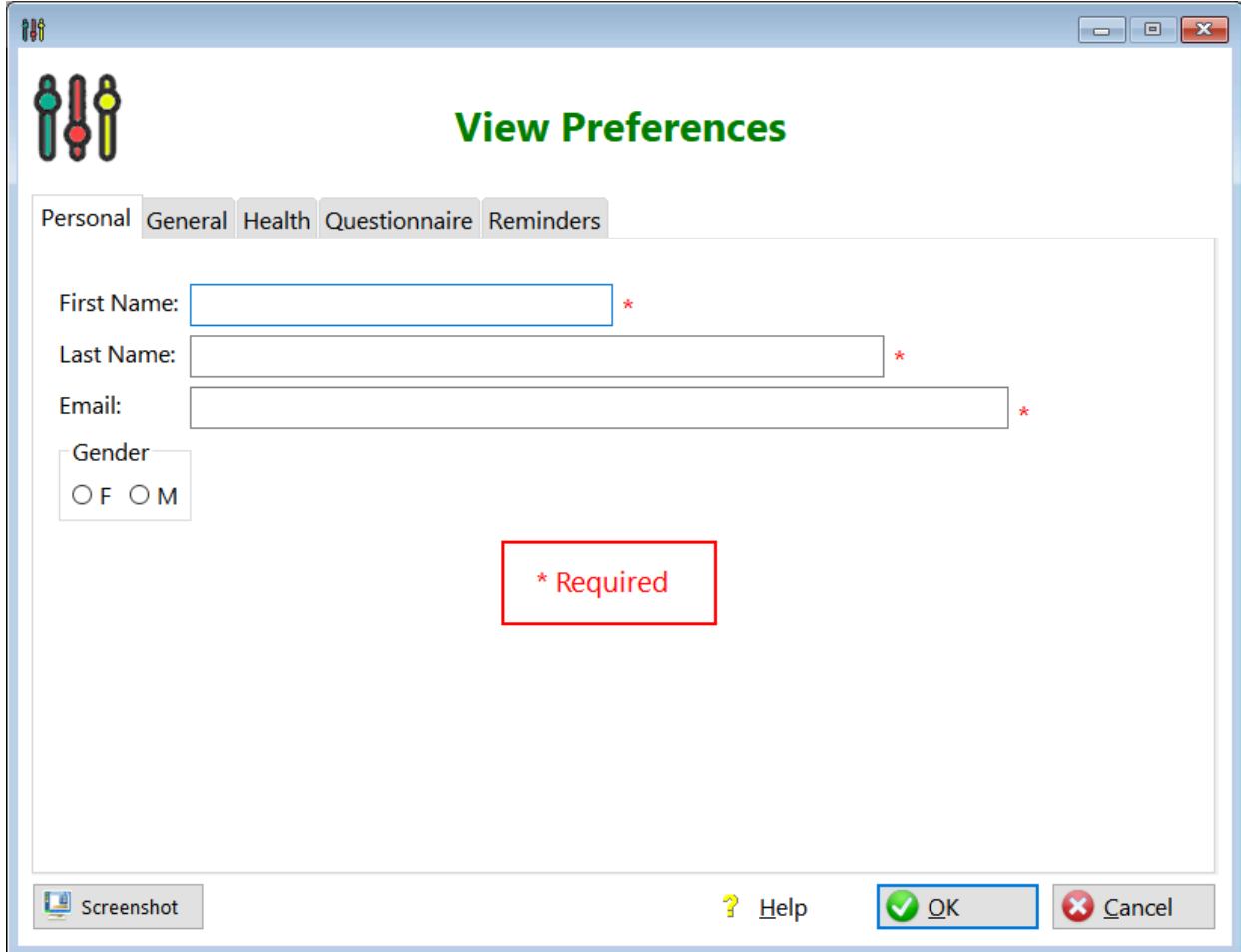


Installation Guide

- 1) Once you've downloaded the setup file, ThyroidTrackerProSetup.zip, you'll want to unzip it (ThyroidTrackerProSetup.exe)
- 2) Double-click on the file to begin the installation.

