Binacor LLC

BODY HEALTH ANALYZER

Professional / Limited Edition

Operating Manual

Version 1.4

www.bodyhealthanalyzer.com

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1. SOFTWARE INSTALLATION

1.1. INSTALLING FROM MEDIA

Body Health Analyzer (BHA) software may be delivered on a physical media (CD, DVD, or USB Flash memory stick). To install the software from the provided media, follow these steps:

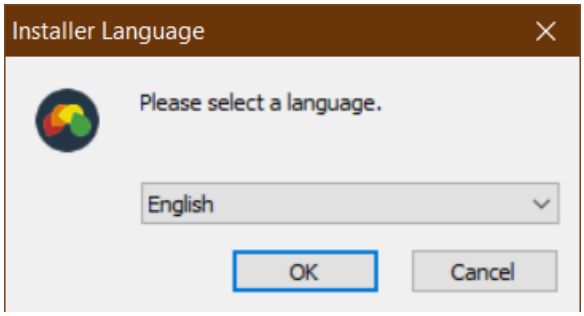
Step 1: Insert the CD/DVD into a CD/DVD drive. Alternatively, insert the USB Flash in any USB port.

Step 2: Open the media using a standard Windows File Explorer (a yellow folder icon on the taskbar).

Step 3: The media contains a file named as **BIASInstall** for the Propfessional Edition or **BIASLIMInstall** for the Limited Edition. Depending on Windows settings, the file name may be endede with **.exe**. It is a self-extracting installation program.

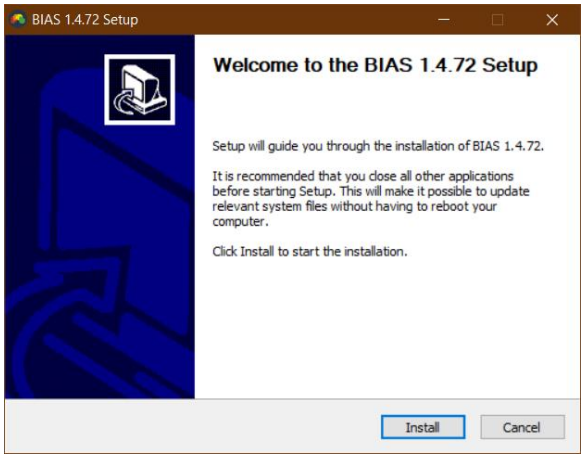
Step 4: Double-click on this file name.

Step 5: A language selection window opens:



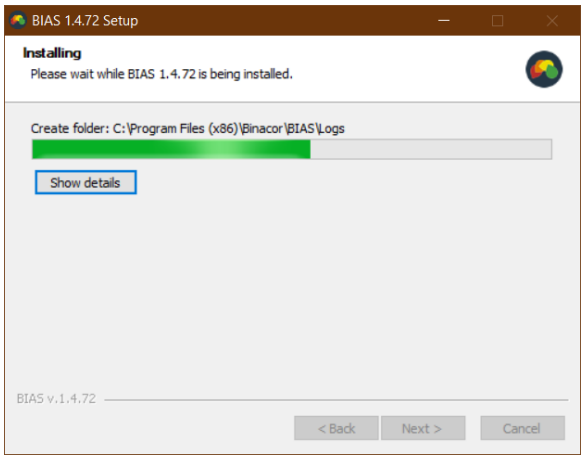
Select the desired language and click OK.

Step 6: The installed window opens:

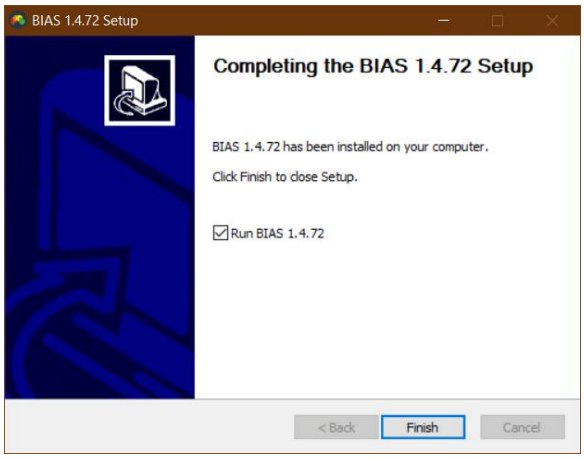


Click INSTALL.

Step 7. Wait while the installation process continues:



Step 8. The final installation page opens:



Uncheck Run BIAS … if you don't wish the software to start immediately following the installation.

Click FINISH.

1.2. DOWNLOADING THE SOFTWARE

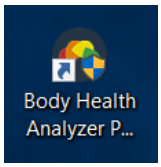
Alternatively, the BHA software may be downloaded from the company's server. Contact Binacor technical support at support@binacor.com to request a download link.

1.3. PREINSTALLED SOFTWARE

In case of purchasing a turn-key BHA system including a Windows 10 tablet, the BHA software is preinstalled and individually configured on the tablet.

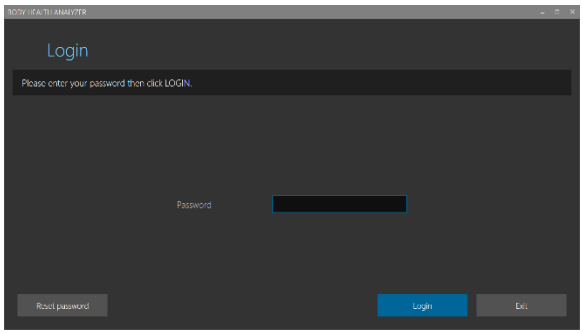
2. USER ACCOUNT OPERATIONS

2.1. START APPLICATION



To start the **Body Health Analyzer** (from now on **BHA**) application program:

1. Open the Windows desktop screen.
2. Find the **Body Health Analyzer Professional** (or **Limited**) **Edition** application shortcut icon.
3. Double-click the icon.
4. The account login screen will open.



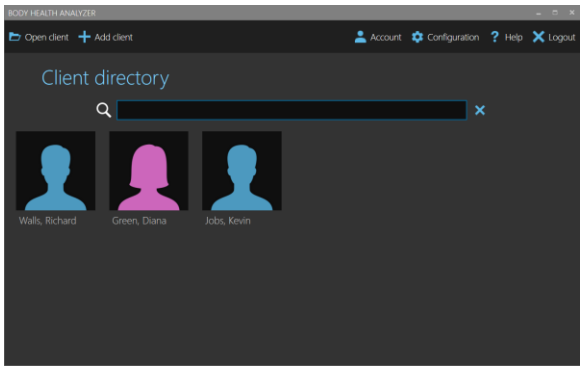
To close the BHA:

1. Log out of the user account.
2. Click EXIT.

2.2. USER LOGIN

To log into the user account:

1. Start the BHA application to open the LOGIN screen as shown in section 2.1.
2. Type in a user password.
3. Click LOGIN.
4. The client directory screen opens.



2.3. USER LOGOUT

To log out of the user account:

1. Go to the client directory.
2. Click LOGOUT.

2.4. CLOSE APPLICATION

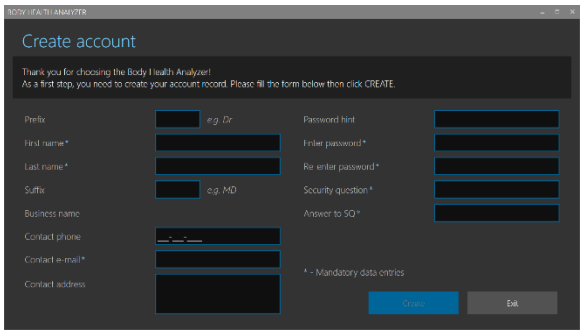
To safely close the BHA application:

3. Log out of the user account as shown in the section 2.3.
4. Click EXIT.

Note. Closing the app using a standard window closure button is not recommended.

2.5. CREATE A NEW ACCOUNT

The BHA allows for only one professional user utilizing it on the same computer. A single user account must be created when you run the BHA software for the first time after a clean installation. Once it is created, it will not be possible to do it again as long as the BHA database file exists in the dedicated location on the local machine.



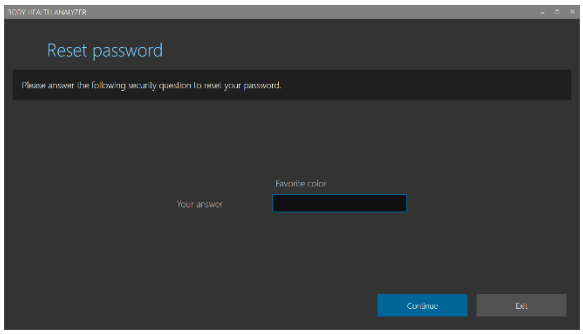
1. The account creation screen opens when the BHA starts for the first time .
2. Fill out all data entry fields marked as “mandatory.”
3. Fill out any optional fields.
4. Click CREATE.
5. The app will warn that it will close upon account creation and must be restarted.
6. Click CLOSE to proceed.

Click EXIT to abort account creation.

