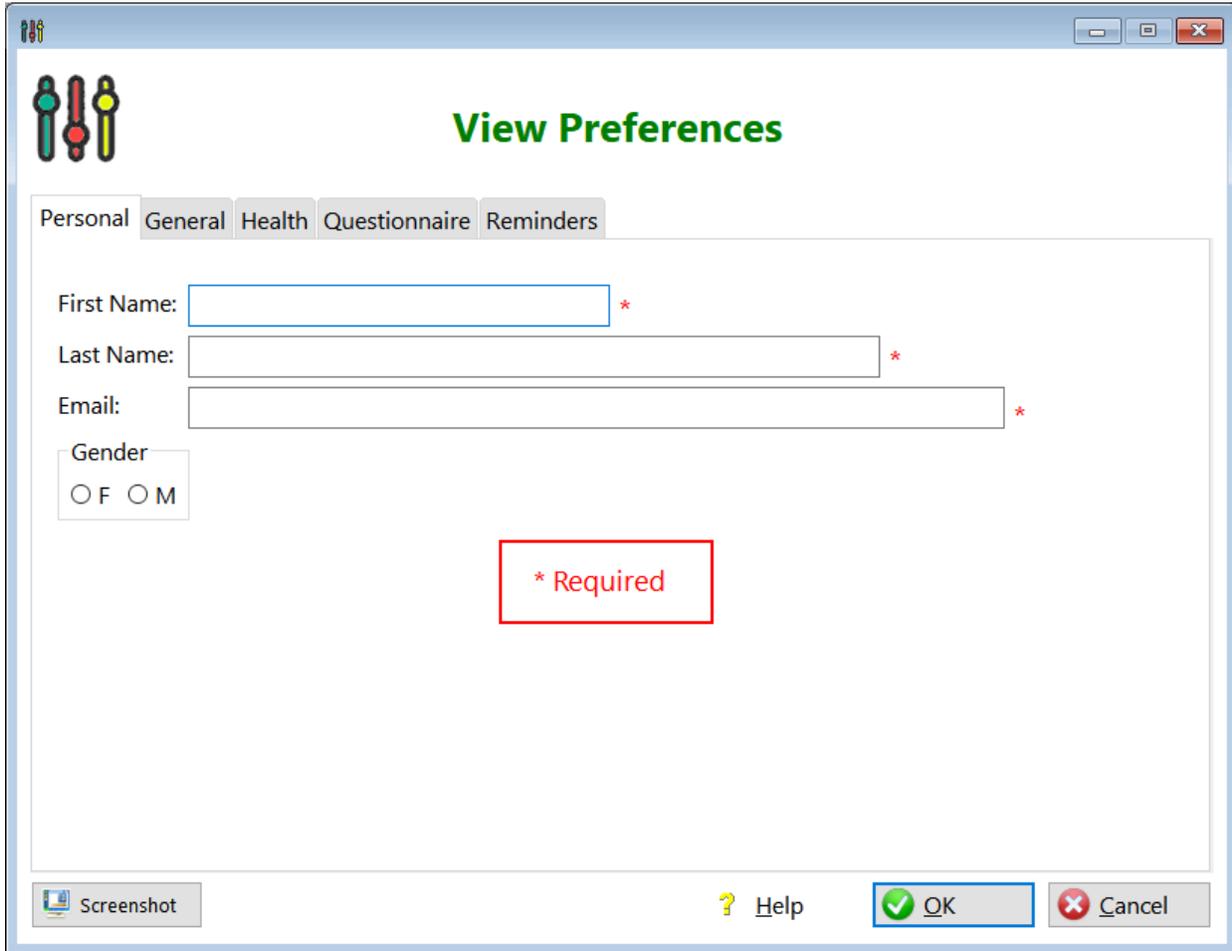


# Installation Guide

- 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 title bar and standard Windows window controls. The window contains a logo of three stylized human figures in green, red, and yellow. Below the logo, the title "View Preferences" is displayed in green. There are five tabs: "Personal", "General", "Health", "Questionnaire", and "Reminders". The "Personal" tab is selected. The form contains the following fields:

- First Name:  \*
- Last Name:  \*
- Email:  \*
- Gender:  F  M

A red box with the text "\* Required" is centered below the form fields. At the bottom of the window, there are four buttons: "Screenshot" (with a screenshot 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 (minimize, maximize, close). The window contains a logo of three stylized human figures in green, red, and yellow. Below the logo, the title "View Preferences" is displayed in green. A tabbed interface is present with five tabs: "Personal", "General" (selected), "Health", "Questionnaire", and "Reminders". The main content area is a large white rectangle containing the following settings:

- Current Symptoms Date:** A text box containing "6/24/2024".
- Date Format:** A section with two radio buttons: "mm/dd/yy" (unselected) and "dd/mm/yy" (selected). To the right, a red text instruction reads: "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 ".\ScreenShots".

