

**Binacor LLC**

# **BODY HEALTH ANALYZER**

**Home Edition**

**Operating Manual**

**Version 1.4**

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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 **BIASHOMEInstall\_vX.X.XX** (depending on Windows settings it may end with **.exe**). It is a self-extracting installation program.  
**X.X.XX** – is the current version number
- Step 4:** Double-click on this file name.
- Step 5:** Follow simple on-screen instructions to complete the installation process.

### 1.2. DOWNLOADING THE SOFTWARE

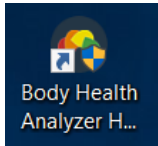
Alternatively, BHA software may be downloaded from the company's server. Contact Binacor technical support at [support@binacor.com](mailto:support@binacor.com) to request a download link. If you are a verified customer, you will receive an email with a secure web link to download the software installer. Follow the instructions provided in that email to install the software.

### 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.

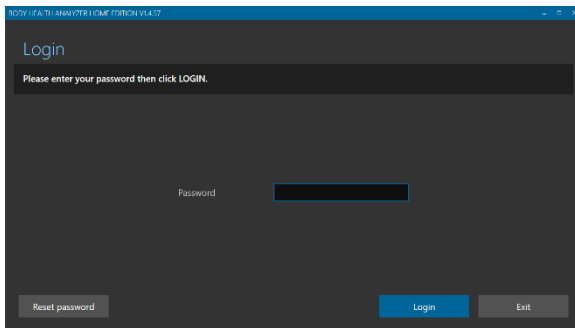
## 2. USER ACCOUNT OPERATIONS

### 2.1. START / CLOSE APPLICATION



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

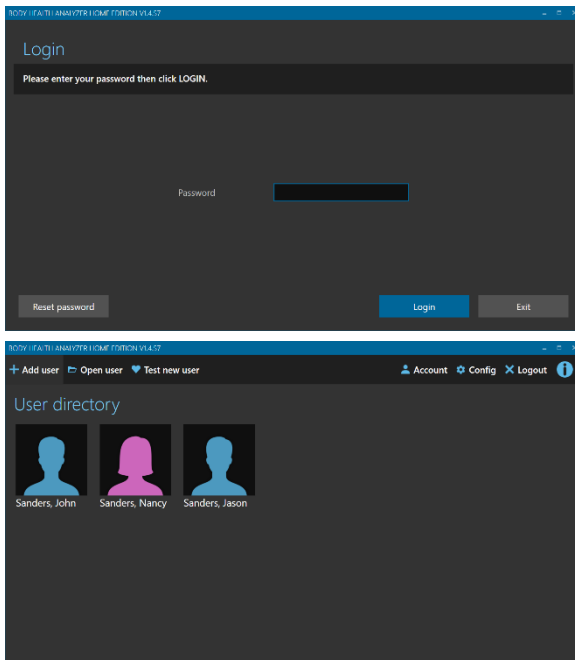
1. Open the Windows desktop screen.
2. Find the **Body Health Analyzer Home Edition** application shortcut icon.
3. Double-click the icon.
4. The account login screen will open.



To close the BHA:

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

### 2.2. LOGIN / LOGOUT



To log into the user account:

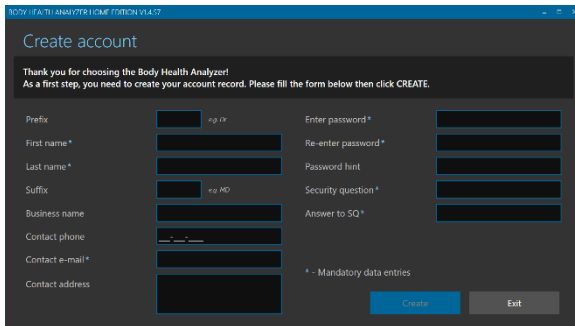
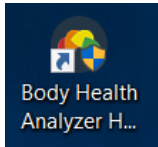
1. Bring the user login screen (it appears upon starting the BHA program or logging out of the user account).
2. Type in a user's account password.
3. Click LOGIN.
4. The user directory screen will open.

To log out of the user account:

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

## 2.3. CREATE A NEW ACCOUNT

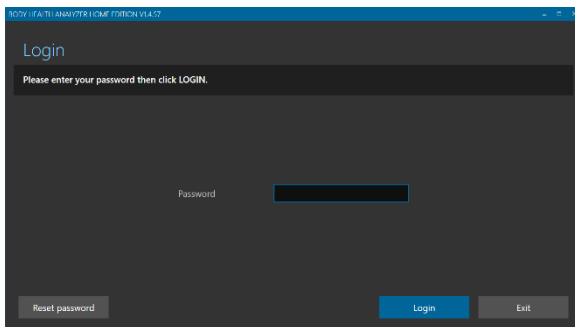
BHA allows for only one group of up to six users utilizing it on the same computer. A single group user account must be created when you run the BHA software for the first time after a clean installation. Once it is created, it will not be possible to do it again as long as the BHA database file exists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



To create a new account:

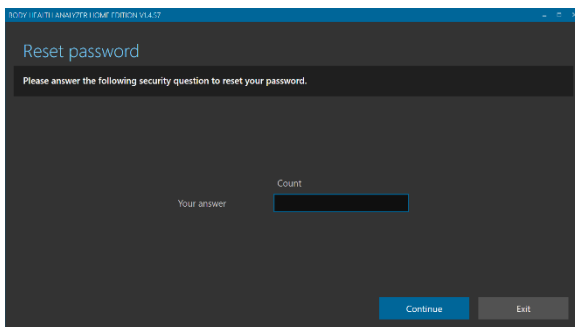
1. Open Windows desktop screen.
2. Find the Body Health Analyzer application shortcut icon.
3. Double-click the icon.
4. The account creation screen will open.
5. Fill out all data entry fields marked as "mandatory."
6. Fill out any optional fields.
7. Click CREATE.
8. The app will warn that it will close upon account creation and must be restarted.
9. Click CLOSE to proceed.

## 2.4. RESET THE ACCOUNT PASSWORD

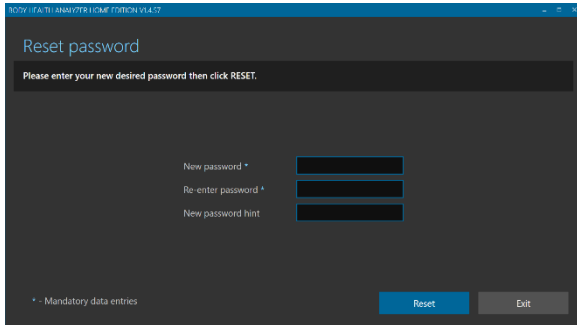


In case you forgot the account password:

1. Bring the user login screen.
2. Click RESET PASSWORD.
3. The security question screen will open.
4. Enter a correct answer to the user's security question shown on the screen.
5. Click CONTINUE.