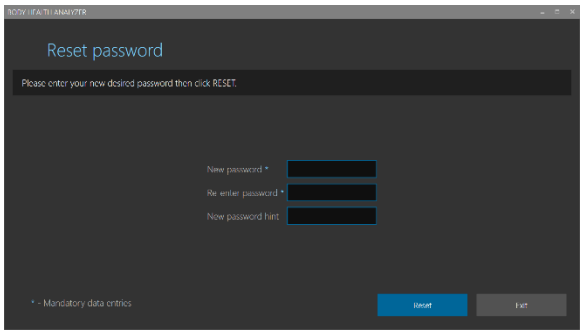
2.6. RESET THE ACCOUNT PASSWORD

If you forgot the password, follow these steps to reset it:

1. Click RESET PASSWORD on the user login screen.



2. The security question screen opens.
3. Enter a correct answer to the user's security question.
4. Click CONTINUE.



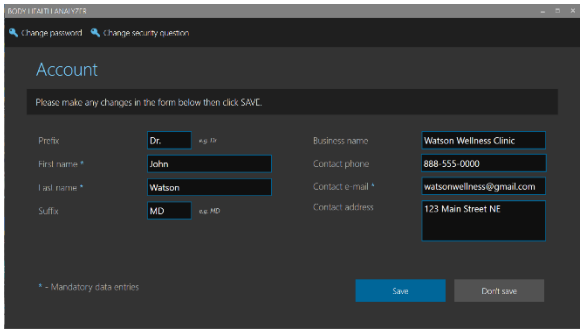
5. The reset password screen opens.
6. Enter and re-enter a new password.
7. Enter a new password hint (recommended).
8. Click RESET.
9. Upon successful password reset the account login screen will open again.

Click EXIT to abort resetting the password.

2.7. EDIT THE USER ACCOUNT INFORMATION

To edit the user account information:

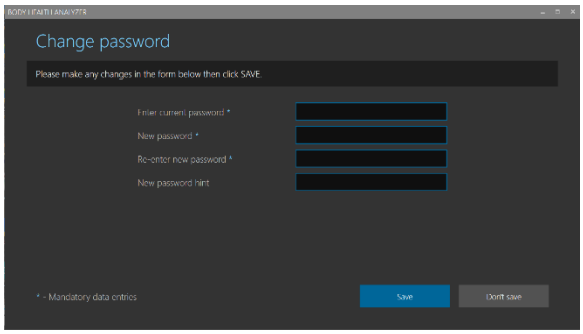
1. Open the client directory screen.
2. Click ACCOUNT.



3. The account information screen will open.
4. Modify any data shown in the form.
5. Make sure all mandatory data entries are fileld.
6. Click SAVE.

2.8. CHANGE USER PASSWORD

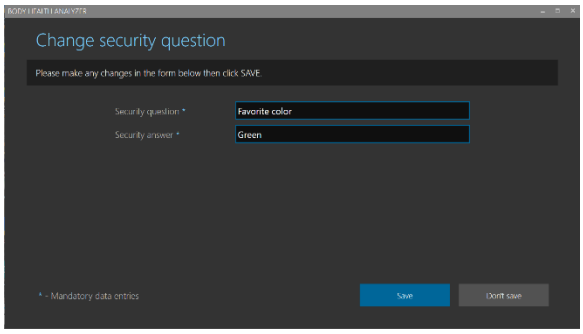
1. Open the user account information form as shown in the section 2.7.
2. Click CHANGE PASSWORD.



3. The password change screen will open.
4. Enter the current password.
5. Enter and re-enter a new password.
6. Enter a new password hint (recommended).
7. Click SAVE.

2.9. CHANGE SECURITY QUESTION

1. Open the user account information form as shown in the section 2.7.
2. Click CHANGE SECURITY QUESTION.

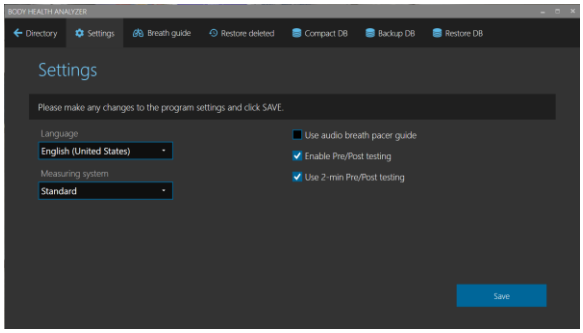


3. The security question change screen will open.
4. Enter a new security question.
5. Enter a new security answer.
6. Click SAVE.

2.10. CHANGE THE ACCOUNT SETTINGS

To change the user account settings:

1. Open the client directory screen.
2. Click CONFIGURATION.
3. Click SETTINGS if needed.



4. The program configuration screen open.
5. Modify any of the following settings:

6. Set / clear a checkmark to any of the following options:

a. USE AUDIO BREATH PACER GUIDE – to enable playing special musical instrument scale sounds, providing a sense of pace for breathing during training sessions.
b. USE PRE/POST TESTING – to enable a special testing protocol to do a health test before and after a certain procedure like massage session.
c. USE 2-MIN PRE/POST TESTING – to shorten the duration of a health test from 5 minutes to 2 minutes (Express testing mode).

7. Select a desired user interface language using LANGUAGE.
8. Select either STANDARD or METRIC system of measurements using MEASURING SYSTEM.
9. Click SAVE.

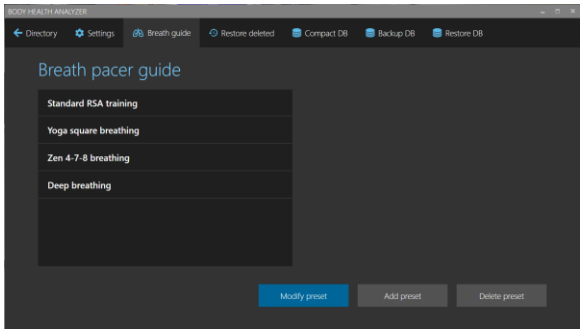
3. MANAGE BREATH GUIDES

Breath guides are important tools used for breathwork training based on paced breathing. The BHA system comes with four preset breath guides.

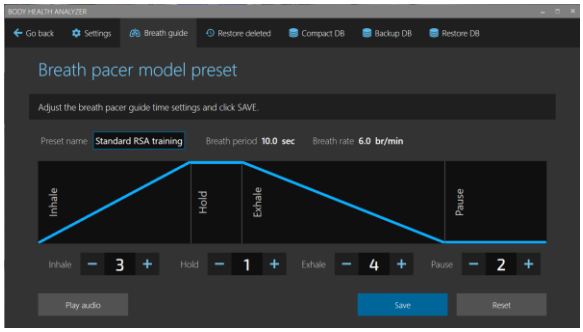
3.1. MODIFY AN EXISTING GUIDE

To modify an existing guide:

1. Open the user account configuration screen as described in the section 2.10.
2. Click BREATH GUIDE.



3. The breath guide selection screen will open.
4. Select a guide from the list.
5. Click MODIFY PRESET.



6. The preset editing screen opens.
7. Update the preset name if needed.
8. Use the “plus” and “minus“ buttons to set any of four breath guide phase durations: INHALE, HOLD, EXHALE, and PAUSE.
9. Click SAVE.

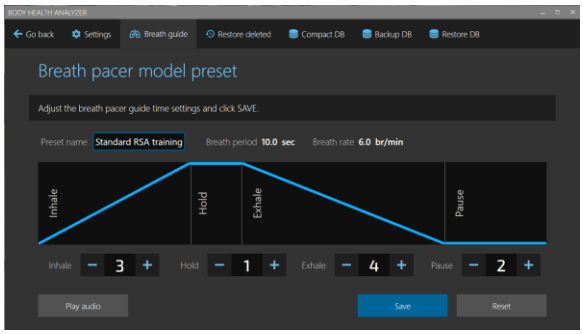
Optional. Click PLAY AUDIO to listen to how the musical instrument scale will sound for this guide.

Optional. Click RESET to reset all durations to their factory values.

3.2. ADD A NEW GUIDE

To add a new breath guide:

1. Open the breath guide selection screen as described in the section 3.1.
2. Click ADD PRESET.



3. The adding preset screen will open.
4. Enter a desired preset name.
5. Use the “plus” and “minus“ buttons to set any of four breath guide phase durations: INHALE, HOLD, EXHALE, and PAUSE.
6. Click SAVE.

Optional. Click PLAY AUDIO to listen to how the musical instrument scale will sound for this guide.

3.3. DELETE AN EXISTING GUIDE

To delete an existing guide:

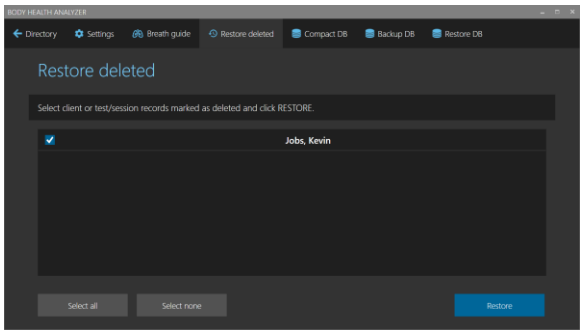
1. Open the user account configuration screen as described in the section 2.10.
2. Click BREATH GUIDE.
3. Click DELETE PRESET.
4. A prompt to confirm deletion will open.
5. Click DELETE IT to delete the selected guide.