Personal Tab



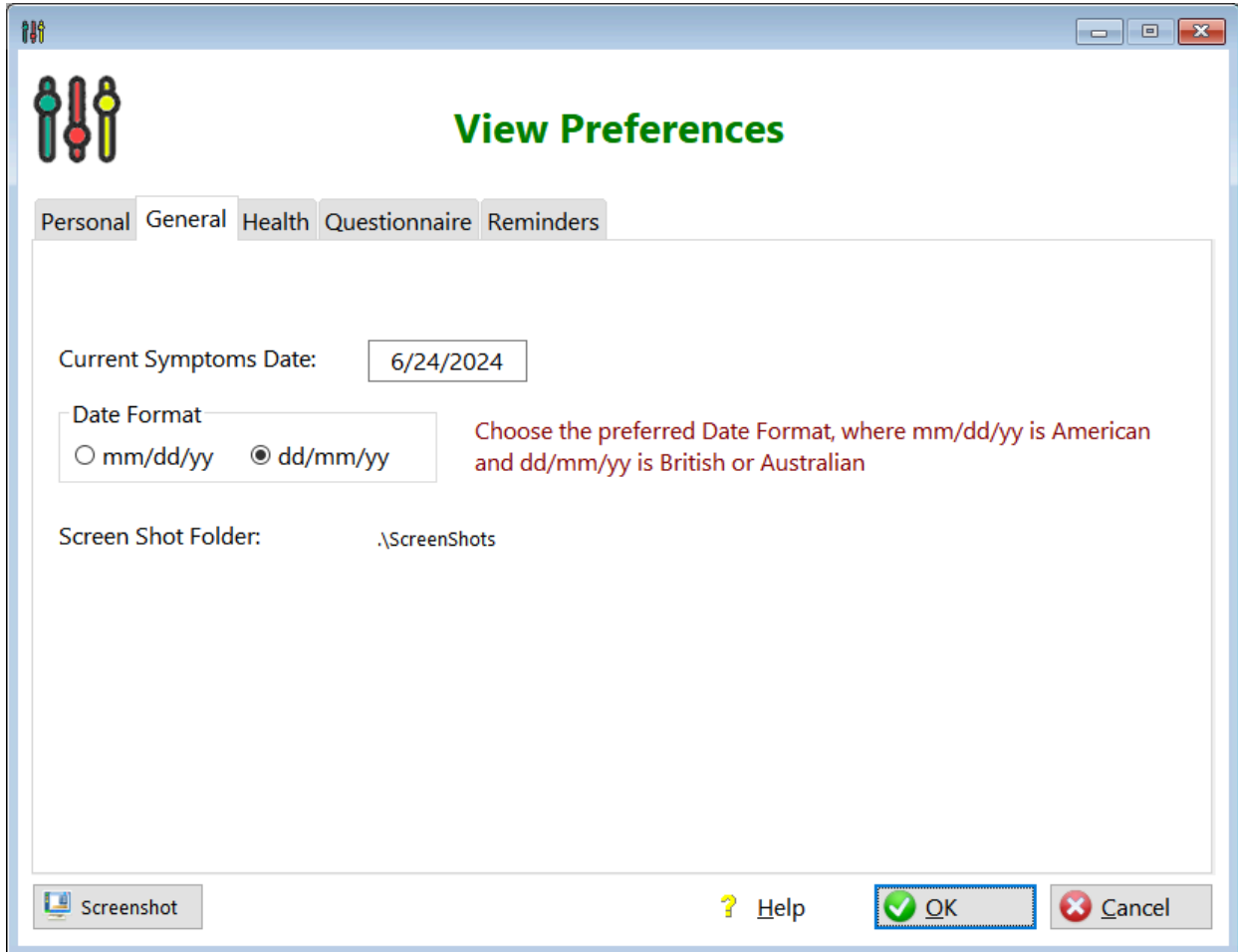
The screenshot shows a window titled "View Preferences" with a blue header bar. On the left is a vertical icon with three colored circles (green, red, yellow). The window has five tabs: "Personal", "General", "Health", "Questionnaire", and "Reminders". The "Personal" tab is active. It contains the following fields:

- "First Name:" followed by a text input box with a red asterisk to its right.
- "Last Name:" followed by a text input box with a red asterisk to its right.
- "Email:" followed by a text input box with a red asterisk to its right.
- "Gender:" followed by two radio buttons labeled "F" and "M".

Below these fields is a red-bordered box containing the text "* Required". At the bottom of the window is a toolbar with four buttons: "Screenshot" (with a camera icon), "Help" (with a question mark icon), "OK" (with a green checkmark icon), and "Cancel" (with a red X icon).