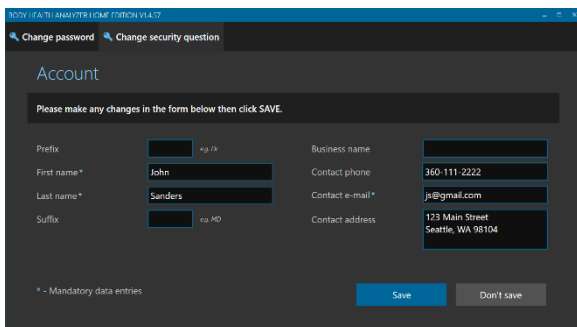


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6. The reset password screen will open.
7. Enter and re-enter a new password.
8. Enter a new password hint (recommended).
9. Click RESET.
10. Upon successful password reset the account login screen will open again.

### 2.5. EDIT THE ACCOUNT INFORMATION

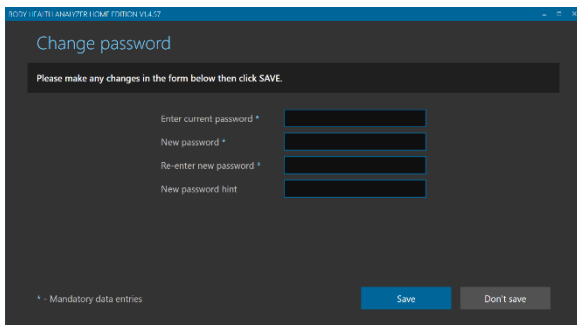


To edit the account information:

1. Open the user directory screen.
2. Click ACCOUNT.
3. The account information screen will open.

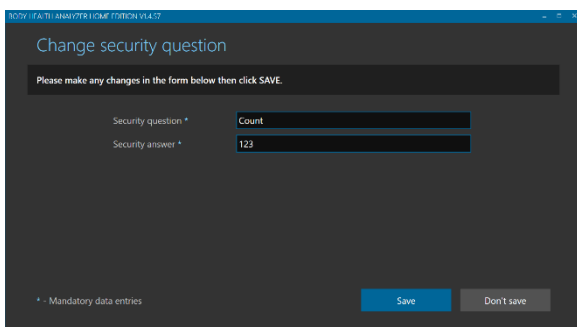
Follow these steps to edit the user information:

1. Modify any data shown in the form.
2. Make sure all mandatory data entries are filed.
3. Click SAVE.



To change the account password:

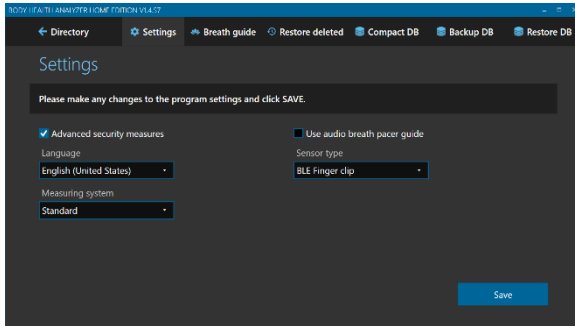
1. Click CHANGE PASSWORD.
2. The password change screen will open.
3. Enter the current password.
4. Enter and re-enter a new password.
5. Enter a new password hint.
6. Click SAVE.



To change the account security question:

1. Click CHANGE SECURITY QUESTION.
2. The security question change screen will open.
3. Enter a new security question.
4. Enter a new security answer.
5. Click SAVE.

## 2.6. CHANGE THE ACCOUNT SETTINGS

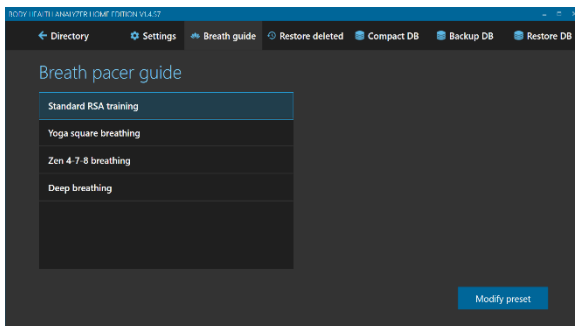


To change the account settings:

1. Open the user directory screen.
2. Click CONFIG.
3. The program configuration screen will open.
4. Set / clear a checkmark to any of the following options:
  - a. **ADVANCED SECURITY MEASURES** – to make the program working in the HIPAA compliant mode.
  - b. **USE AUDIO BREATH PACER GUIDE** – to enable playing special musical instrument scale sounds, providing a sense of pace for breathing during training sessions.
5. Use **LANGUAGE** to select a desired user interface language.
6. Use **MEASURING SYSTEM** to select either **STANDARD** or **METRIC** system of measurements.
7. Use **SENSOR TYPE** to select either **USB EAR SENSOR** or **BLUETOOTH FINGER SENSOR** option.
8. Click **SAVE**.

## 2.7. MANAGE BREATH GUIDES

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

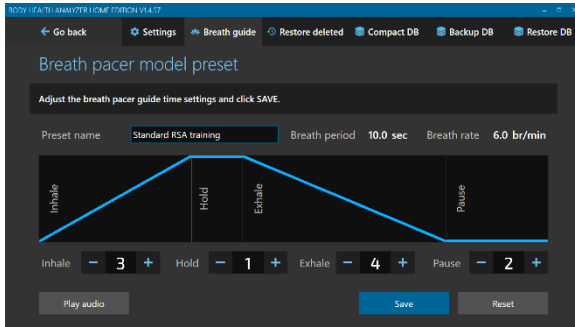


To modify an existing guide:

1. Open the program configuration screen.
2. Click **BREATH GUIDE**.
3. The breath guide selection screen will open.
4. Select a guide from the list.
5. Click **MODIFY PRESET**.