4. DATABASE OPERATIONS

4.1. RESTORE DELETED CLIENT RECORDS

To restore any deleted client records:

1. Open the program configuration screen as described in the section 2.10.
2. Click RESTORE DELETED.



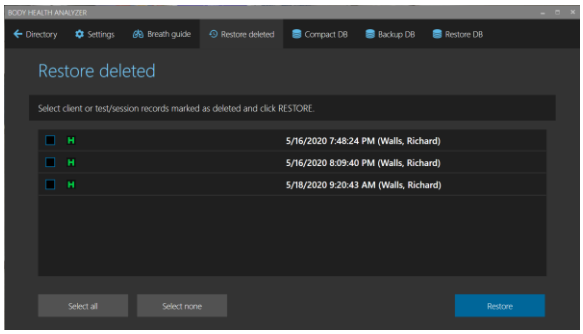
3. The restore deleted selection screen opens.
4. Select one or more client records to restore.
5. Click RESTORE to restore the selected records.

Optional. Use SELECT ALL or SELECT NONE if needed.

4.2. RESTORE DELETED TEST OR SESSION RECORDS

To restore any deleted health test / training session records:

1. Open the program configuration screen as described in the section 2.10.
2. Click RESTORE DELETED.



3. The restore deleted selection screen opens.
4. Select one or more test/session records to restore.
5. Click RESTORE to restore the selected records.

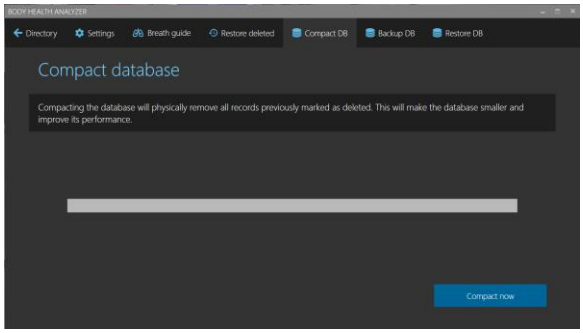
Optional. Use SELECT ALL or SELECT NONE if needed.

4.3. COMPACT DATABASE CONTENT

When you delete any client record or health test / training session, the software does not physically delete them. These records are marked “to be deleted” and become hidden. To physically remove them from the database and free up the taken space, the database must be compacted.

To compact the database:

1. Open the program configuration screen as described in the section 2.10.
2. Click COMPACT DB.



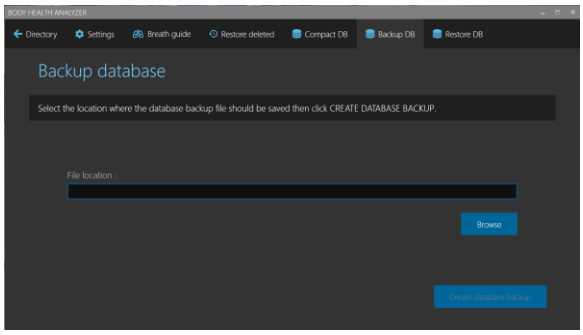
3. The compacting database screen opens.
4. Click COMPACT NOW to commit compacting the database.
5. Once database compacting is done, a confirmation message box will open.
6. Click OK to finish.

4.4. BACKUP DATABASE

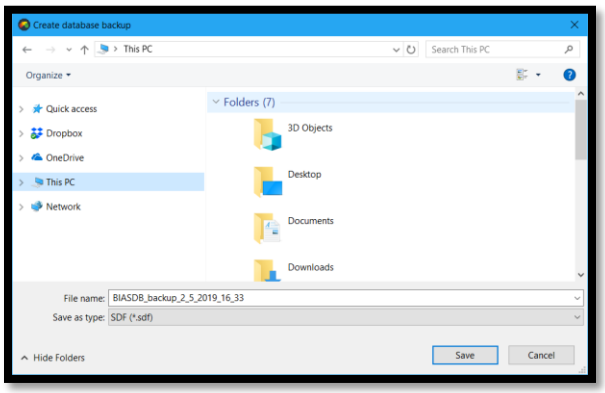
A computer hard disk (where the database is stored) is a reliable device, but it may eventually fail risking to lose your data. Creating backup copies of the database is an important measure to keep the collected data safe in case of disk failures. It is highly recommended to save backup copies on an external hard drive specially dedicated for data backups.

To create a backup copy of the database:

1. Open the program configuration screen as described in the section 2.10.
2. Click BACKUP DB.



3. The database back up screen opens.
4. Click BROWSE.
5. A standard Windows save file dialog box opens.

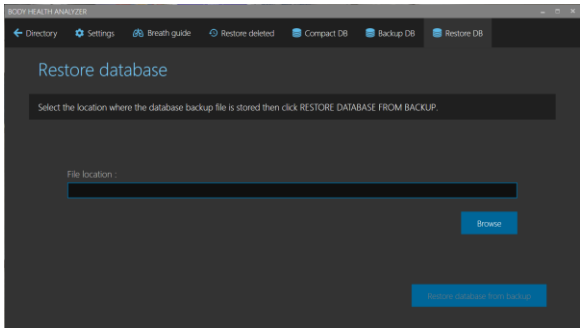


6. Select an appropriate location for a backup file.
7. The application will automatically generate a name for a backup file (recommended), but it may be changed to any other name.
8. Click SAVE.
9. The dialog box will close, and the application will automatically fill the backup file location path field.
10. Click CREATE DATABASE BACKUP.
11. Once finished, a confirmation message box will open.
12. Click OK to finish.

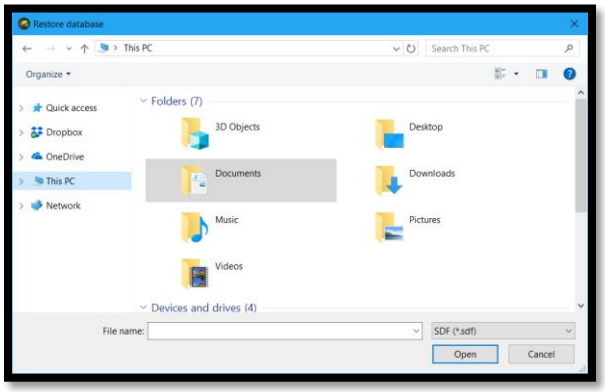
4.5. RESTORE DATABASE

To restore the database from a backup copy:

1. Open the program configuration screen as described in the section 2.10.
2. Click RESTORE DB.



3. The database restore screen opens.
4. Click BROWSE.
5. A standard Windows open file dialog box opens.



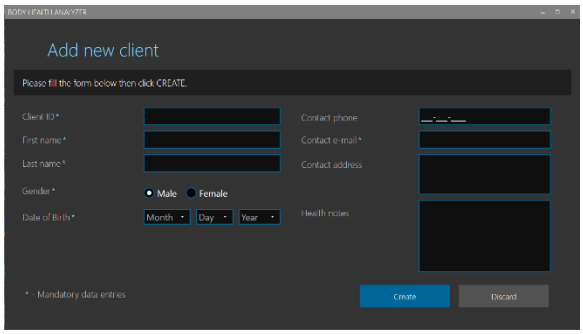
6. Select an appropriate location of the required backup file.
7. Click OPEN.
8. The dialog box will close, and the application will automatically fill the backup file location path field.
9. Click RESTORE DATABASE FROM BACKUP.
10. A confirmation prompt box opens. Click RESTORE IT.
11. Once finished, a confirmation message box will open. Click OK to finish.

5. CLIENT OPERATIONS

5.1. CREATE A NEW CLIENT RECORD

To create a new client record:

1. Open the client directory screen as described in the section 2.2.
2. Click ADD CLIENT.



3. The new client record screen opens.
4. Fill the form. Make sure that you filled all mandatory data entries.
5. Click CREATE.
6. A newly created client record card will appear on the client directory screen.

NOTE. The Body Health Analyzer Limited Edition has a limit of 50 clients stored in the account. The Professional Edition has an unlimited number of clients to store.

5.2. SEARCH FOR CLIENT RECORDS

Professional may have many clients in their database, so the client directory will contain a lot of cards. This will make difficult to quickly find a needed card to open. There is a search tool built in the client directory screen. It allows for filtering client records. When you start typing a portion of the first or last name in the search field, the program will dynamically change the list of client cards narrowing down your search.

5.3. OPEN A CLIENT RECORD

To open a client record:

1. Open the client directory screen as described in the section 2.2.
2. Find a card with a female or male silhouette and the required client name.
3. Open the record with one of these options:
    a. Double-click the selected card.
    b. Single-click the card, then click OPEN CLIENT.

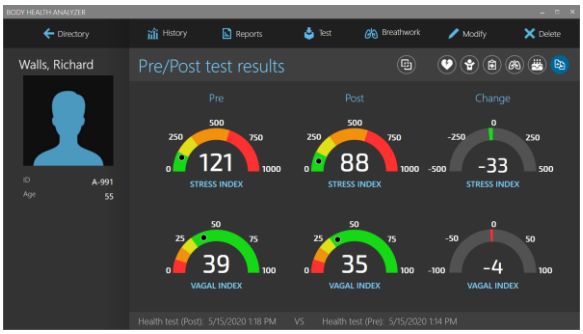
4. A dashboard screen opens showing the selected client's stress summary.

