

## HealthEngage Diet+Fitness From FireLogic, Inc.

### Installing the Program on your Pocket PC

You must have Microsoft ActiveSync installed and properly configured.

1. Expand the HealthEngage Installer files.
2. Double click the file "Install me first" and follow the instructions
3. Double click the file "Install me second" and follow the instructions
4. Perform a sync with your device and look for any instructions on the device's screen or on the desktop.

### 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.



**Diet/Fitness**

How do you feel at this time?  
Physical: ▾1      Emotional: ▾1

Blood Pressure:  
High: \_\_\_\_\_  
Low: \_\_\_\_\_

Weight: \_\_\_\_\_ ▾lb  
Heart Rate: \_\_\_\_\_

    

## 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.

## Medications and Supplements

You can enter all your medications and supplements into your PDA. Simply type in 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.

**Diet/Fitness**

Medication and Supplements:

Name: ▾m12  
Dosage: 2.0 ▾tablet(s)  
Frequency: 3 ▾per hour

    

▾None

    

## 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.**

**Diet/Fitness**

Meal

You had: ▾None

Meal size: ▾None

## Recording Meals

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

Select the foods that you have installed into your Pocket PC from the desktop application. Then click "Add to List".

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

The screenshot shows the 'Diet/Fitness' application interface. At the top, there is a title bar 'Diet/Fitness'. Below it, the text 'Meal' is followed by a horizontal line. Underneath, there are three fields: 'Category:' with a dropdown arrow and the text 'Baked Products', 'Food Item:' with a dropdown arrow and the text 'BAGELS,EGG', and 'Portion size:' followed by a horizontal line. Below these fields are two buttons: 'Delete from List' and 'Add to List'. Underneath the buttons is a dropdown arrow and the text 'None'. At the bottom, there are two buttons: 'Back' and 'Next'.

## Collecting Exercise/Physical Activities Information

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

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

The screenshot shows the 'Diet/Fitness' application interface for recording an exercise. At the top, there is a title bar 'Diet/Fitness'. Below it, the text 'Exercise/Physical Activity' is followed by a horizontal line. Underneath, there are three fields: 'Activity Type:' with a dropdown arrow and the text 'Daily Activities', 'Activity:' with a dropdown arrow and the text 'Carrying - 1-15 lbs u', and 'Minutes:' followed by a horizontal line. Below these fields are two buttons: 'Delete from List' and 'Add to List'. Underneath the buttons is a dropdown arrow and the text 'None'. At the bottom, there are two buttons: 'Back' and 'Next'.

## Collecting Notes

You can write in notes to help them evaluate their progress. This is a helpful tool to living with Diabetes 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.

The image displays two screenshots of the Diet/Fitness application's notes interface. The top screenshot shows a screen titled "Diet/Fitness" with a "Notes" header. Below the header are two text input fields: "Exercise Notes" and "Personal Notes". At the bottom of the screen are two buttons: "Back" and "Save". The bottom screenshot shows another screen titled "Diet/Fitness" with a "Notes" header. Below the header are two text input fields: "General Notes" and "Medication Notes". At the bottom of the screen are two buttons: "Back" and "Next".

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## Synchronizing your PocketPC with your Computer

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On your desktop:

1. You need to make a folder where the data from your PocketPC can be backed up. The HealthEngage desktop application will be looking for files in this location when synchronizing. If you have installed other non-Microsoft applications onto your PocketPC, you might have created a new folder on your computer called, for example, My PocketPC Documents. Open this folder. If you do not have such a folder, open the "My Documents" folder.
2. You need to create a new folder in this location. Name it HealthEngage Mobile. Open this new folder. Now you need to create another folder inside of this one. Create the second new folder. Name it Backup. This name should be spelled exactly as shown - Backup.
3. Now you are ready to copy the data files from your PocketPC to this Backup folder.
4. Look at the bottom right corner of your monitor. You should see a green circle icon for ActiveSync. ActiveSync should be turned on. If it is on, the green circle will be bright, if it is off, the green circle will be grayed out.
5. Click on the icon, a menu will appear (you may need to right-click the mouse to have the menu appear). Click Explore.
6. A new window will open, called "Mobile Device." In it you will see several different items, including an icon of a PocketPC called "My PocketPC." Double-click on "My PocketPC."
7. You should see several other items in the "My PocketPC" window. One of them is called "Programs Folder." Double-click to open "Programs Folder."
8. Inside of this folder you will see your HealthEngage application folder (i.e. Asthma, Diabetes, Depression, etc.), which you previously copied into the "My PocketPC" folder
9. Open this folder. You will see several files in this folder. Select them all and copy/drag them into the newly created Backup folder.
10. Now your files have been backed up! Next time you open your HealthEngage desktop application, you can click on Info/Sync, select your new folder, HealthEngage Mobile (the one which contains the Backup folder, NOT the Backup folder itself) and synchronize your readings. The readings will be transferred to your desktop application.

If you would like to get the latest synched (from both desktop and PocketPC) information onto your PocketPC device, you can do one of the following:

1. Manually copy the files from the Backup folder into the Mobile Device -> My PocketPC -> Programs Folder -> HealthEngage Application folder (i.e. Asthma, Diabetes, Depression, etc.)
2. Use a third-party application called MigHySync to automate this process (<http://www.mydocsunlimited.com/html/mightysync.html>)

**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](mailto:info@healthengage.com)**