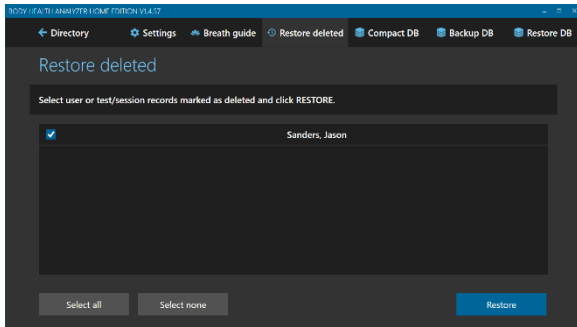
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6. The preset editing screen will open.
7. Update the preset name if needed.
8. Use the “plus” and “minus” buttons to set any of four breath guide phase durations: INHALE, HOLD, EXHALE, and PAUSE.
9. Click PLAY AUDIO to listen to how the musical instrument scale will sound for this guide (optional).
10. Click RESET to reset all durations to their factory values (optional).
11. Click SAVE.
12. The breath guide selection screen will open.

### 3. DATABASE OPERATIONS

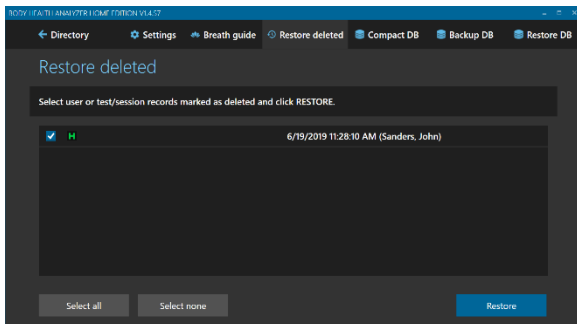
#### 3.1. RESTORE DELETED USER RECORDS



To restore any deleted user records:

1. Open the program configuration screen.
2. Click RESTORE DELETED.
3. The restore deleted selection screen will open.
4. Select one or more user records to restore. Use SELECT ALL or SELECT NONE if needed.
5. Click RESTORE to restore the selected records.

#### 3.2. RESTORE DELETED TEST OR SESSION RECORDS



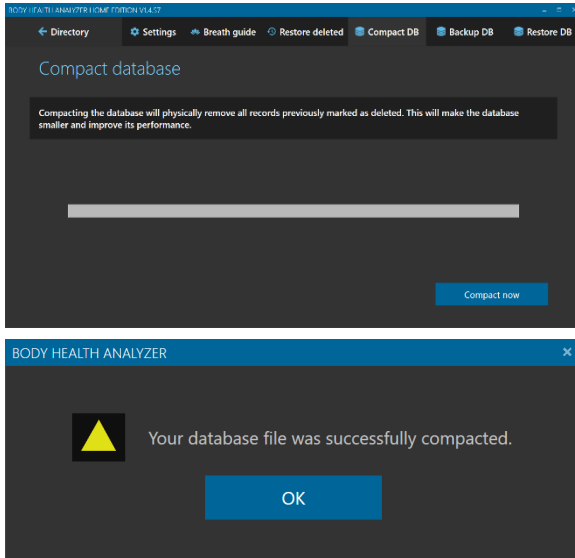
To restore any deleted health test / training session records:

1. Open the program configuration screen.
2. Click RESTORE DELETED.
3. The restore deleted selection screen will open.
4. Select one or more test/session records to restore. Use SELECT ALL or SELECT NONE if needed.
5. Click RESTORE to restore the selected records.

#### 3.3. COMPACT DATABASE CONTENT

When you delete any user record or health test / training session, the software does not physically delete them. Those records are just 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.

## BODY HEALTH ANALYZER OPERATING MANUAL

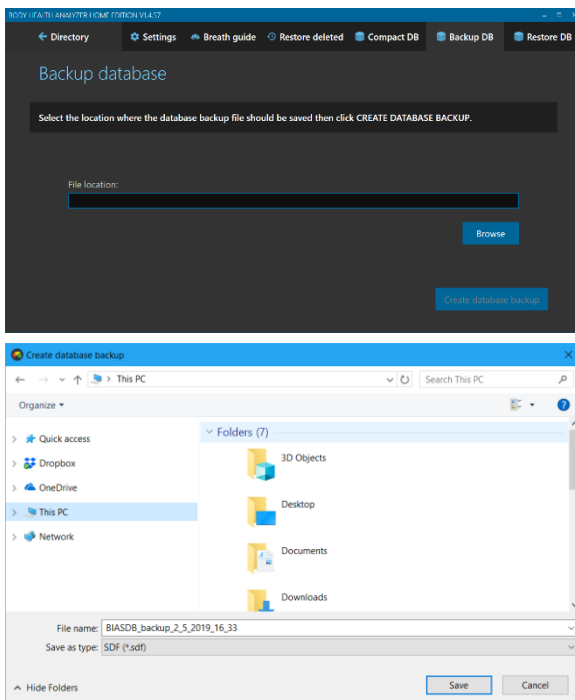


To compact the database:

1. Open the program configuration screen.
2. Click COMPACT DB.
3. The compacting database screen will open.
4. Click COMPACT NOW to commit compacting the database.
5. Once database compacting is done, this message box will open.
6. Click OK to finish.

### 3.4. BACKUP DATABASE

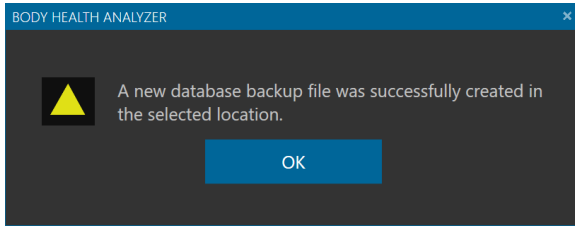
A computer hard disk (where the database is stored) is a reliable device, but it may eventually fail risking to lose your data. Creating backup copies of the database is an important measure to keep the collected data safe in case of disk failures. It is highly recommended to save backup copies on an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



To create a backup copy of the database:

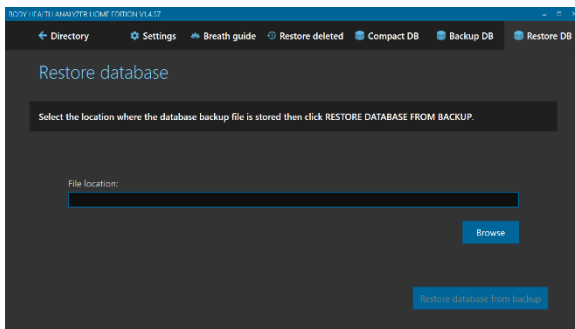
1. Open the program configuration screen.
2. Click BACKUP DB.
3. The database back up screen will open.
4. Click BROWSE.
5. A standard Windows save file dialog box will open.
6. Select an appropriate location for a backup file.
7. The application will automatically generate a name for a backup file (recommended), 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.