5.4. VIEW CLIENT DASHBOARD

A dashboard screen shows the client's personal information and the most recent test and training results on six different pages:

- General health
- Stress and adaptation
- Vital signs
- Breathwork summary
- Aging summary
- Pre/post test results

Use these page selection icons to open the respective pages:



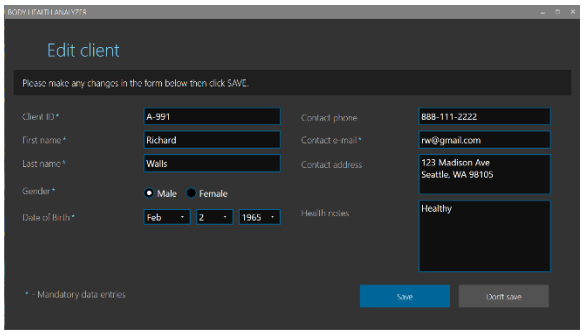
Click icon to switch the dial displays from showing the absolute readings to their percents of change since the previous test or session.

Click it again to toggle back to the absolute readings.

5.5. EDIT CLIENT PROFILE

To edit the selected client profile:

1. Open the client dashboard screen as described in the section 5.3.
2. Click MODIFY.

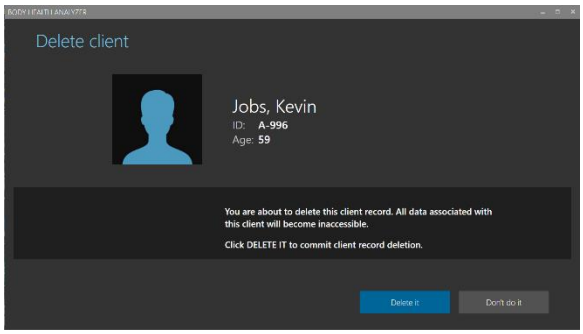


3. The client record form screen opens.
4. Edit any data in the form. Make sure all mandatory fields are not blank.
5. Click SAVE.

5.6. DELETE CLIENT RECORD

To delete the selected client record:

1. Open the client dashboard screen as described in the section 5.3.
2. Click DELETE.



3. The client deletion screen opens.
4. Click YES, DELETE IT.
5. The updated client directory screen will open.

The deleted client record will not be permanently destroyed. It will be marked as hidden. When the database is compacted, all deleted records will be permanently destroyed.

5.7. SELECT A TESTING OPTION

The Body Health Analyzer provides the following testing capabilities depending on its configuration set at the purchase time:

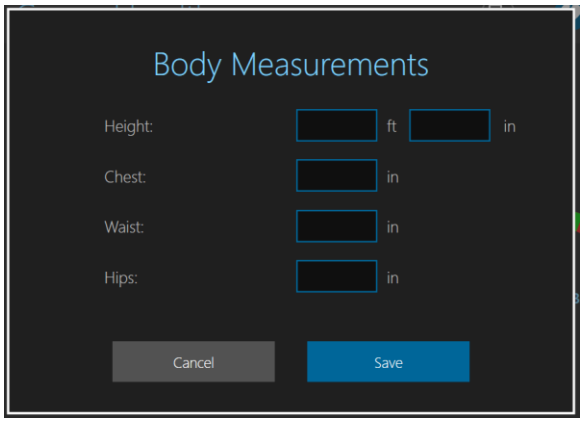
- Body height
- Body weight
- Blood pressure
- Blood glucose
- Health test (Single)
- Health test (Pre/Post)

Follow these steps to select the required type of testing:

1. Open the client dashboard screen as described in the section 5.3.
2. Click TEST.
3. A testing options menu opens.
4. Select the required menu option.

5.8. ENTER BODY HEIGHT

1. Select BODY HEIGHT testing option as described in the section 5.7.

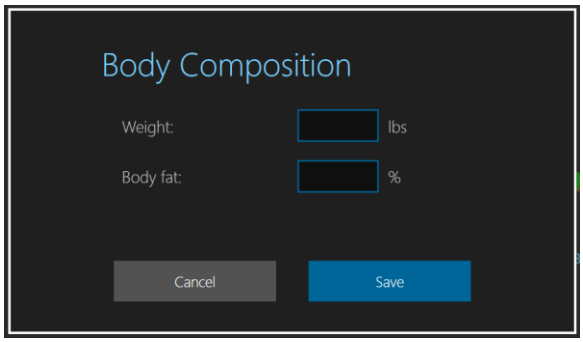


2. The body measurements form opens.
3. Manually enter the clients height.
4. Click SAVE.

Note. The form contains additional data fields to enter other body measurements. However, these metrics can be saved in the Cloud Edition only.

5.9. ENTER BODY WEIGHT

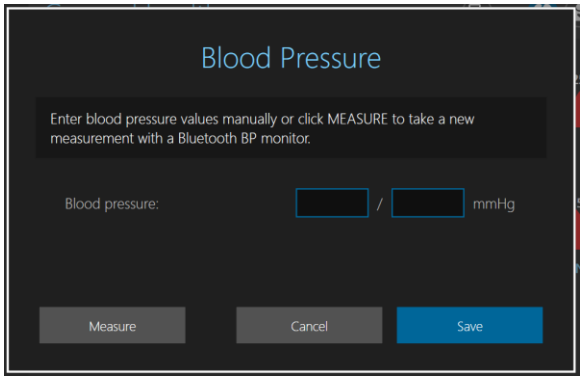
1. Select BODY WEIGHT testing option as described in the section 5.7.



1. The body composition form opens.
2. Manually enter the clients weight.
3. Click SAVE.

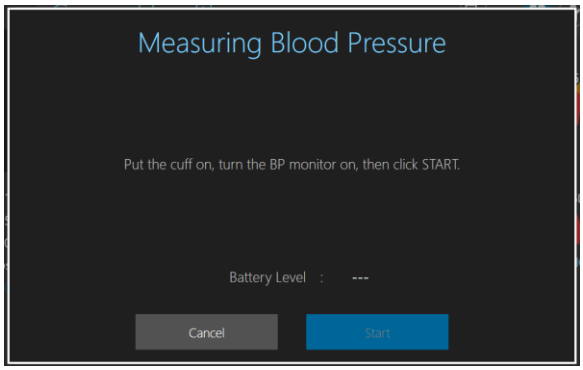
Note. The form contains an additional data field to enter a body fat value. However, this metric can be saved in the Cloud Edition only.

5.10. ENTER BLOOD PRESSURE

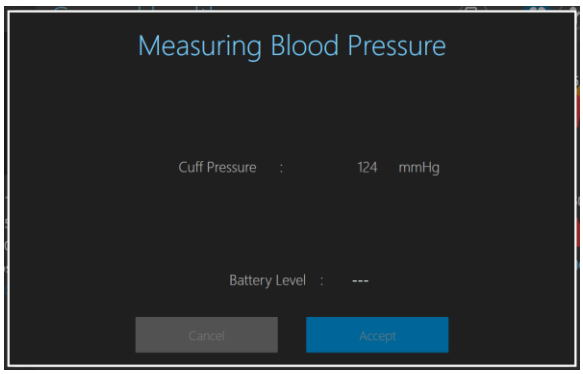


1. Select BLOOD PRESSURE testing option as described in the section 5.7.
2. The blood pressure form opens.
3. Manually enter the BP reading.
4. Click SAVE.

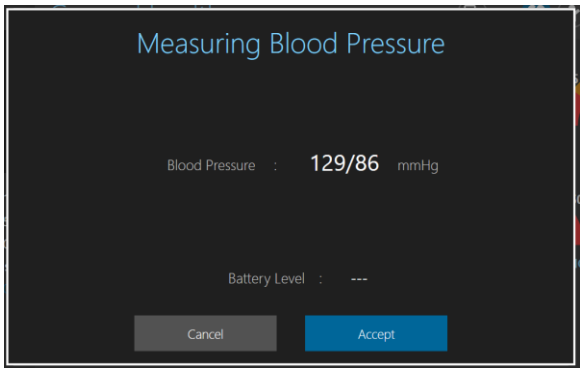
If the BHA was provided with an optional Bluetooth BP monitor, it may be used to take a new BP measurement. Click MEASURE to initiate the measurement process.



1. A special BP measurement instruction opens.
2. Put the cuff on the client's arm, turn the monitor by pressing its large gray (or blue) button on the side.
3. The app will connect to the BP monitor over Bluetooth within 10-15 seconds so the START button becomes active.
4. Click START.



