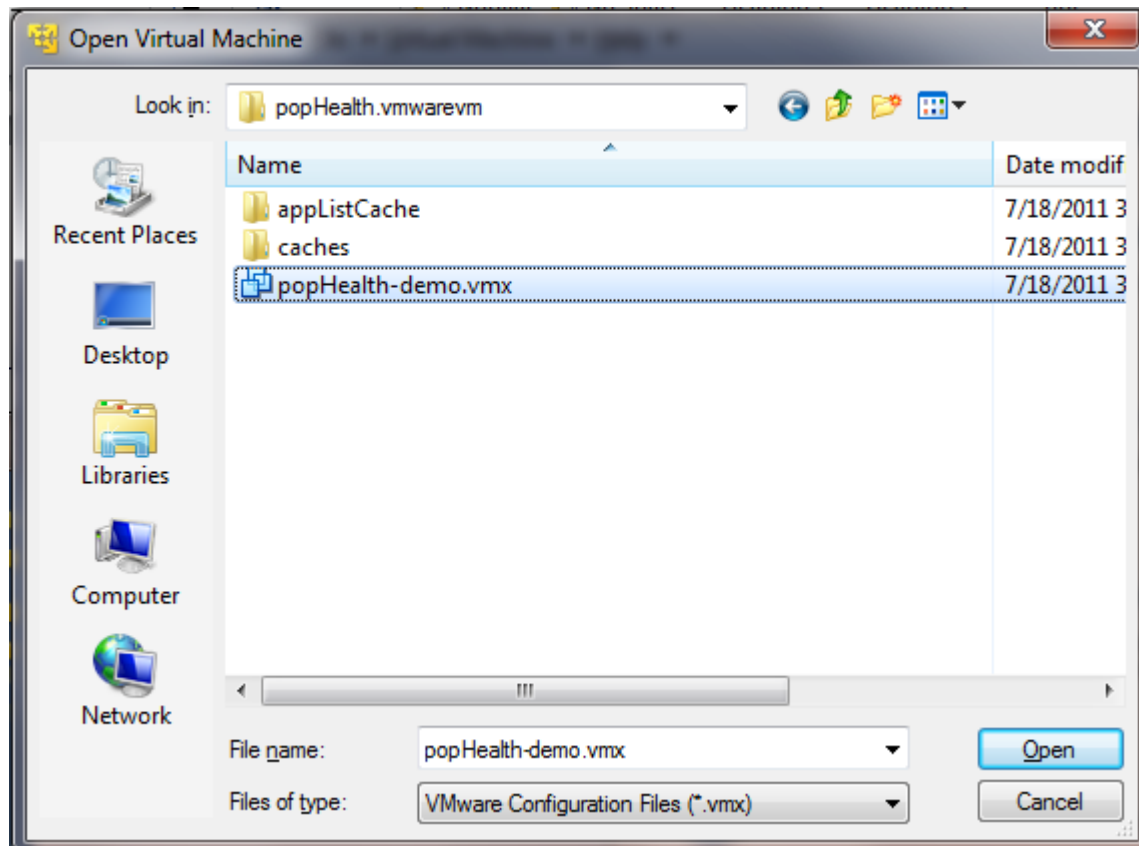
Step 21. Select the “popHealth.vmwarevm file”.