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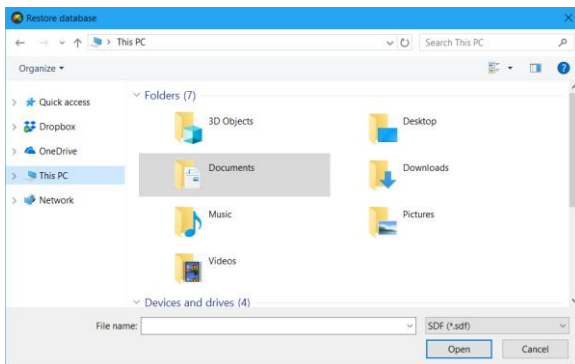
11. Once finished, this message box will open.
12. Click OK to finish.

### 3.5. RESTORE DATABASE

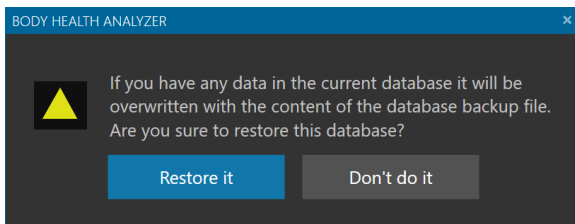


To restore the database from a backup copy:

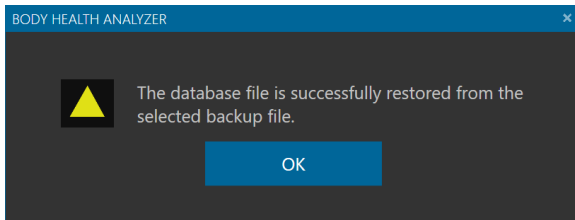
1. Open the program configuration screen.
2. Click RESTORE DB.
3. The database restore screen will open.
4. Click BROWSE.



5. A standard Windows open file dialog box will open.
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.



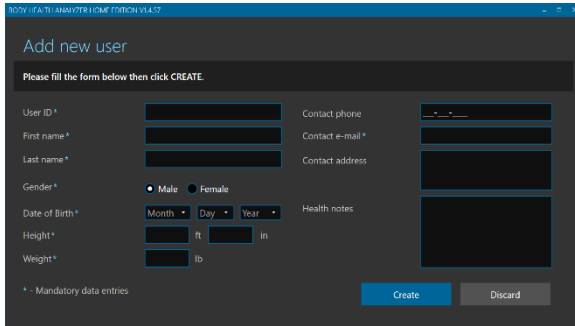
10. A confirmation message box will open.
11. Click RESTORE IT.



12. Once finished, this message box will open.
13. Click OK to finish.
14. The application will open the login screen.

## 4. USER OPERATIONS

### 4.1. CREATE A NEW USER RECORD

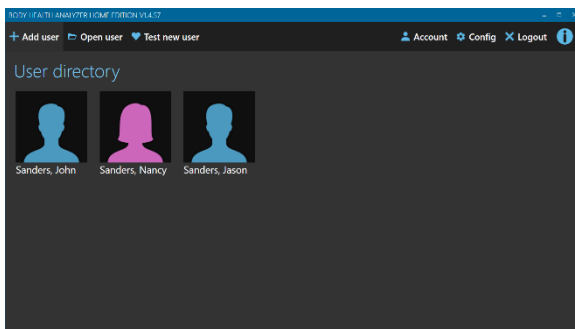


To create a new user record:

1. Open the user directory screen.
2. Click ADD USER.
3. The new user record screen will open.
4. Fill the form. Make sure that you filled all mandatory data entries.
5. Click CREATE.
6. A newly created user record card will appear on the user directory screen.

Maximum SIX user records are allowed for a group account in the Home Edition.

### 4.2. OPEN A USER RECORD



To open a user record:

1. Open the user directory screen.
2. Find a card with a female or male silhouette and the required user name.
3. Open the record with one of these options:
  - a. Double-click the selected card.
  - b. Single-click the card, then click OPEN USER.


### 4.3. VIEW USER DASHBOARD

A user dashboard shows the user personal information and the most recent health test and training session results.


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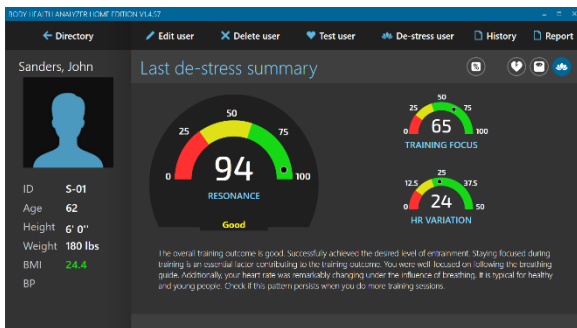



To view the user dashboard:

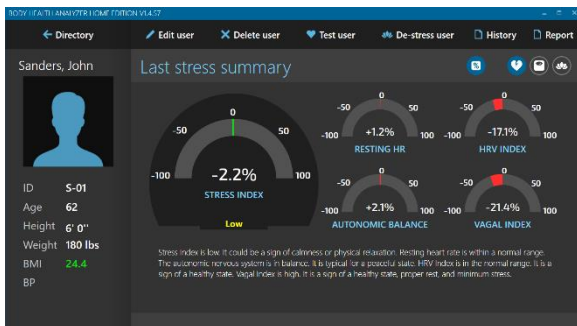
1. Open the user record.
2. The user dashboard screen will open.
3. View the most recent results. The screen has three summary pages: stress summary, health state summary, and de-stress summary. There are three toggle icons on the right side of the top bar representing three summary pages.
4. By default, the app shows the stress summary information. If the user switches to other pages, clicking the  icon will open the stress summary page.




5. Click  icon to open the health state summary page.



6. Click  icon to open the De-stress summary page.



7. 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.

## 4.4. EDIT USER PROFILE

Follow these steps to edit the selected user profile:

Body Health Analyzer Home Screen V1.0.7

### Edit user

Please make any changes in the form below then click SAVE.

User ID *	S-01	Contact phone	360-111-2222
First name *	John	Contact e-mail *	js@gmail.com
Last name *	Sanders	Contact address	123 Main Street Seattle, WA 98370
Gender *	<input checked="" type="radio"/> Male <input type="radio"/> Female	Health notes	
Date of Birth *	Aug 6 1956		
Height *	6 ft 0 in		
Weight *	180 lb		

\* - Mandatory data entries

Save Don't save

To edit a user profile:

1. Open the user dashboard screen.
2. Click EDIT USER.
3. The user record form screen will open.
4. Edit any data in the form. Make sure all mandatory fields are not blank.
5. Click SAVE.
6. The dashboard screen will open again.