5. The monitor will start measurement showing the air pressure changes in the cuff.

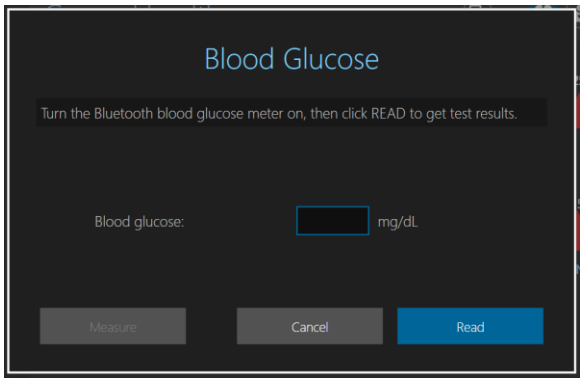


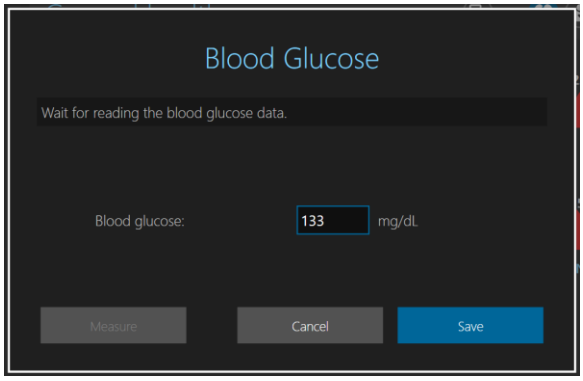
6. Once the measurement finishes, the app shows the measured BP.
7. If it is appropriate, click ACCEPT. The app will automatically put the systolic and diastolic readings in the entry fields.
8. If they are not acceptable, click CANCEL. The systolic and diastolic entries will remain empty.
9. Click SAVE.

5.11. ENTER BLOOD GLUCOSE

1. Select BLOOD GLUCOSE testing option as described in the section 5.7.
2. The blood glucose form opens.
3. Manually enter the blood glucose reading.
4. Click SAVE.

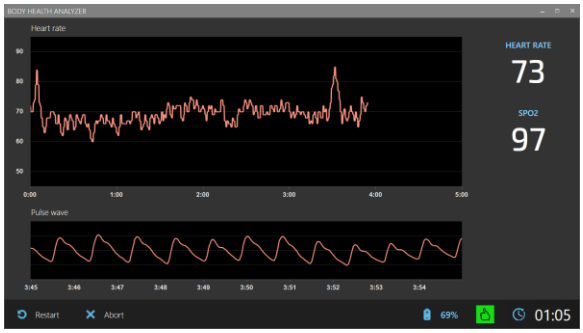
If the BHA was provided with an optional Bluetooth blood glucose meter, it may be used to take a new measurement. Click MEASURE to initiate the measurement process.





1. A special blood glucose measurement instruction opens.
2. Take a new blood glucose measurement if necessary.
3. If the blood glucose measurement was already done, make sure that the glucose meter is turned on.
4. Click READ.
5. Wait while the BHA app connects to the glucose meter and reads the last measurement data.
6. Once the data is successfully read, the new blood glucose level is displayed in the form.
7. If it is appropriate, click ACCEPT.
8. If it is not acceptable, click CANCEL. The blood glucose entry will remain empty.
9. Click SAVE

5.12. TAKE A SINGLE HEALTH TEST



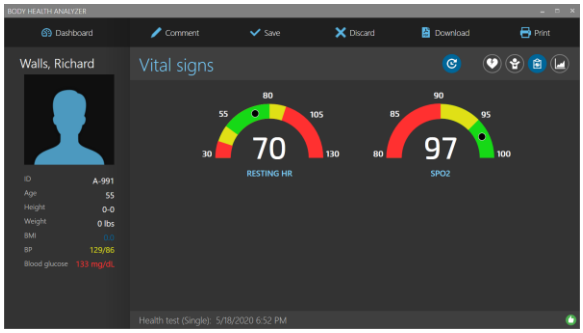
1. Select HEALTH TEST (SINGLE) option as described in the section 5.7.
2. A real-time health test screen opens showing a pulse signal, heart rate graph, current heart rate and SpO2 readings. Wait until the pulse wave signal gets stabilized, and normal HR readings start showing on the HR graph.
3. Click START RECORDING to begin a new 5-min health test recording.
4. Wait until 5-min test time elapses.
5. Once the 5-min period ends, a warning message box will open.
6. Click CONTINUE.

Note. Check the battery display to see if the battery charge is sufficient to run a 5-min test. Running on less than 5% of the battery is not recommended.

7. Once the test is finished, a preview screen opens showing the test results on four different pages:

- General health
- Stress and adaptation
- Vital signs
- Heart rate graph

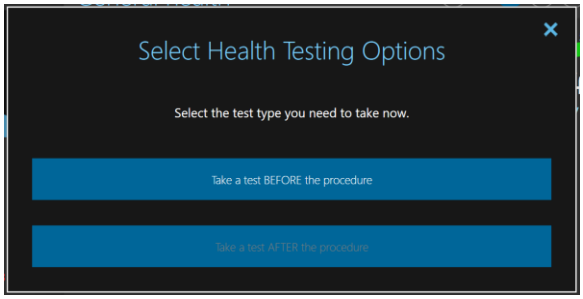
Use these page selection icons to open respective pages:



8. Click to set showing this test on history reports to ON or OFF.

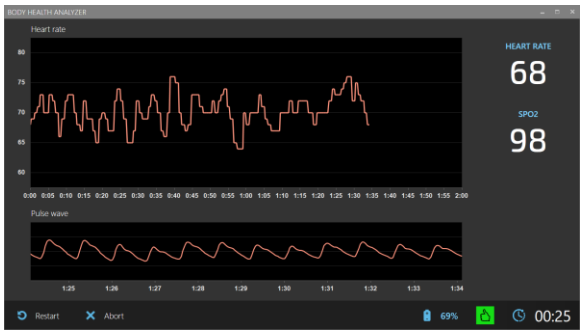
Click SAVE to save new test results in the client record or DISCARD TEST to drop these test results.

5.13. TAKE A PRE/POST HEALTH TEST



1. Select HEALTH TEST (PRE/POST) option as described in the section 5.7.
2. Select TAKE A TEST BEFORE THE PROCEDURE or TAKE A TEST BEFORE THE PROCEDURE.

Note. The system keeps track of whether a PRE or POST test was taken last time and suggests to select the opposite test type.



3. A real-time health test screen opens showing a pulse signal, heart rate graph, current heart rate and SpO2 readings. Wait until the pulse wave signal gets stabilized, and normal HR readings start showing on the HR graph.
4. Click START RECORDING to begin a new 2-minute or 5-min health test recording depending on the current configuration.

5.14. SELECT A BREATHWORK OPTION

The Body Health Analyzer provides the following breathwork capabilities depending on its configuration set at the purchase time:

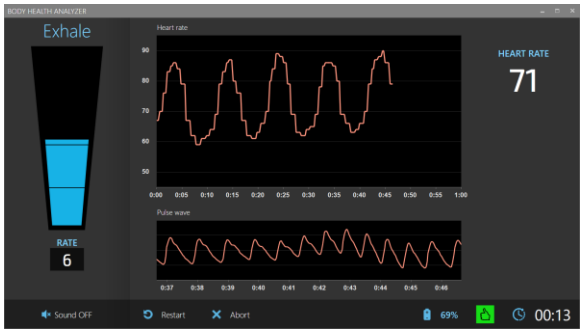
- Resonance test
- Breathwork training

Follow these steps to select the required type of breathwork:

1. Open the client dashboard screen as described in the section 5.3.
2. Click BREATHWORK.
3. A breathwork options menu opens.
4. Select the required menu option.

5.15. TAKE A RESONANCE TEST

Resonance test is a 1-minute procedure of measuring heart rate variations caused by deep breathing at 6 br/min rate.

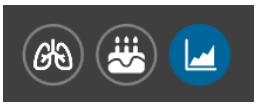


1. Select RESONANCE TEST option as described in the section 5.14.
2. A real-time resonance test screen opens showing a pulse signal, heart rate graph, and current heart rate readings. Wait until the pulse wave signal gets stabilized, and normal HR readings start showing on the HR graph.
3. Click START RECORDING to begin a new 1-min test recording.

4. Wait until 1-min test time elapses.
5. Once the test ends, a warning message box will open.
6. Click CONTINUE.
7. A preview screen opens showing the test results on four different pages:

- Cardiac resonance summary
- Aging summary
- Heart rate graph

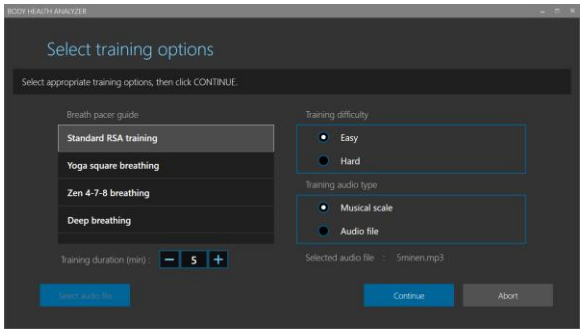
Use these page selection icons to open respective pages:



8. Click to set showing this test on history reports to ON or OFF.
9. Click SAVE to save new test results in the client record or DISCARD TEST to drop these test results.

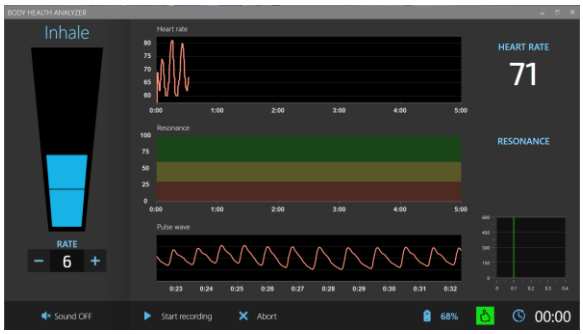
5.16. RUN A BREATHWORK TRAINING SESSION

To run a new breathwork training session for the selected client:



1. Select BREATHWORK TRAINING option as described in the section 5.14.
2. A training options selection screen opens.
3. Select an appropriate breath pacer guide from the list.
4. Select a training audio type (MUSICAL SCALE or AUDIO FILE) if it is not set to the desired value.

