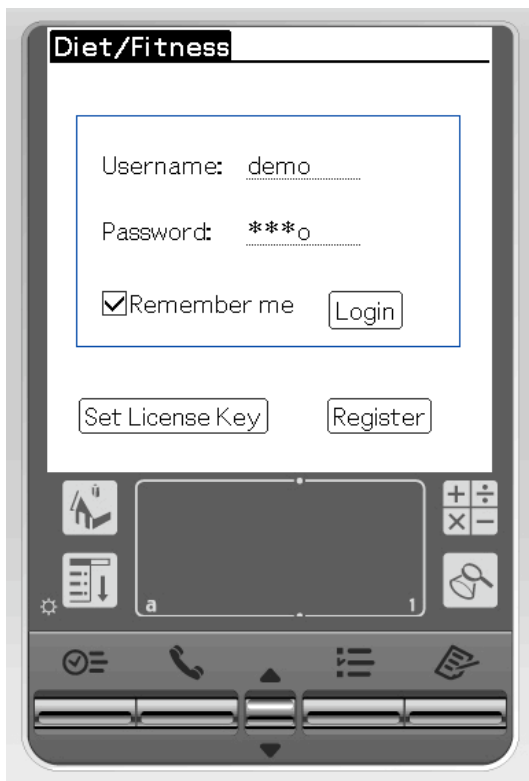


**HealthEngage Diet+Fitness
From FireLogic, Inc.**

Installing the Program on your Palm

1. Use Palm Desktop to install the files you downloaded.
2. Once on the Palm go through the setup, registration, and license process.

Setup



Configure Your User Account

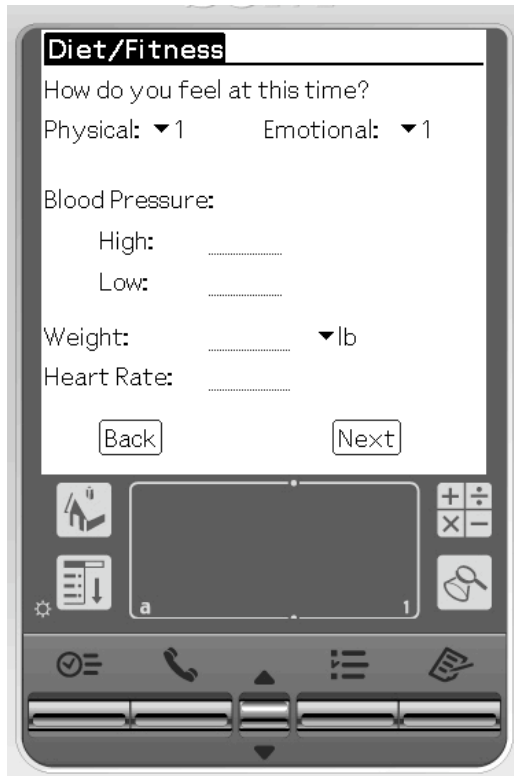
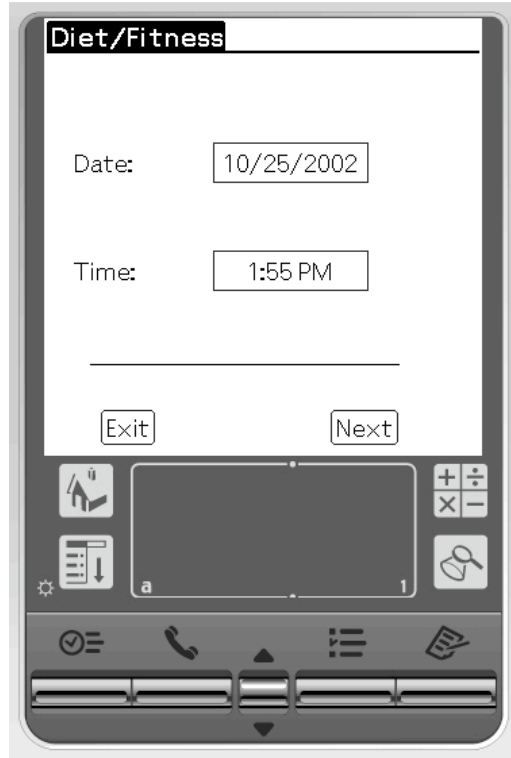
You will need to enter a unique user name and password and your e-mail address. Press "Continue" to finish registration.