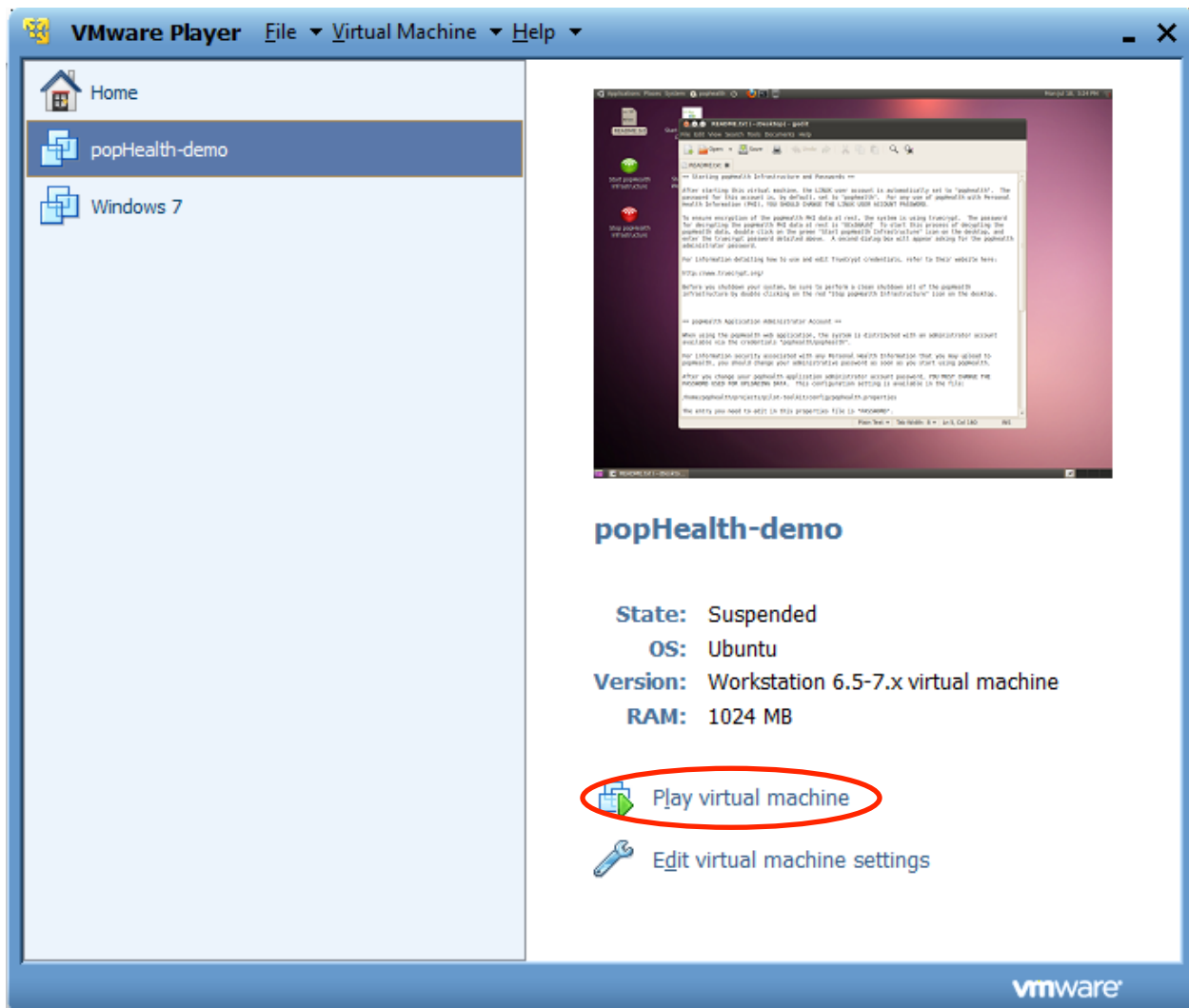
Step 22. Then select the “popHealth.vmwarevm” file for a PC or the “_MACOSX” file a Mac.