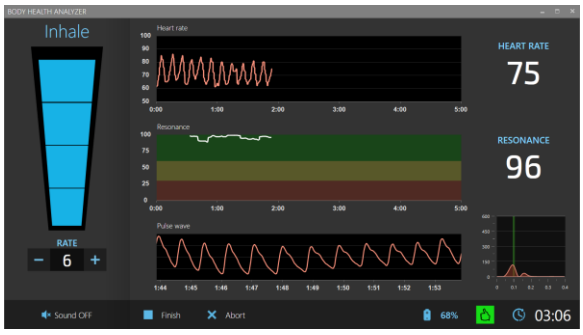
5. Click SELECT AUDIO FILE if the audio file option is selected. Use a standard file open dialog to navigate to the desired location and choose an MP3 file to use for training.
6. Select an appropriate difficulty level (EASY or HARD).
7. Select TRAINING DURATION in minutes and click CONTINUE.



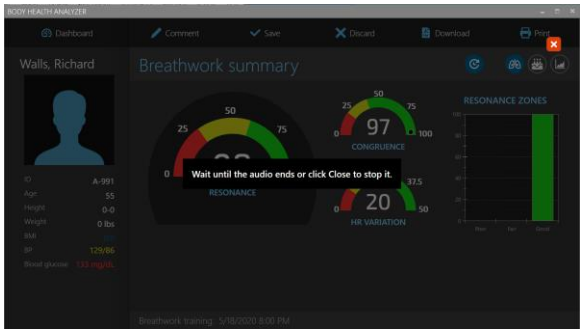
8. A real-time training screen opens.
9. Wait until the pulse wave signal gets stabilized, and normal HR readings start showing on the HR graph.
10. Click “plus” or “minus” buttons to set an appropriate rate (breaths per minute) for a visual and auditory breathing guide.
11. Click START RECORDING to begin a new 5-min session recording.

Note. Check the battery display to see if the battery charge is sufficient to run a session. Running on less than 5% of the battery is not recommended.

12. During the first 30 seconds, the subject is instructed to breathe evenly, then the instruction disappears and the subject may beathe with a comfortable volume of breathing until the session ends.
13. Toggle SOUND ON/OFF to turn the selected audio training feature on or off.
14. Follow the breathing guide with your actual breathing.



15. Periodically check the spectrum display in the bottom right part of the screen. When you follow the breath guide well, a pink peak will appear near the vertical green line.
16. You may click FINISH to stop the session before it is finished automatically.
17. Once the training session is finished, a notification message box opens.
18. Click CONTINUE.

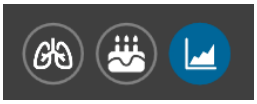


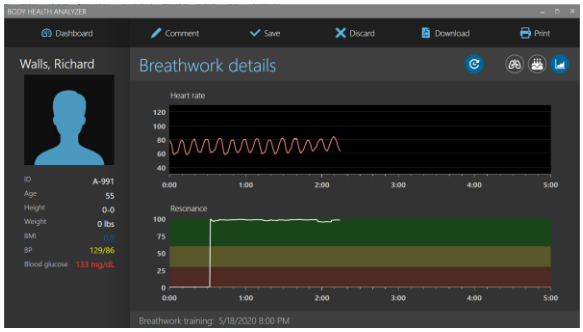
19. If the used audio file is longer than the session duration, it will continue playing after the session is over. A new session preview screen will be dimmed and blocked until the audio is finished.
20. Click the cross icon to stop playing the audio and open the session preview screen.

The preview screen shows the session results on three different pages:

- Breathwork summary
- Aging summary
- Heart rate and resonance graphs

Use these page selection icons to open respective pages:





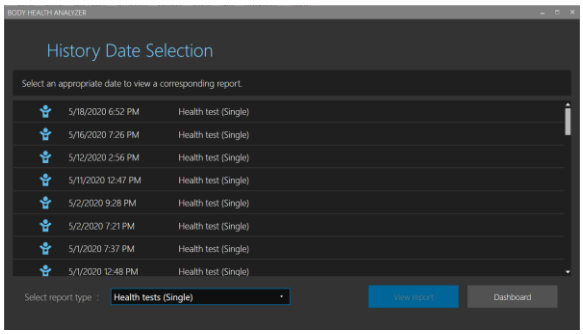
21. Click to set showing this session data on history reports to ON or OFF.
22. Click SAVE to save the new session results in the client record or DISCARD TEST to drop them.

6. CLIENT DATA OPERATIONS

6.1. VIEW HEALTH TEST REPORTS

Follow these steps to view health test reports stored in the client records:

1. Open the client dashboard screen as described in the section 5.3.
2. Click REPORT.



3. A test/session report selection screen opens.
4. Use the report type selector to select SINGLE or PRE/POST test reports.
5. Select a desired report from the list.
6. Click VIEW REPORT.

Alternatively, double-click the desired report in the list to open it.

If a single health test report is selected, the screen shows the results on four different pages:

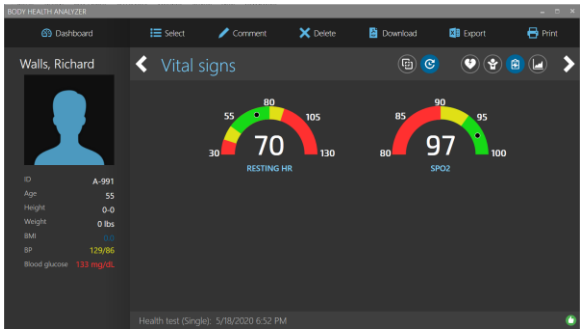
- General health
- Stress and adaptation
- Vital signs
- Heart rate graph

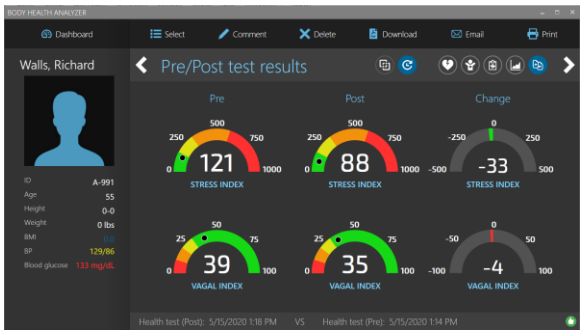
Use these page selection icons to open respective pages:

If a Pre/Post health test report is selected, the screen shows the results on five different pages:

- General health
- Stress and adaptation
- Vital signs
- Heart rate graph
- Pre/Post test results

Use these page selection icons to open respective pages:



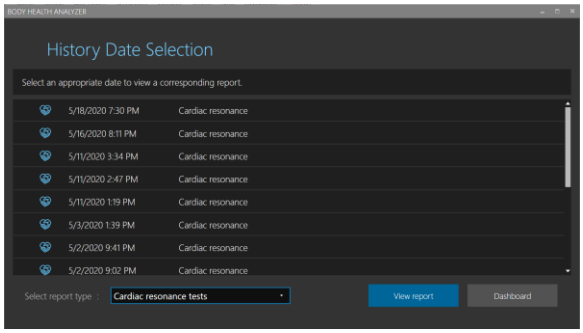


7. Click to set showing this test on history reports to ON or OFF.

6.2. VIEW RESONANCE TEST OR BREATHWORK TRAINING REPORTS

Follow these steps to view resonance test or breathwork training session reports stored in the client records:

1. Open the client dashboard screen as described in the section 5.3.
2. Click REPORT.



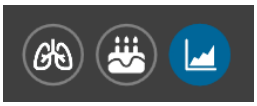
1. A test/session report selection screen opens.
2. Use the report type selector to select CARDIAC RESONANCE TESTS or BREATHWORK TRAINING SESSION reports.
3. Select a desired report from the list.
4. Click VIEW REPORT.

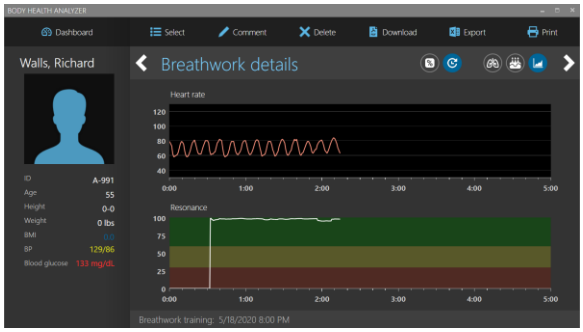
Alternatively, double-click the desired report in the list to open it.