Welcome Screen

When you first log into the application your new username and password are already filled in. If you wish to have your password ***NOT*** remembered, deselect the "Remember me" box by clicking on the box. You will know it is deselected when the check mark disappears.

The Setup Process

Once you have created a password, you will be asked to enter your personal information that will be later used for future calculations. First make sure that the date and time is correct.



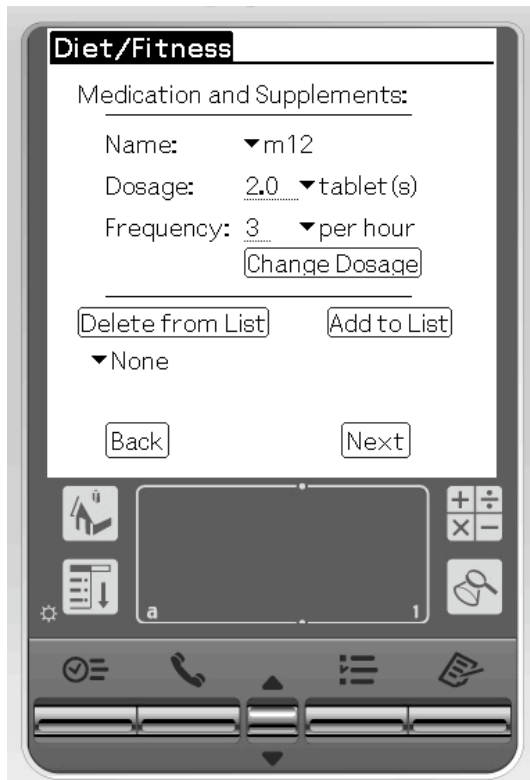
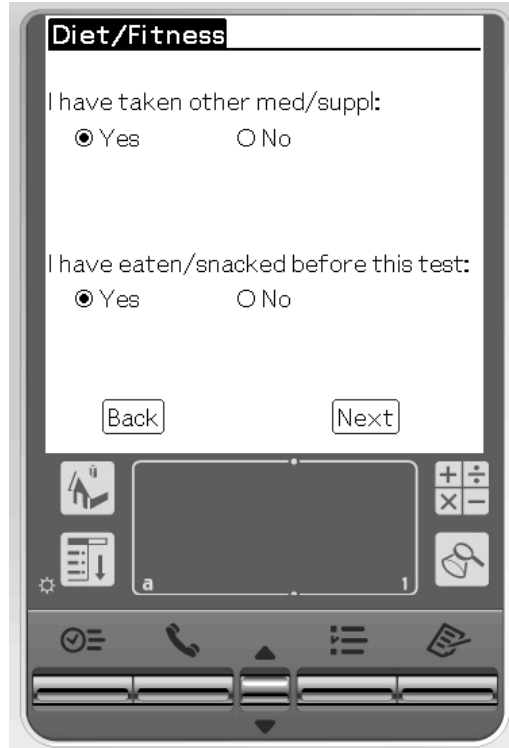
Personal Information Weight:BP

You can enter how you are feeling physically and emotionally as well as your blood pressure, pulse, and weight results.

For weight you have the option to put it in pounds or the metric system.

Other Information

This screen shows you that your account has successfully created. Click the "Exit" button and then reopen the program.



Medications and Supplements

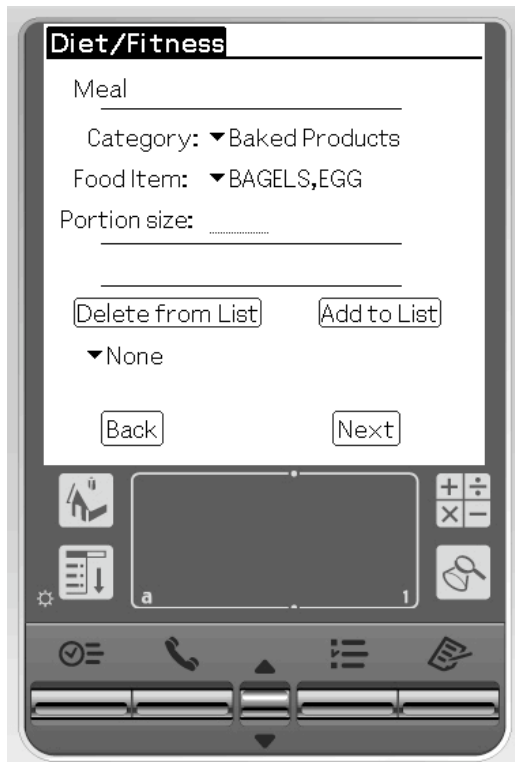
You can enter all your medications and supplements into your PDA. Simply type the name, dispense date, dosage and frequency. When you are finished press "Add to List" and you have the option to either enter new medication or continue with set up by entering new data or pushing the "Next" button.