## 4.5. DELETE USER RECORD

Body Health Analyzer Home Screen V1.0.7

### Delete user

Sanders, John  
ID: S-01  
Age: 62

You are about to delete this user record. All data associated with this user will become inaccessible.  
Click YES, DELETE IT to commit user record deletion.

Delete it Don't do it

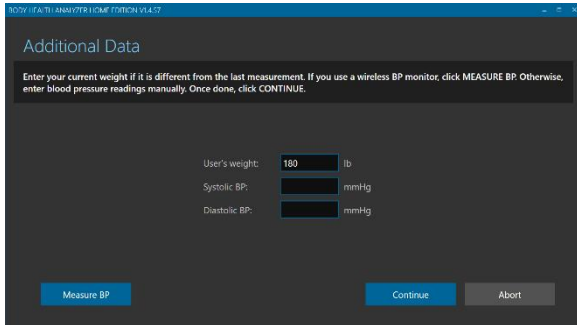
To delete a user record:

1. Open the user dashboard screen.
2. Click DELETE USER.
3. The user deletion screen will open.
4. Click YES, DELETE IT.
5. The updated user directory screen will open.

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

## 4.6. TEST SELECTED USER

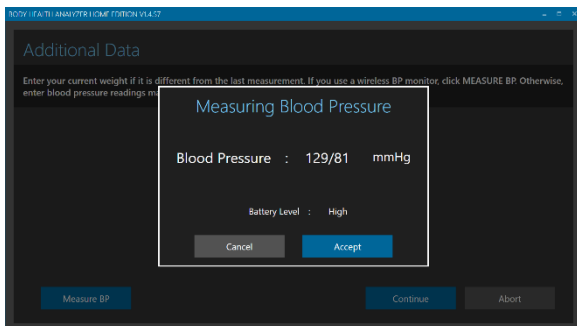
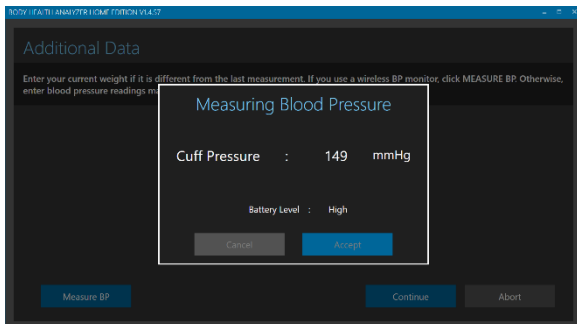
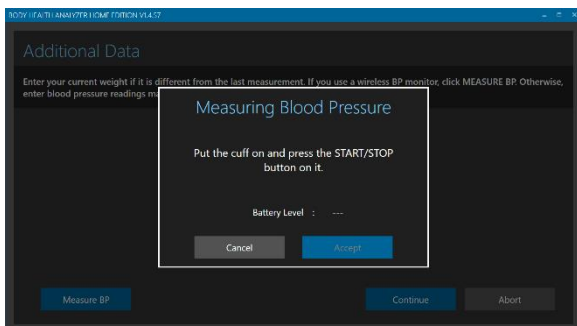
## BODY HEALTH ANALYZER OPERATING MANUAL



To test the selected user:

1. Open the selected user record.
2. The user dashboard screen will open.
3. Click TEST USER.
4. The additional data entry screen will open.
5. Update the user weight if needed.
6. Enter the user blood pressure if available or leave it blank.

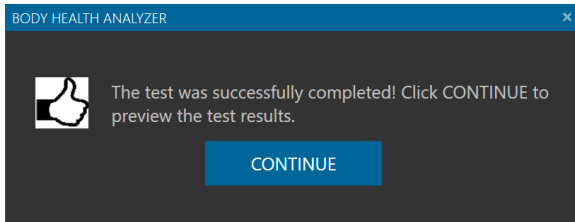
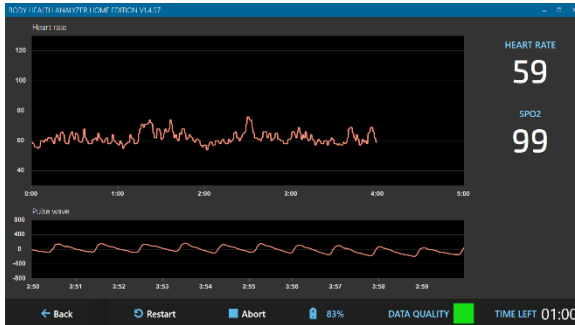
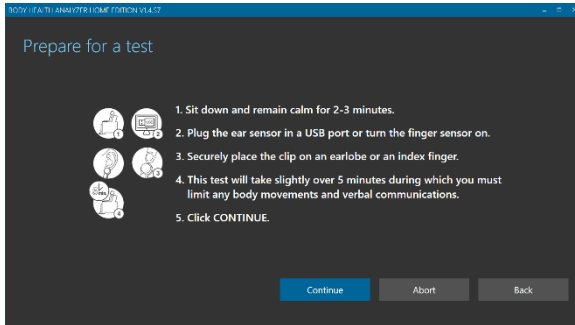
The BHA supports an optional Bluetooth blood pressure monitor Biolight WBP202. If such a device is available, click MEASURE BP to begin measurement.



7. Put the cuff on your arm and press the START/STOP button on it.
8. The app will connect to the BP monitor over Bluetooth and start measurement showing the air pressure changes in the cuff.
9. Once the measurement finishes, the app shows the measured BP.
10. If it is appropriate, click ACCEPT. The app will automatically put the systolic and diastolic readings in the form.
11. If they are not acceptable, click CANCEL. The systolic and diastolic entries will remain empty.
12. Click CONTINUE.



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13. An instruction screen will open to prepare for a new test.

14. Follow the instructions.

15. Click CONTINUE.

16. A real-time health test screen will open showing a pulse signal, heart rate graph, current heart rate and SpO2 readings. **Note that SpO2 data is available only if a Bluetooth finger clip sensor is used.**

17. Wait until the pulse wave signal gets stabilized, and normal HR readings start showing on the HR graph.

18. If a Bluetooth finger sensor is used, 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.

19. Click START RECORDING to begin a new 5-min health test recording.

20. Wait until 5-min test time elapses.

21. Once the 5-min period ends, this message box will open.

22. Click CONTINUE.

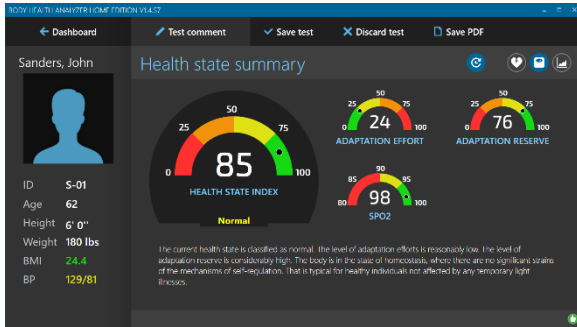
23. A new test results preview screen will open.