The selected report screen shows the results on three different pages:

- Cardiac resonance (or breathwork) summary
- Aging summary
- Heart rate graph

Use these page selection icons to open respective pages:



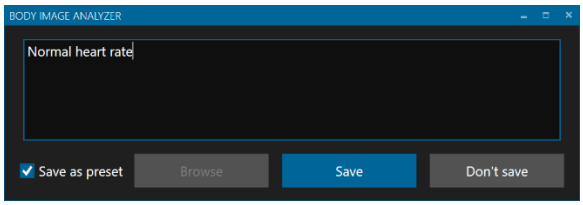


5. Click to set showing this session data on history reports to ON or OFF.

6.3. EDIT TEST OR SESSION COMMENTS

To add, view or modify special comments to the selected test or session:

1. Open a health test or training session report as described in sections 6.1. and 6.2.
2. Click COMMENT.



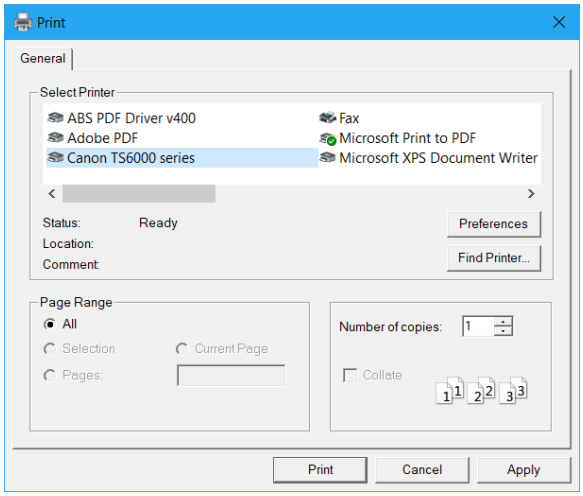
3. A test comment edit window opens.
4. Click BROWSE to show a list of previously saved preset comments. If an appropriate preset comment is on the list, select it to place in the comment field.
5. Enter (or modify the preset) comment in the comment text field.
6. Set SAVE AS PRESET checkbox to add this new comment to the list of preset comments.
7. Click SAVE.

Note. Test/session comments can be viewed on the printed reports or saved in PDF files.

6.4. PRINT TEST OR SESSION REPORT

To print a test or session report:

1. Open the selected health test or training session report screen.
2. Click PRINT.

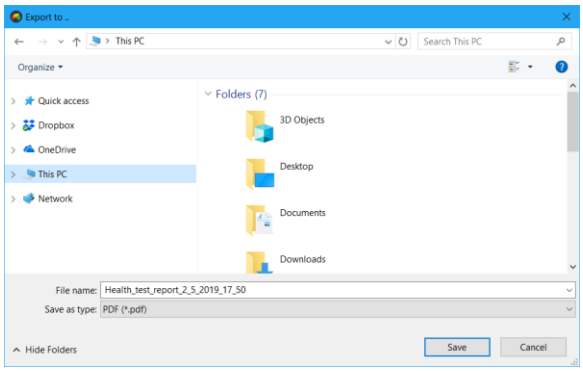


3. A standard Windows printer selection dialog box will open.
4. Select an appropriate printer from the list.
5. Use appropriate settings to specify various printing options.
6. Click PRINT to start printing.
7. Once the printing task is sent to the printer, a printing completion message box will open.
8. Click OK to finish the printing task.

6.5. SAVE TEST OR SESSION REPORT IN PDF FILE

To save a test or session report in a PDF file:

1. Open the selected health test or training session report screen.
2. Click DOWNLOAD.

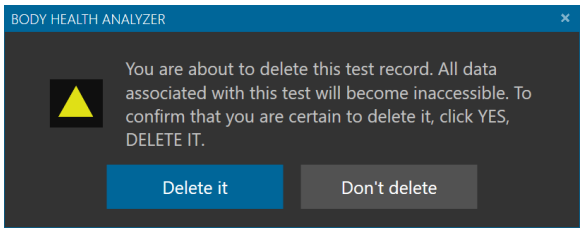


3. A standard Windows save file dialog box will open.
4. Use the dialog box to specify an appropriate location for a PDF file to be created.
5. The application will automatically generate a file name for the report, but it may be changed to any other name.
6. Click SAVE.
7. Once the PDF file is created, a task completion message box will open.
8. Click OK to finish the task.

6.6. DELETE TEST OR SESSION RECORD

To delete a test or session record:

1. Open the selected health test or training session report screen.
2. Click DELETE.



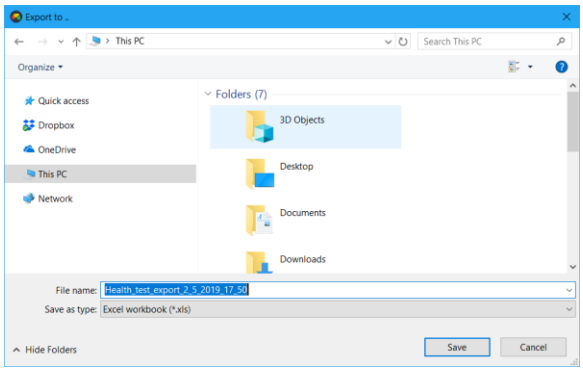
3. A test or session deletion prompt will open.
4. Click DELETE IT.
5. Once deleted, the client dashboard screen will open.

Note. The deleted test/session record will not be permanently destroyed. It will be marked as hidden. When the database is compacted, all deleted records will be permanently destroyed.

6.7. EXPORT TEST OR SESSION DATA INTO EXCEL FILE

To export a test or session data:

1. Open the selected health test or training session report screen.
2. Click EXPORT.

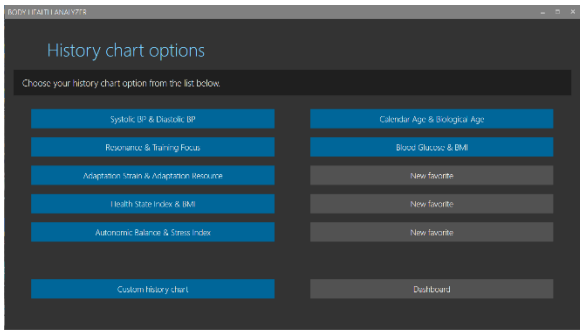


3. A standard Windows save file dialog box will open.
4. Use the dialog box to specify an appropriate location for an Excel file to be created.
5. The application will automatically generate a file name for the exported data, but it may be changed to any other name.
6. Click SAVE.
7. Once the Excel file is created, a task completion message box will open.
8. Click OK to finish the task.

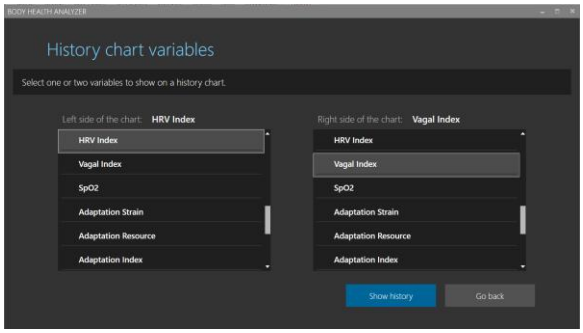
6.8. VIEW HISTORY

To view history reports:

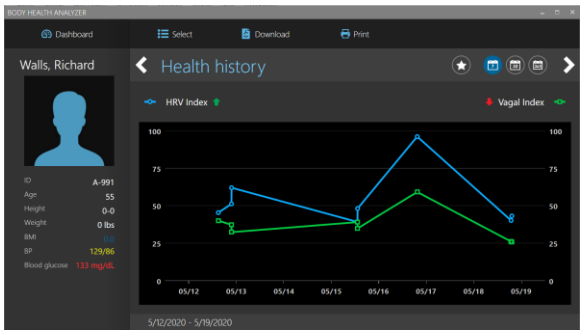
1. Open a client dashboard screen as described in the section 5.3.
2. Click HISTORY.

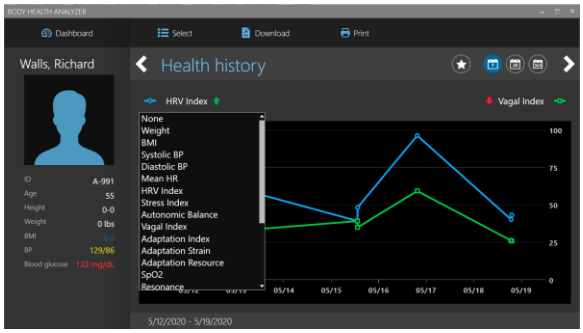


3. A screen to select history chart options opens.
4. If there is an appropriate chart on the list of up to 10 favorite charts, click on it to immediately open that chart.
5. Otherwise, click CUSTOM HISTORY CHART.



6. A screen to select history chart variables opens.
7. Select one or two variables to show the history of. The combination of both variables set to NONE is not allowed. The first variable set to NONE is not allowed.
8. Click SHOW HISTORY.