- 3) Once you've opened the program for the first time you'll see a preferences window.
Enter the following:
 - a) First Name
 - b) Last Name
 - c) Email address
 - d) Gender (optional)

General Tab



The screenshot shows a window titled "View Preferences" with a blue title bar and standard Windows window controls. Inside the window, there is a tabbed interface with five tabs: "Personal", "General", "Health", "Questionnaire", and "Reminders". The "General" tab is currently selected. In the top left corner of the dialog, there is a small icon of three stylized human figures. The main content area of the "General" tab contains the following settings:

- Current Symptoms Date:** A text box containing the date "6/24/2024".
- Date Format:** A section with two radio buttons: "mm/dd/yy" and "dd/mm/yy". The "dd/mm/yy" option is selected. To the right of these buttons is a red text instruction: "Choose the preferred Date Format, where mm/dd/yy is American and dd/mm/yy is British or Australian".
- Screen Shot Folder:** A text box containing the path ".\ScreenShots".

At the bottom of the dialog, there is a "Screenshot" button with a small icon, a "Help" button with a question mark icon, and two buttons for "OK" (with a green checkmark icon) and "Cancel" (with a red X icon).

The **Current Symptoms Date** will be automatically inserted for you

Date Format - Select which format you prefer

Screen Shot Folder - You can take screenshots of the program. Those images can be found in the \ScreenShots subdirectory

Health Tab

The screenshot shows a 'View Preferences' dialog box with a blue title bar and standard window controls. The 'Health' tab is selected, showing fields for Goal Weight, Height, and various health metrics. A blue text box on the right explains the unit linking between weight and height. The bottom of the dialog features a 'Screenshot' button, a 'Help' link, and 'OK' and 'Cancel' buttons.

View Preferences

Personal General **Health** Questionnaire Reminders

Goal Weight:

☐ Enter in Feet & Inches (Recommended for those in the US)

Height:

Weight Units: ☐ Lbs ☐ Kg Height Units: ☐ in ☐ cm

Systolic High: If your Systolic BP goes ABOVE this amount, a report notes it as 'H'

Systolic Low: If your Systolic BP goes BELOW this amount, a report notes it as 'L'

Diastolic High: If your Diastolic BP goes ABOVE this amount, a report notes it as 'H'

Diastolic Low: If your Diastolic BP goes BELOW this amount, a report notes it as 'L'

Heart Rate High: If your Heart Rate goes ABOVE this amount, a report notes it as 'H'

Heart Rate Low: If your Heart Rate goes BELOW this amount, a report notes it as 'L'

Different countries use different weight and height measurements. In an attempt to accomodate virtually everyone, you can choose which system you prefer, with one exception:
The Goal Weight and Height are linked such that if you choose Lbs, you will also be choosing inches (in). Same goes for Kg, you'll get centimeters (cm)

Screenshot ? Help OK Cancel

Goal Weight - Enter the body weight you desire

Enter in Feet & Inches -

Height - US is generally in ft & inches; UK in centimeters

Weight Units - If you choose Lbs the Height Units will become inches, If Kg, the units will be cm