24. View the new health test results. The screen has three summary pages: stress summary, health state summary, and de-stress summary. There are three toggle icons on the right side of the top bar representing three summary pages.

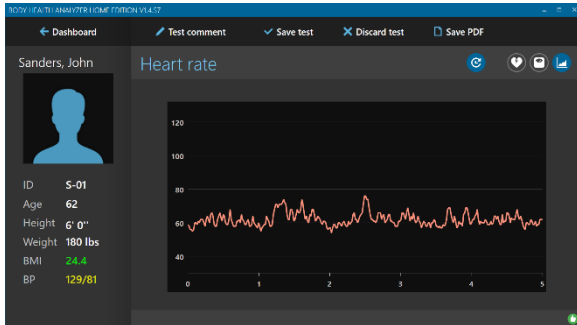
25. By default, the app shows the stress summary information. If the user switches to


other pages, clicking the  icon will open the stress summary page.

## BODY HEALTH ANALYZER OPERATING MANUAL



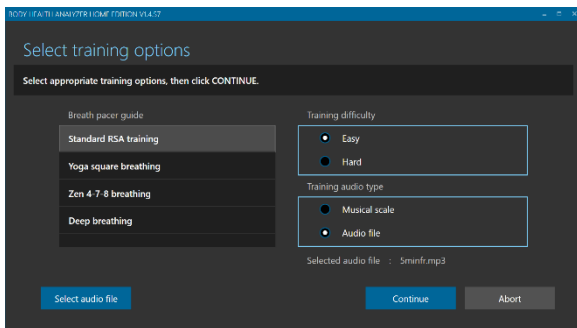
26. Click  icon to open the health state summary page.



27. Click  icon to open the heart rate graph page.

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

### 4.7. DE-STRESS SELECTED USER

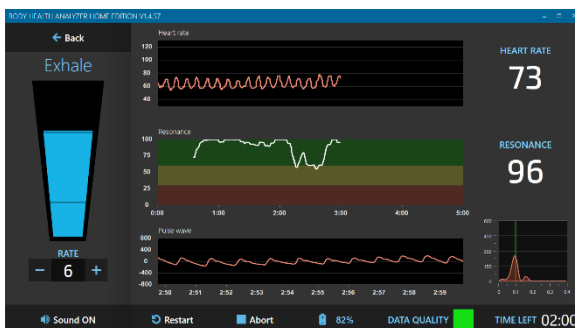
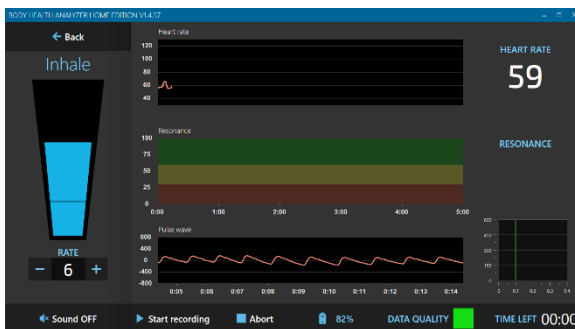
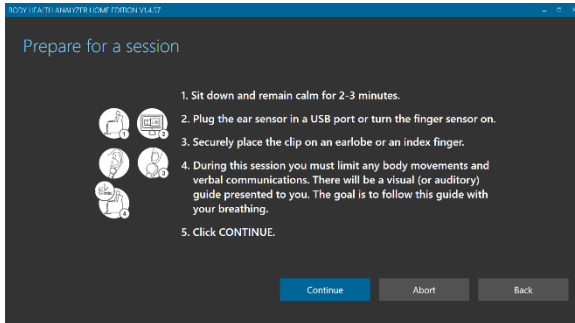
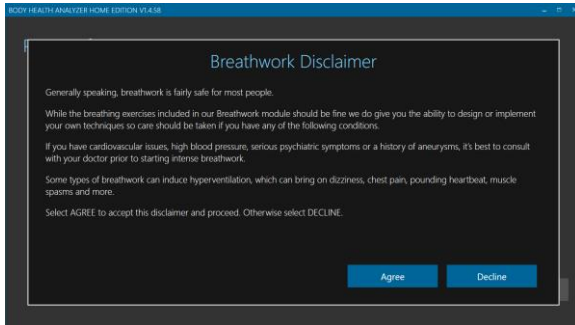


To run a new de-stress training session:

1. Open the user dashboard screen.
2. Click DE-STRESS USER.
3. A training options selection screen will open.
4. Select an appropriate breath pacer guide from the list.
5. Select a training audio type (MUSICAL SCALE or AUDIO FILE) if it is not set to the desired value.
6. 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.
7. Select an appropriate difficulty level (EASY or HARD).
8. Click CONTINUE.

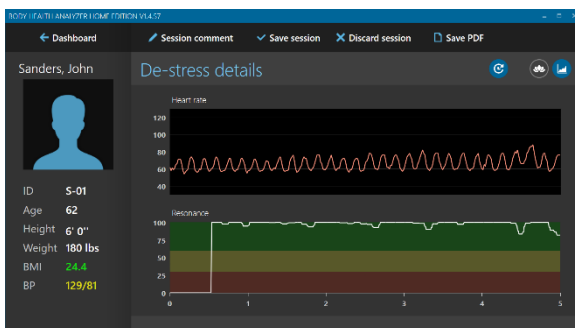
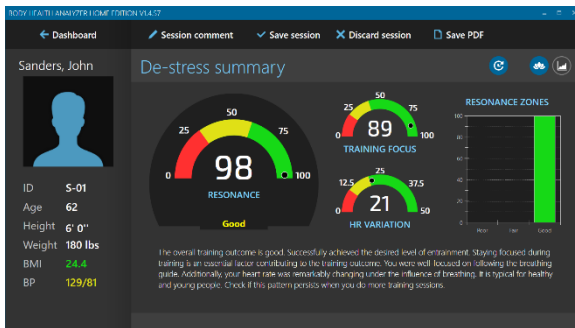
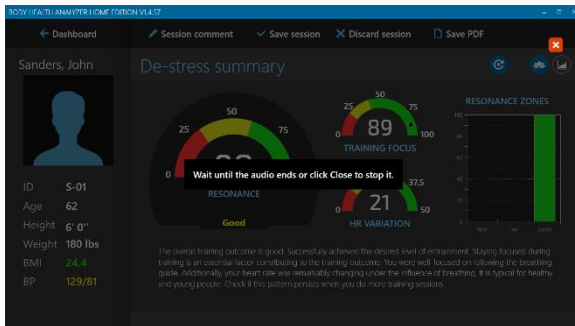
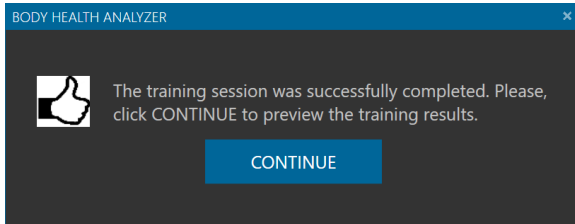
The app will store all these selections for the selected user.