Collect Nutrition Info: Plan Your Meals

The nutrition section allows you to plan your meals and track the foods you eat including the nutritional data, which is important in maintaining your nutrition goals.

You can plan your meals for weeks in advance or simply record them on a meal to meal basis.

First type in when you ate, and if it was a full size meal.



Recording Meals

The nutrition section utilizes the Food and Drug Administration's official database of over 6700 foods including fast food snacks, etc.

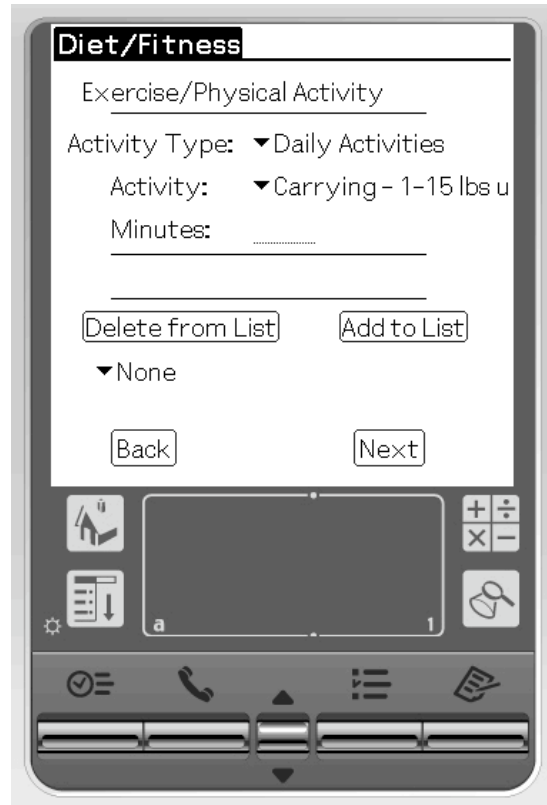
Select the foods that you have installed in your Palm from the desktop application. Then click "Add to List".

To install the food possibilities onto your Palm from your desktop, just refer to "Synchronizing your Palm with your computer" found at the end of this document.

Collecting Exercise/Physical Activities Information

Users are able to keep track of their exercising on the Palm's.

You must load the information from your desktop to your Palm. To do this refer to "Synchronizing your Palm with your computer" found at the end of this document.



Collecting Notes

Users can write in notes to help them evaluate their progress. This is a helpful tool as well as an insight for your doctor to see how your medication and diet is really working.

You have the choice of writing notes in four sections: General Notes, Medication Notes, Exercise Notes, and Personal Notes.



Synchronizing your Palm with your Computer

On your desktop:

1. Do a Hotsync with your desktop this will add the files to the Backup folder in your Palm folder.
2. In the desktop application click on the Info-Sync button, click on Sync with PDA, select your Palm path to the backup folder where the Hotsync has added the files, making sure to include the \ at the end of the path, and click on the Sync button.
3. It should give a Sync success message if successful. When you do a HotSync it automatically takes data from your Palm to sync. It does not automatically add data from your desktop because the memory size on a Palm device is limited. To sync the data from the desktop side simply use the Palm desktop application to add the PDB file found in your Palm folder, not those in the Backup folder, which are automatically synched each time you do a HotSync.
4. The way the synch works is that the data you collect on your Palm is stored on files on the Palm, when you Hotsync your Palm with your desktop and the contents are backed up these files are placed in the backups folder in your Palm user folder on the desktop. When you select the user folder with the desktop application it looks for these files and imports the data into the Desktop application. If it cannot find these files, either because they were not synched from the Palm or the path is incorrect, it gives the Fail to Synch error.
5. When you make changes to your settings on the desktop application, favorite foods, activities, etc. You will need to click on the Synch with Palm button in the desktop application which will update the files found in the Backup folder and then use Palm Desktop to install these three files to your palm.

For the latest application releases, news, and updates please visit

<http://www.healthengage.com>

If you have any questions please e-mail them to

info@healthengage.com