Systolic High - Enter your max systolic level before an alert

Systolic Low - Enter your lowest systolic level before an alert

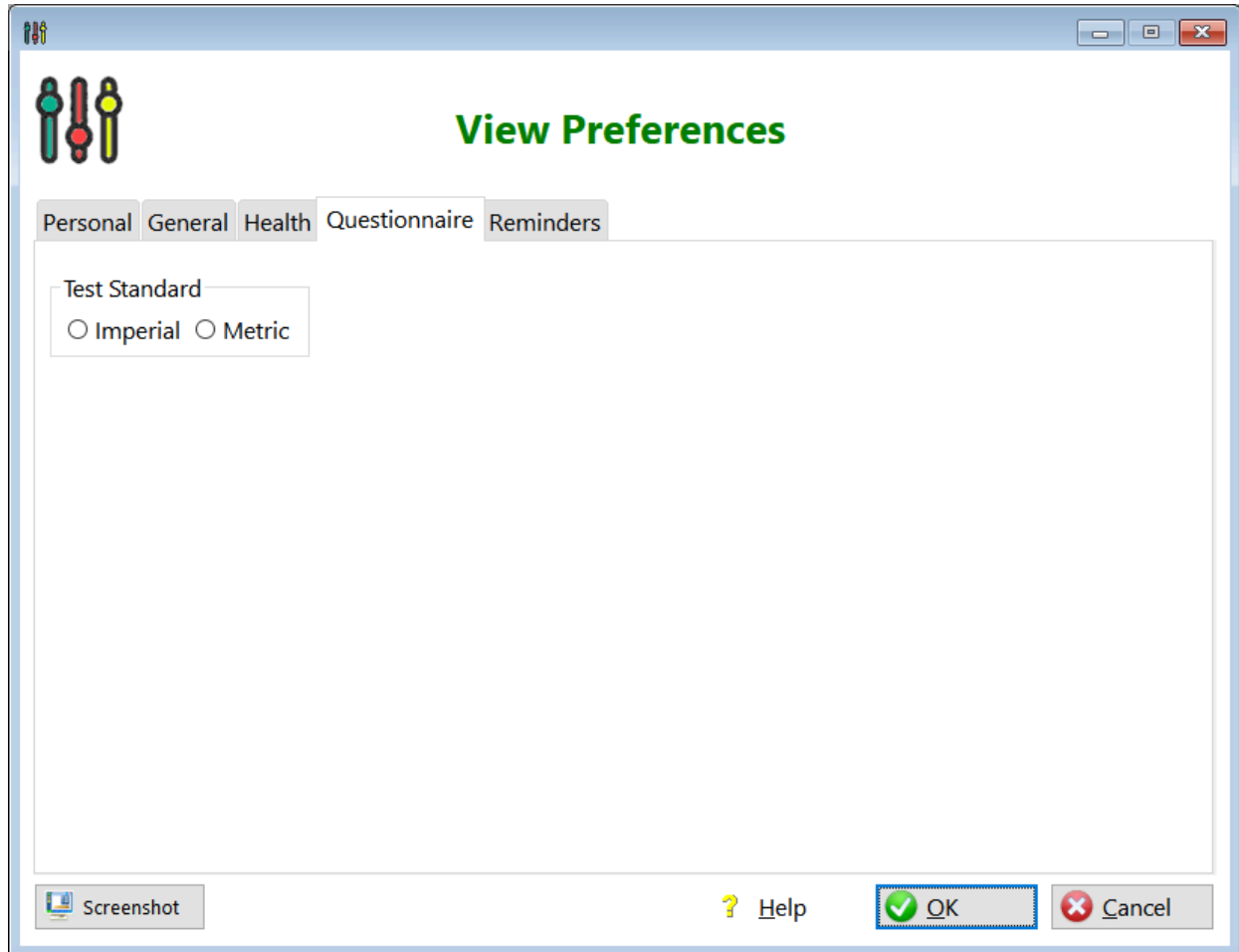
Diastolic High - Enter your max diastolic level before an alert

Diastolic Low - Enter your lowest diastolic level before an alert

Heart Rate High - Enter the max heart rate before receiving an alert

Heart Rate Low - Enter the lowest heart rate before receiving an alert

Questionnaire Tab



The image shows a software window titled "View Preferences". In the top-left corner, there is a small icon of three stylized human figures in green, red, and yellow. The window has a standard Windows-style title bar with minimize, maximize, and close buttons. Below the title bar, the text "View Preferences" is displayed in a large green font. A tabbed interface is present with five tabs: "Personal", "General", "Health", "Questionnaire" (which is currently selected and highlighted), and "Reminders". The "Questionnaire" tab contains a section labeled "Test Standard" with two radio button options: "Imperial" and "Metric". At the bottom of the window, there is a toolbar with four buttons: "Screenshot" (with a camera icon), "Help" (with a yellow question mark icon), "OK" (with a green checkmark icon), and "Cancel" (with a red X icon). The "OK" button is highlighted with a blue dashed border.

