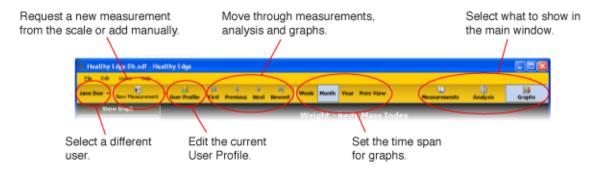# Healthy Edge™ Help

Getting Started | Managing Users | Measurements | Analysis | Graphs | Files & Sharing | ANT Scale Installation | Using Garmin Watches | Bluetooth Scale Installation | ANT Scale Troubleshooting

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Getting Started

The first time you run Healthy Edge a file will be created with sample data. Select one of the users and try out the features. The most used functions are available in the tool bar at the top of the window.

When you are ready, you should create profiles for the users whose measurements will be recorded. Select "Add User" from the "Users" menu.

In the Profile window enter the personal data. It is important that you enter the information accurately since this is what Healthy Edge will use to calculate values and analyze a user's health. See User Profile for more information.

To find out how to connect your Tanita scale to Healthy Edge so you can automatically record data, see Measurements below.

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Managing Users

If there is more than one User Profile defined, you can switch users by clicking on the button with the current user's name in the tool bar or by selecting a different user from the "Users" menu. If there are too many users for them to be shown in a menu, you will need to use the User Profile Manager window to switch between profiles.

The User Profile Manager window lets you add, edit, remove and switch users. To open this window, select "Manage Users" from the "Users" menu or press Ctrl-Shift-M.

Use the "Select" button to switch to the user highlighted the list. Click "Add" to create a new user. The "Edit" button opens the User Profile for the highlighted user. The "Delete" button permanently removes a user and their measurements.

If you would like the last user you are viewing when you exit the program to be shown automatically the next time the program is started, check "Open last user at startup".
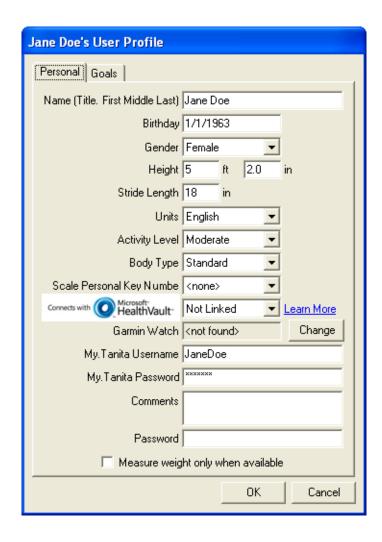
User Profile

The User Profile contains information that Healthy Edge uses to calculate values and analyze a user's health. You can also enter goals for each user.

To edit the profile of the current user click the "User Profile" button in the tool bar. You can also edit profiles through the User Profile Manager window. Select the "Personal" tab to enter the information about the user and the "Goals" tab to set goals.

> **Personal**
> General information about the user. The data you enter here is used to make a number of calculations so please make sure to fill it in correctly.

Name
Enter the name in the format shown.

Birthday
Enter the birth date in your usual format, either "mm/dd/yyyy" or "dd/mm/yyyy".

Gender
Choose "Male" or "Female".

Height
Enter height in feet (ft) and inches (in) or centimeters (cm) depending on whether you selected "English" or "Metric" units.

Stride Length
The length of an average step in inches (in) or centimeters (cm) depending on whether you selected "English" or "Metric" units.

Units
Choose "English" or "Metric". This setting affects the units shown in measurements and graphs. It overrides the units of any automatically received measurement, converting to the preferred units if necessary.

Activity Level
This setting is used when determining the Daily Calorie Intake. Choose "Low" if a user gets little or no exercise, "Moderate" if exercises occasionally or at low intensity and "High" if regularly engages in intense physical activity.

Body Type
Choose "Standard" or "Athlete". Tanita defines "athlete" as a person involved in intense physical activity of approximately 10 hours per week and who has a resting heart rate of approximately 60 beats per minute or less. Tanita's athlete definition includes "lifetime of fitness" individuals who have been fit for years but currently exercise less than 10 hours per week.

Scale Personal Key Number
For scales with programmable personal keys, this setting tells Healthy Edge which button the user pushes when activating the scale to take a measurement. Setting this allows the program to automatically switch to the correct User Profile and add the new data.

HealthVault™
Choose "Link" to establish a connection with a Microsoft® HealthVault account. A dialog box will open informing you that the program must be authorized by HealthVault before it can upload measurements. A web browser window will also open for you to log into HealthVault. Do not press "OK" in the dialog box until after you have logged into a HealthVault account and approved access by Healthy Edge. Once a link is established, whenever your PC has an internet connection, Healthy Edge will automatically send new body composition and weight results to the corresponding Microsoft HealthVault account. To remove the connection to a HealthVault account, select "Not Linked".