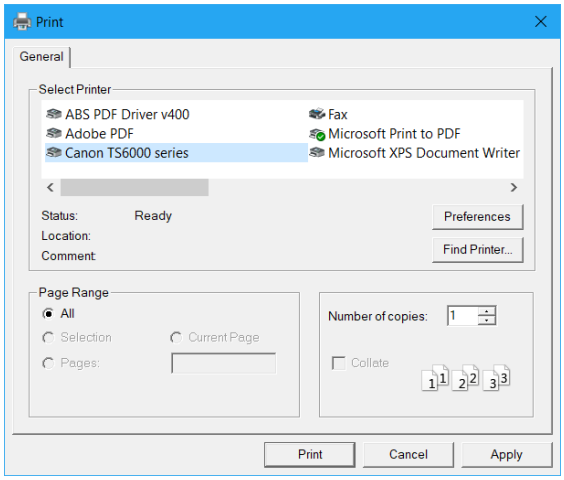
9. A history chart of the selected variables opens.
10. Set the time of the history chart to one of the following options: 7-DAYS, 30-DAYS, or 365-DAYS.
11. Click the left and right angled icons to scroll the history with the selected time period.
12. Click SELECT HISTORY to return to the history options selection screen and select another history chart.
13. Click on the blue circle or green rectangle mark aside of the left or right variable name. A respective dropdown list of the variables will open to change the variables on the current chart.

The icon indicates if the currently displayed variables are configured as a preset in the list of favorite charts. The grey button means it is not set as a preset. The blue button means it is set as a preset. Up to 10 preset charts are allowed.

6.9. PRINT HISTORY REPORT

To print a history report:

1. Open an appropriate history chart.
2. Click PRINT HISTORY.

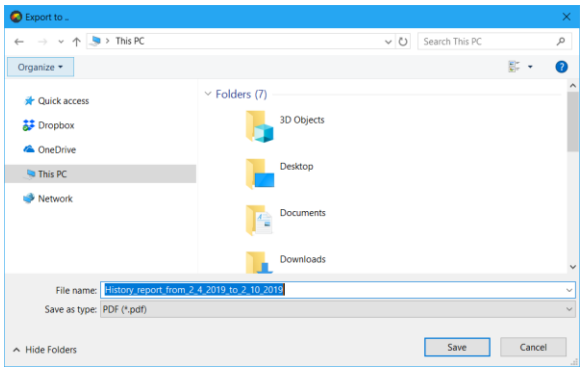


3. A standard Windows printer selection dialog box will open.
4. Select an appropriate printer from the list.
5. Use appropriate settings to specify various printing options.
6. Click PRINT to start printing.
7. Once the printing task is sent to the printer, a printing completion message box will open.
8. Click OK to finish the printing task.

6.10. SAVE HISTORY REPORT IN PDF FILE

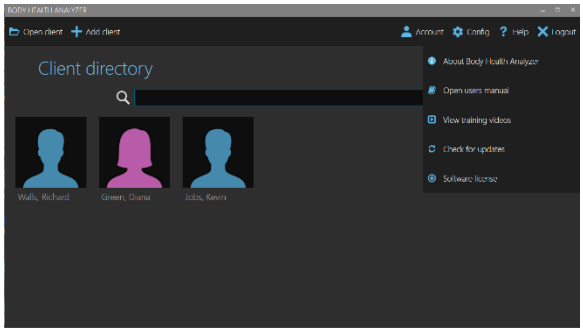
To save a history report in a PDF file:

1. Open an appropriate history chart.
2. Click DOWNLOAD.



3. A standard Windows save file dialog box will open.
4. Use the dialog box to specify an appropriate location for a PDF file to be created.
5. The application will automatically generate a file name for the report, but it may be changed to any other name.
6. Click SAVE.
7. Once the PDF file is created, a task completion message box will open.
8. Click OK to finish the task.

7. HELP MENU



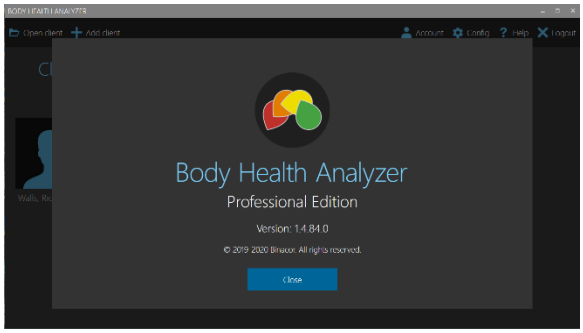
There are several product help and some other helpful features available in the software. To access them:

1. Open the client directory screen.
2. Click HELP.

7.1. ABOUT THE BODY HEALTH ANALYZER

To see the information about the Body Health Analyzer:

1. Select ABOUT BODY HEALTH ANALYZER from the drop-down menu.



2. The About screen opens.
3. Click CLOSE to return to the client directory screen.

7.2. OPEN USER'S MANUAL

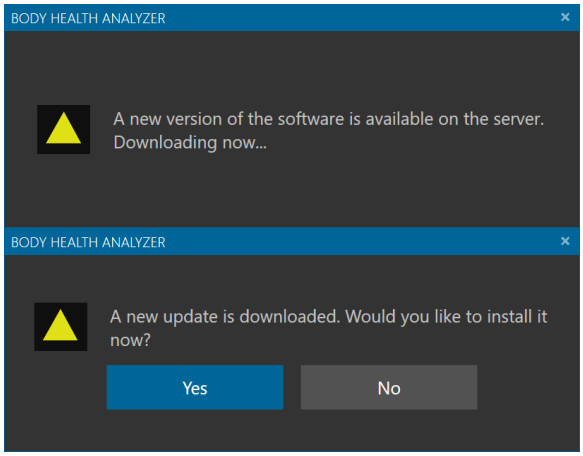
1. Select OPEN USERS MANUAL from the drop-down menu.
2. A default web browser will start and open this user's manual in the browser.

7.3. VIEW TRAINING VIDEOS

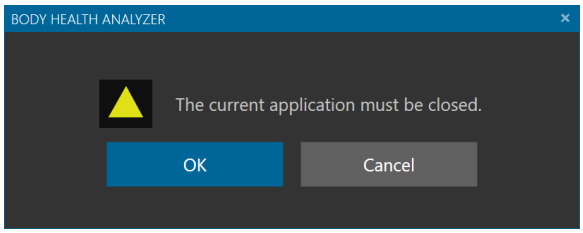
1. Select VIEW TRAINING VIDEOS from the drop-down menu.
2. A default web browser will start and open the Body Health Analyzer web page containing various training video clips.

7.4. CHECK FOR UPDATES AND INSTALL NEW VERSION

1. Select CHECK FOR UPDATES from the drop-down menu.



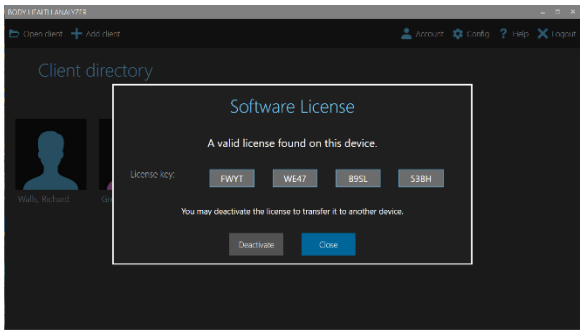
2. The program will start checking for an existing update.
3. If it is available, the program will start downloading it and show the following message.
4. Once it is downloaded, the following prompt will open.
5. Click YES.



6. Th following message box will open.
7. Click OK.
8. The program will close and start the installation as described in the section 1.1.

7.5. VIEW SOFTWARE LICENSE

1. Select SOFTWARE LICENSE from the drop-down menu.



2. The following window opens showing the current software license key and its type – trial or perpetual.
3. If it is perpetual, you may deactivate it to be able to transfer the license to a different computer.
4. Click DEACTIVATE to do that.

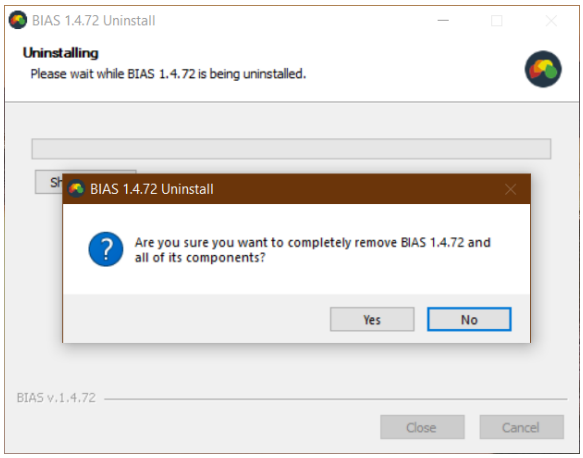
If this is a trial license and it is not expired, the following window opens showing how many days of the trial period have left.

If it is expred, a respective message will be shown on the screen.

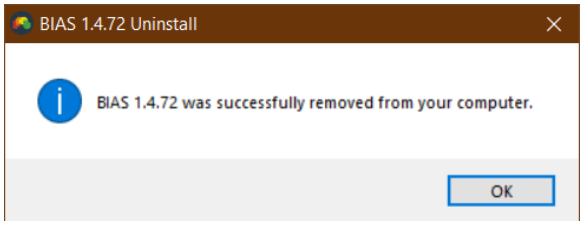
8. UNINSTALL THE BODY HEALTH ANALYZER

To uninstall the Body Health Analyzer:

1. Click the Windows **Start** button.
2. Scroll down and select the **BIAS** menu folder.
3. Click on this folder to open.
4. Right-click the **Body Health Analyzer Professional Edition Uninstall**, then select **More**, then **Run as administrator**.



5. The following uninstall window opens.
6. Click YES.



7. Once the software uninstallation finished, the following message opens.
8. Click OK.