View Preferences

Personal General Health **Questionnaire** Reminders

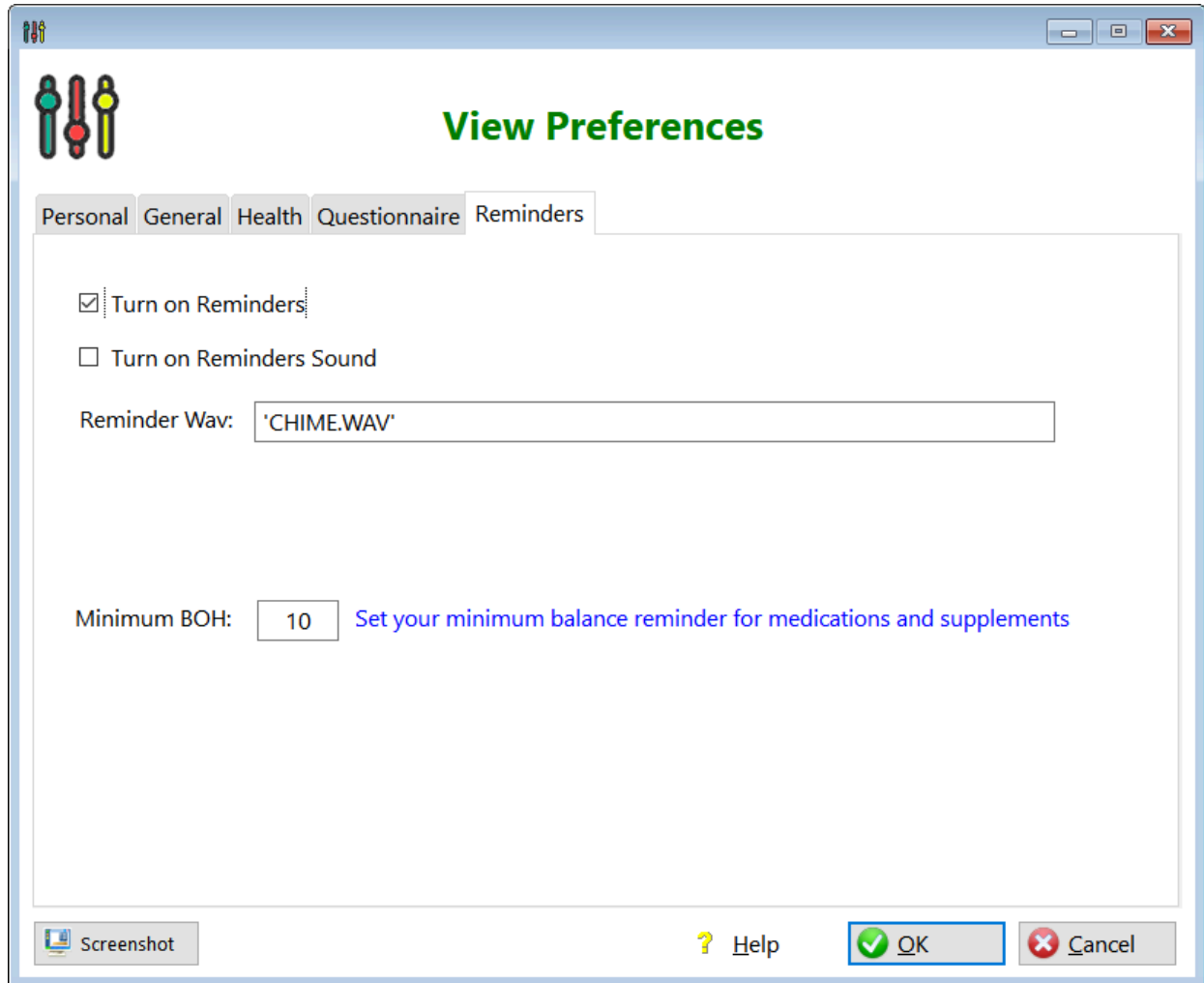
Test Standard

☐ Imperial ☐ Metric

Screenshot ? Help OK Cancel

Test Standard - Select Imperial (US) or Metric (UK). Refers to the blood testing modules

Reminders Tab



The screenshot shows a 'View Preferences' dialog box with a blue title bar and standard window controls. The dialog has a tabbed interface with five tabs: 'Personal', 'General', 'Health', 'Questionnaire', and 'Reminders'. The 'Reminders' tab is selected. Inside the dialog, there is a green icon of three people in the top left. The main content area contains the following options:

- ☒ Turn on Reminders
- ☐ Turn on Reminders Sound
- Reminder Wav:
- Minimum BOH: [Set your minimum balance reminder for medications and supplements](#)

At the bottom of the dialog, there is a 'Screenshot' button with a camera icon, a 'Help' button with a question mark icon, and two buttons: 'OK' (with a green checkmark icon) and 'Cancel' (with a red X icon).

Turn on Reminders - Check this box if you want to be reminded to take a medicine or supplement

Turn On Reminders Sound - Check this box if you want to hear a sound when it's time to take a medication or supplement

Reminder Wav: - This is the sound that you'll hear

Minimum BOH - You can enter a balance on hand and if your balance reaches that amount, you'll see a flashing red warning in the Medlog module.