## BODY HEALTH ANALYZER OPERATING MANUAL




9. If you run a de-stress training session for the first time, the system presents a disclaimer screen to agree with.
10. Click AGREE to continue. Clicking DECLINE will abort the session.
11. An instruction screen to prepare for a new training session will open.
12. Follow the instructions.
13. Click CONTINUE.
14. A real-time training screen will open.
15. Wait until the pulse wave signal gets stabilized, and normal HR readings start showing on the HR graph.
16. If a Bluetooth finger sensor is used, check the battery display to see if the battery charge is sufficient to run a 5-min session. Running on less than 5% of the battery is not recommended.
17. Click “plus” or “minus” buttons to set an appropriate rate (breaths per minute) for a visual and auditory breathing guide.
18. Click START RECORDING to begin a new 5-min session recording.
19. Toggle SOUND ON/OFF to turn the selected audio training feature on or off.
20. Follow the breathing guide with your actual breathing.
21. During training, 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.


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22. Once the new training session is finished, a message box will open.
23. Click CONTINUE.

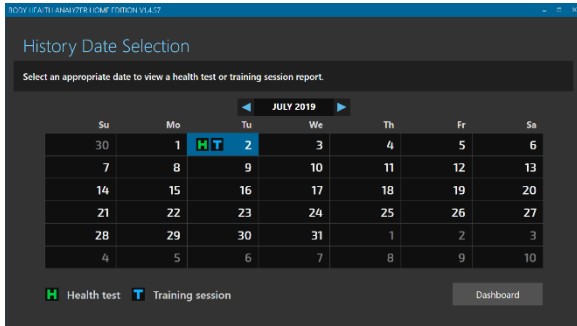
24. If the used audio file is longer than 5 minutes, it will continue playing after the session is over. A semi-transparent mask will be placed on top of the session preview screen until the audio finished.
25. Click the cross icon to stop playing audio and open the session preview screen.

26. A new session results preview screen will open.
  1. Review the training results. The screen has two summary pages: de-stress summary and de-stress graphs.
  2. There are two toggle icons on the right side of the top bar representing two summary pages.
27. By default, the app shows de-stress summary information. If the user switches to the other page, clicking the  icon will open the de-stress summary page.




28. Click the  icon to view the details of the training session data in the form of time graphs.
29. Click SAVE SESSION to save new session results in the user record or DISCARD SESSION to drop the results.

## 5. USER DATA OPERATIONS

### 5.1. VIEW SELECTED HEALTH TEST REPORT







To view a health test report:

1. Open the user dashboard screen.
2. Click REPORT.
3. A test/session report selection screen will open.
4. Use the calendar selector to find a date when a test of interest was recorded.
5. Click on an “H” icon in the appropriate date grid.
6. If more than one test were recorded on the selected date, a list of test date/times for this day pops up. Select an appropriate date/time to open.
7. The selected health test report screen will open.
8. Review the test results. The screen has three summary pages: stress summary, health state summary, and de-stress summary. There are three toggle icons on the right side of the top bar representing three summary pages.
9. By default, the app shows the stress summary information. If the user switches to other pages, clicking the  icon will open the stress summary page.
10. Click  icon to open the health state summary page.
11. Click  to switch the dial displays from showing the absolute readings of the last measured biometrics to the percent of change since the previous test. Click it again to toggle back to the absolute readings.

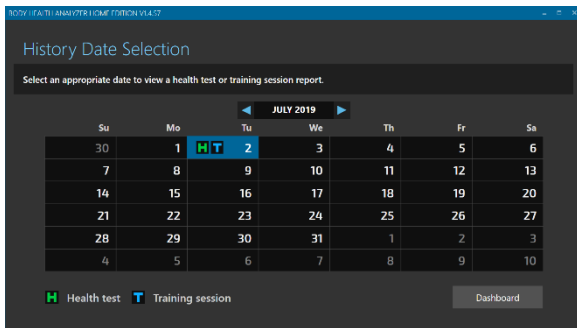


## BODY HEALTH ANALYZER OPERATING MANUAL



12. Click  icon to open the heart rate graph page.
13. Click  or  icon to move between the health test reports.
14. If  is not set to show this test data on the history charts, there is another test recorded on the same day, and it was set to be included in the history report. Select this icon by making it blue to include this test in history (this will exclude the other session previously included for this day).

### 5.2. VIEW SELECTED TRAINING SESSION REPORT




To view a training session report:



1. Open the user dashboard screen.
2. Click REPORT.
3. A test/session report selection screen will open.
4. Use the calendar selector to find a date when a session of interest was recorded.
5. Click on a "T" icon in the appropriate date grid.
6. If more than one session were recorded on the selected date, a list of session date/times for this day would pop up. Select an appropriate date/time to open.

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7. The selected session report screen will open.
8. Review the session results. The screen has two summary pages: de-stress summary and de-stress graphs. There are two toggle icons on the right side of the top bar representing two summary pages.
9. By default, the app shows the de-stress summary information. If the user switches to

the other page, clicking the  icon will open the de-stress summary page.

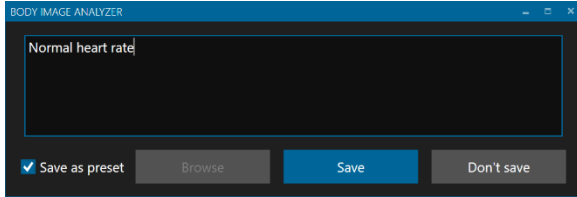
10. Click  to switch the dial displays from showing the absolute readings of the last measured biometrics to the percent of change since the previous session. Click it again to toggle back to the absolute readings.
11. If  is not set to show this session data on the history charts, this means there is another session recorded on the same day, and it was set to be included in the history report. Set this icon by making it blue to include this session in the history (this will exclude the other session previously included for this day).