At the bottom of the dialog, there are four buttons: "Screenshot" (with a screenshot icon), "Help" (with a 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.

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

**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 accommodate 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           

**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

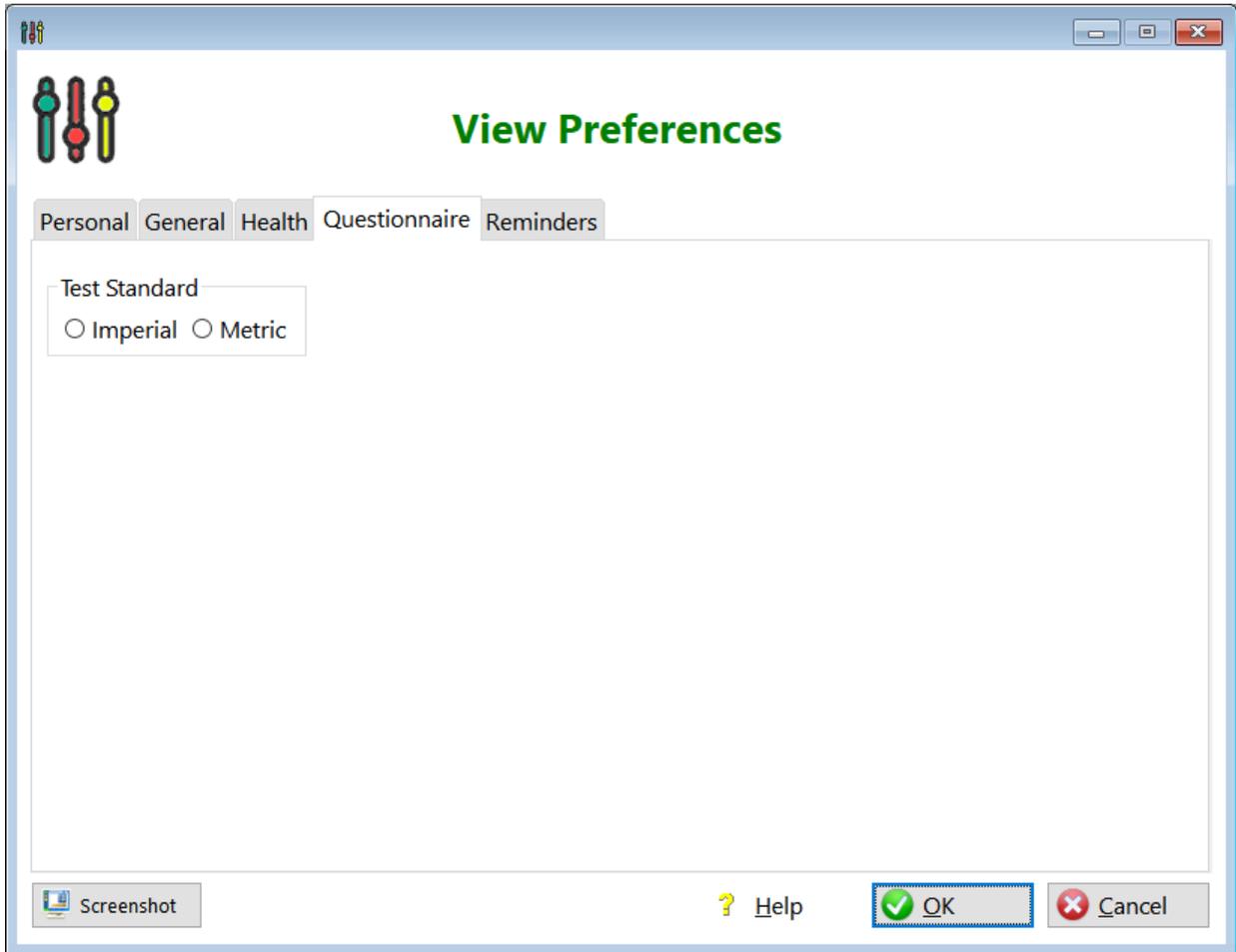
**Diastolic High** - Enter your max diastolic level before an alert