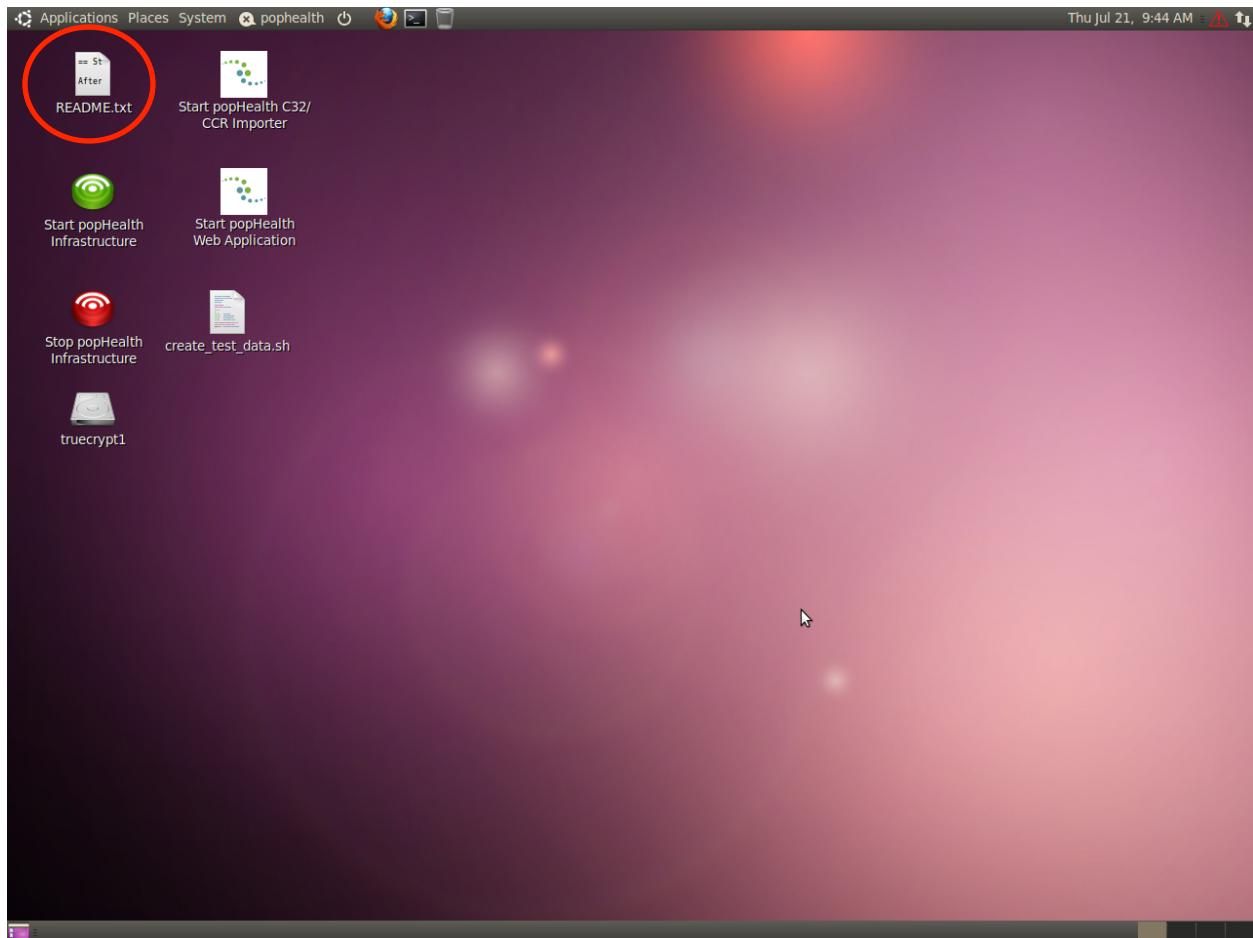
Step 23. Select the “popHealth-demo.vmx file”



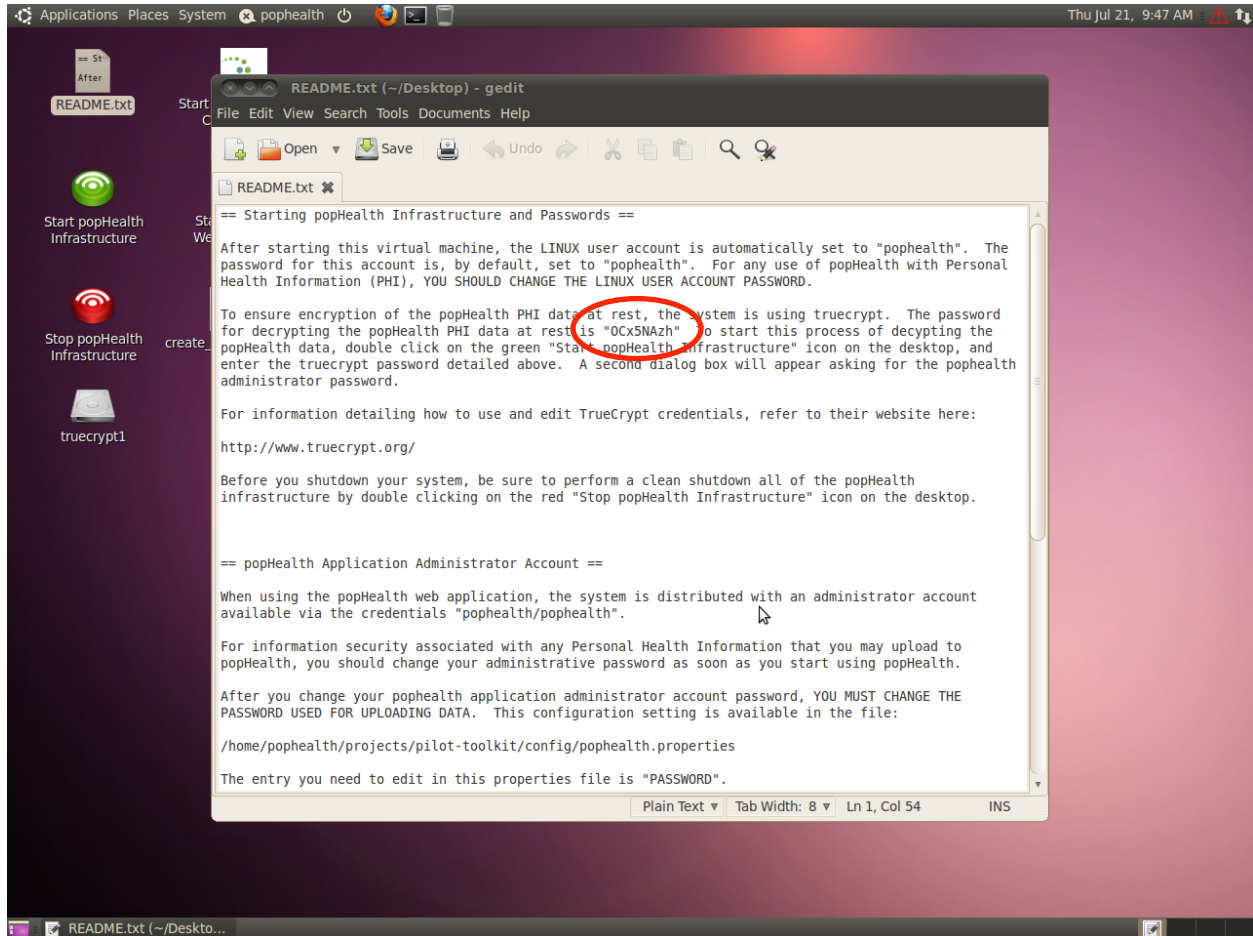
Step 24. Check to make sure “popHealth-demo” is selected on the left side. Then click “Play virtual machine”



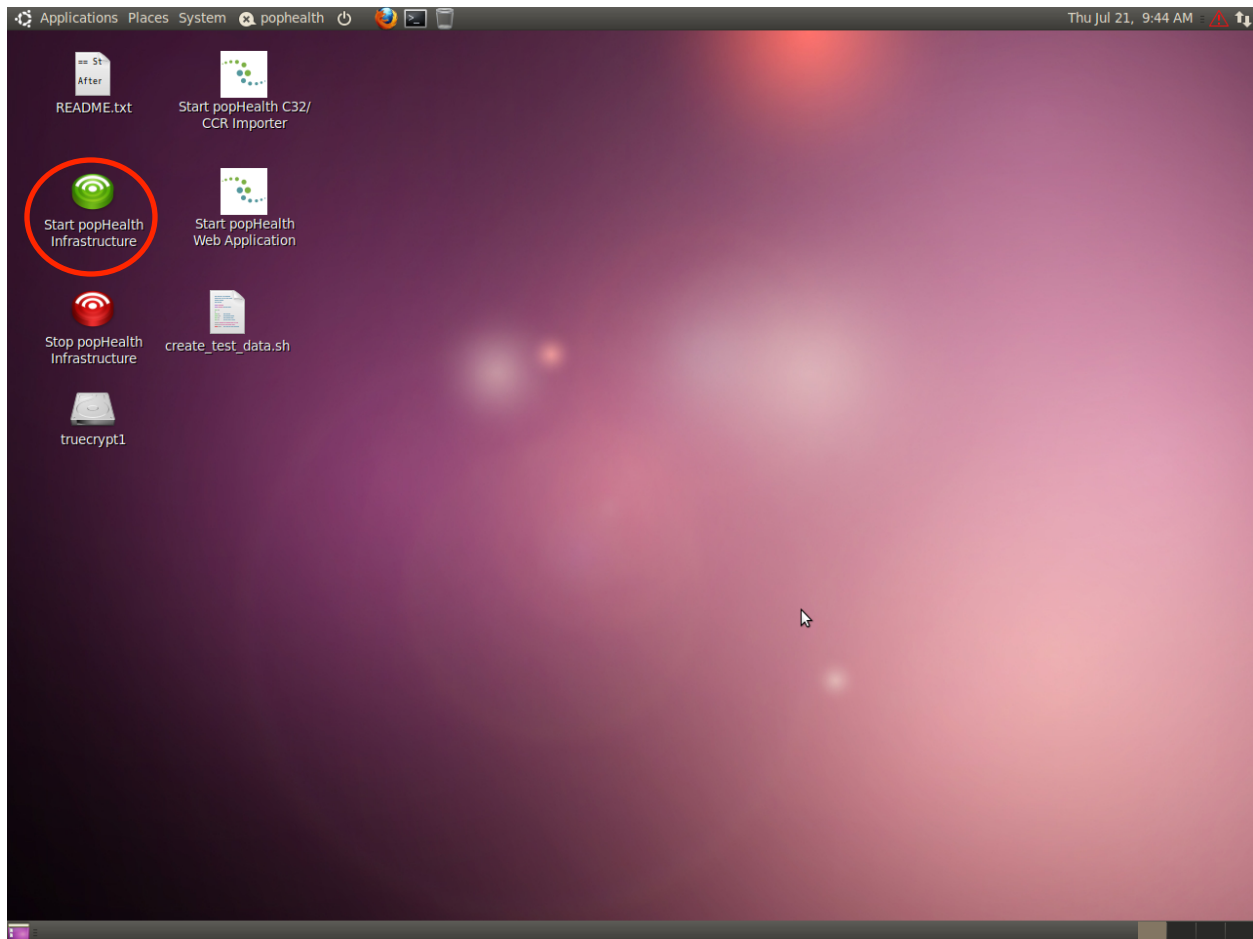
Step 25. Click on the “README” text file.



Step 26. Read the instructions and write down the password provided in the second paragraph under the heading: “Starting popHealth Infrastructure and Passwords”.
Note: this password will be different from the one provided in the screenshot.



Step 27. Click on the “Start popHealth Infrastructure” icon. Enter the password provided in the second paragraph under the heading: “Starting popHealth Infrastructure and Passwords”



Step 27. When prompted for a second password, enter: pophealth
Installation is complete