12. Click the  icon to view the details of the training session data in the form of time graphs.
13. Click  or  icon to move between the training session reports.

### 5.3. EDIT TEST OR SESSION COMMENTS

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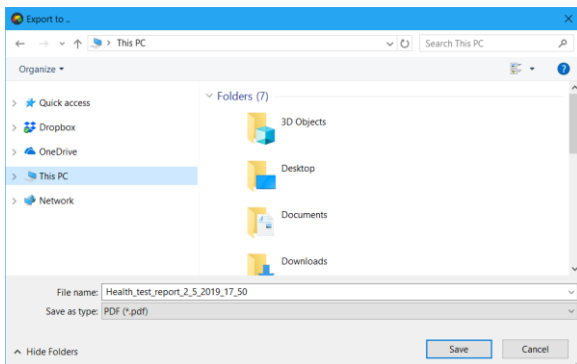


To add, view or modify special comments to the selected test or session:

1. Open a health test or training session report screen.
2. Click EDIT TEST COMMENT.
3. A test comment edit window will open.
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.
8. The comment edit window will close.

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

### 5.4. SAVE TEST OR SESSION REPORT IN PDF FILE



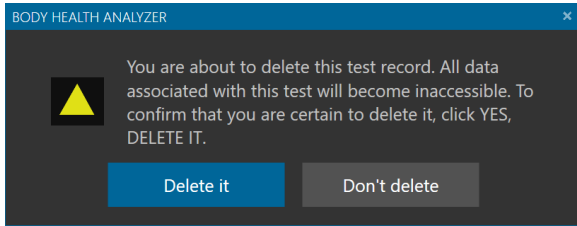
To save a test or session report in a PDF file:

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

### 5.5. DELETE TEST OR SESSION RECORD



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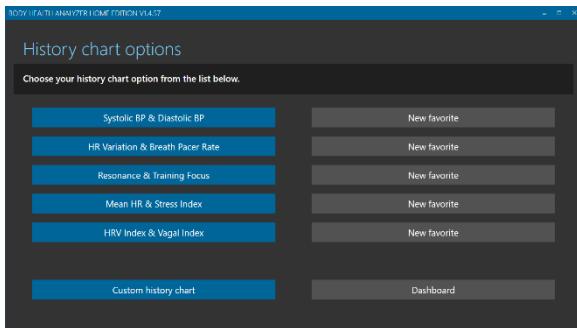


To delete a test or session record:

1. Open the selected health test or training session report screen.
2. Click DELETE TEST (or DELETE SESSION).
3. The test or session deletion prompt will open.
4. Click DELETE IT.
5. Once deleted, the user dashboard screen will open.

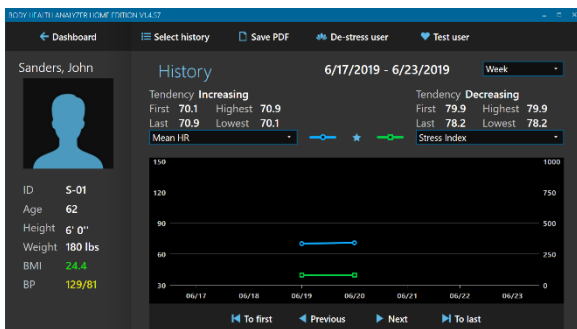
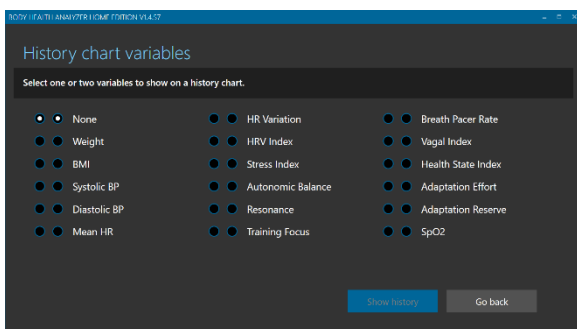
The deleted test/session record will not be permanently destroyed. It will be marked as hidden. When the database is compacted, all deleted records will be permanently destroyed.

### 5.7. VIEW HISTORY



To view history reports:

1. Open a user dashboard screen.
2. Click HISTORY.
3. A screen to select the history chart options will open.
4. Click the CUSTOM HISTORY CHART.
5. If there is an appropriate chart on the list of up to 10 favorite charts, click on it to immediately open that chart.
6. A screen to select the history chart variables will open.
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 will open on the screen.
10. Set the time of the history chart to one of the following options: WEEK, MONTH, or YEAR.
11. Click a button to scroll the history with a preset period:
  - a. TO FIRST – move to the period containing the first stored results.
  - b. PREVIOUS – move to the previous period.

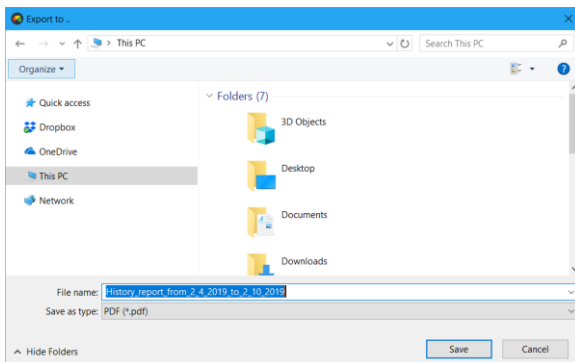


## BODY HEALTH ANALYZER OPERATING MANUAL

- c. NEXT – move to the next period.
  - d. TO LAST – move to the period containing the last stored results.
12. Use the dropdown lists of the variables to the left and right of the legend to change the variables on the current chart.
  13. Click SELECT HISTORY to return to the history options selection screen and select another history chart.
  14. If the small star between legend symbols is white, the current history chart may be configured as a favorite. Click on the white star to turn it to blue. The current combination of the displayed variables will be added to the next available position of the favorite charts (10 maximum). Click on the blue star to make it white and remove from the list of favorites.
  15. Click on any node (blue circle or green rectangle) representing a particular test on the chart to open its detailed report.
  16. Click GO BACK to return to the history chart.



### 5.8. SAVE HISTORY REPORT IN PDF FILE



To save a history report in a PDF file:

1. Open an appropriate history chart.
2. Click SAVE PDF.
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.

# BODY HEALTH ANALYZER OPERATING MANUAL