**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

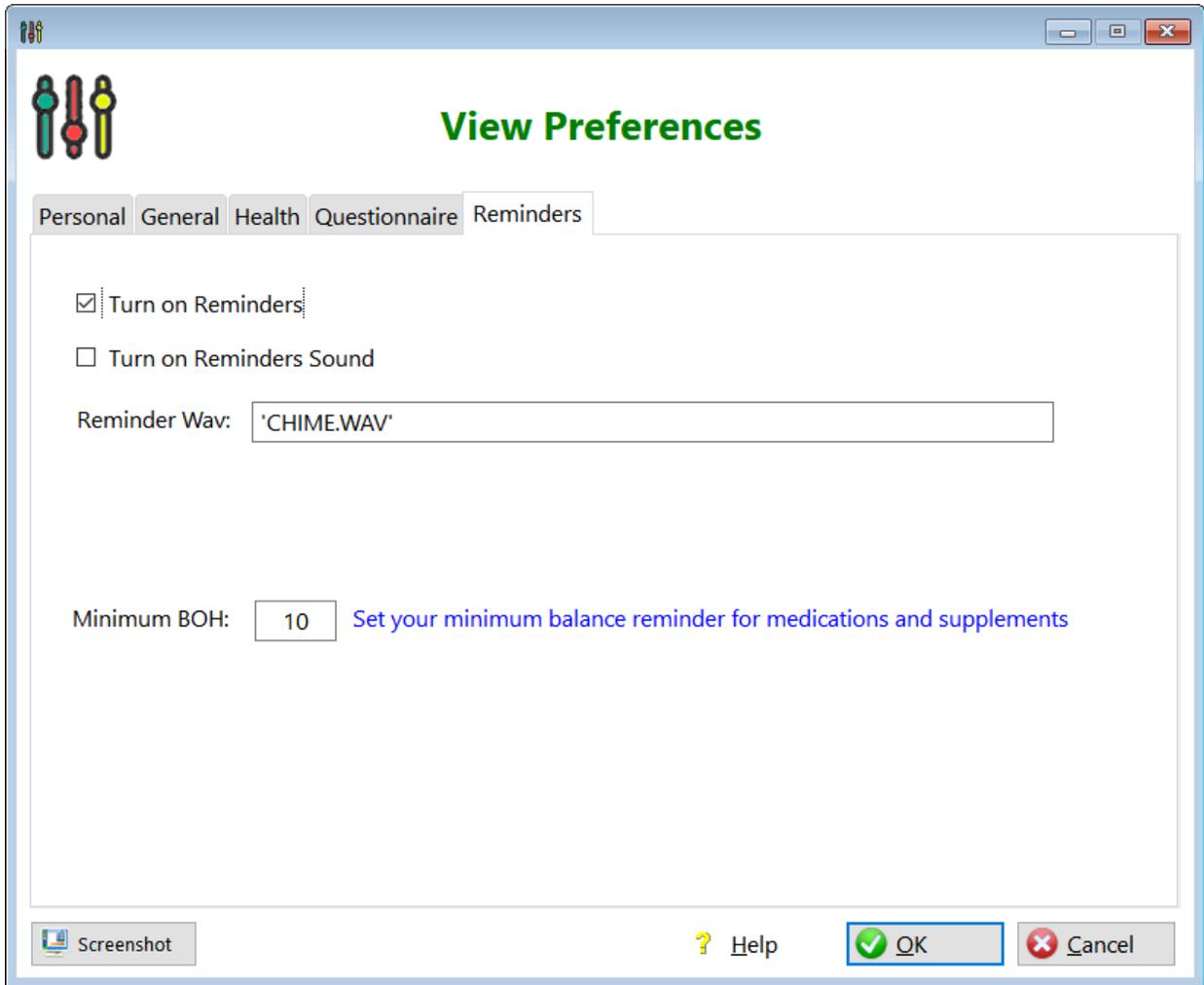
## Questionnaire Tab



The image shows a software window titled "View Preferences" with a blue title bar. In the top-left corner, there is a logo consisting of three vertical bars in green, red, and yellow. The window has a tabbed interface with five tabs: "Personal", "General", "Health", "Questionnaire", and "Reminders". The "Questionnaire" tab is currently selected. Inside the main content area, there is a section titled "Test Standard" with two radio button options: "Imperial" and "Metric". At the bottom of the window, there is a "Screenshot" button on the left, a "Help" button with a question mark icon in the center, and "OK" and "Cancel" buttons on the right. The "OK" button is highlighted with a blue dashed border.

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

## Reminders Tab



The screenshot shows a window titled "View Preferences" with a blue header bar. On the left, there are three vertical bars in green, red, and yellow. The main content area has a tabbed interface with "Reminders" selected. The "Reminders" tab 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 window, there are four buttons: "Screenshot", "Help" (with a question mark icon), "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.