My.Tanita Username and Password
If a valid Username and Password for My.Tanita are entered here, measurements will automatically be uploaded to the the site when they are saved. To create an account, go to My.Tanita.com.

Garmin Watch
The program can automatically import measurements from Tanita devices that have been stored in your Garmin watch. Click "Change" and select a watch. See Using Garmin Watches for more information.

Comments
Enter any comments you would like for this profile.

Password
Setting the password allows you to prevent others from accessing a user's measurements and User Profile. There is no way to reset this password so use this feature with care.
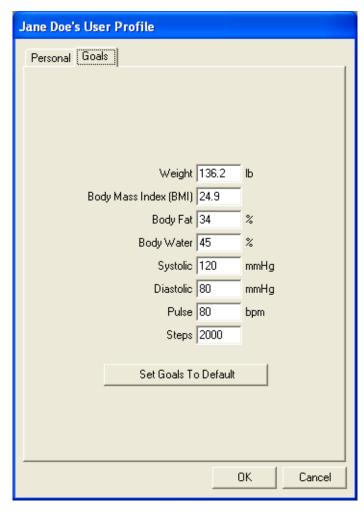
Measure weight only when available
Some body composition scale have the ability to automatically measure body weight only when connected to Healthy Edge. If this box is checked, scales that support this feature will measure weight only. For other body composition scales you will receive a

warning when creating a new scale measurement manually to remind you to measure weight only.

Goals

This tab contains goals that you may enter for a number of measurements. These goals appear in the analysis and graphs so a user can more easily check their progress.

Pressing the "Set Goals To Default" button in the "Goals" tab will generate goals based on the gender, height and birth date entered in the "Personal" tab, so fill in those value first.

To print the User Profile select "Print User Profile" from the "File" menu.

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Measurements

The Healthy Edge program uses measurement data to track a user's health and fitness.
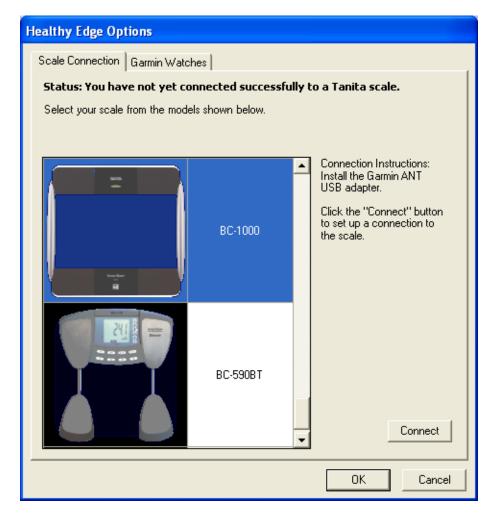
Getting Measurements

Once you have set up a profile, you are ready to begin gathering data. Healthy Edge allows you to enter data manually or collect it automatically using Tanita products.
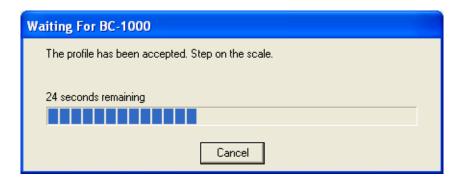
Automatically

To received data automatically you must first set up the connection to your Tanita scale. This process will only need to be performed once.

Select " Healthy Edge Options..." from the "File" menu. Choose the scale from the list available. When you pick a scale you'll see instructions on the right side of the window that tell you how to connect the scale to your computer. When you are ready, click "Connect" to start the connection process.

You'll see a new window open with instructions on how to take a measurement with your scale. Follow the instructions and Healthy Edge will let you know when the connection process is complete. If there is a problem, make sure you've followed all the connection instructions for your scale and try again.

Waiting For BC-1000

The profile has been accepted. Step on the scale.

24 seconds remaining

[Cancel]

Once Healthy Edge has connected to your scale be sure to click "OK" to confirm your scale selection and close the options window. The setup process is now complete and you are ready to start gathering measurements automatically. Follow the instructions for taking a measurement with your scale and Healthy Edge will display the measurement as soon as it's received. **Note: For scales equipped with ANT wireless communication, click the "New Measurement" button when it is displaying the scale icon or select "Scale" from the "New Measurement" button's menu to activate the scale.**

If you forget how to take a measurement just click the "New Measurement" button when it is displaying the scale icon or click on the down arrow on the right side of the "New Measurement" button and select "Scale" from the menu. A new blank measurement will be shown and below that you'll see instructions for how to use your scale. Follow the steps and the blank measurement will be filled with data from your scale.
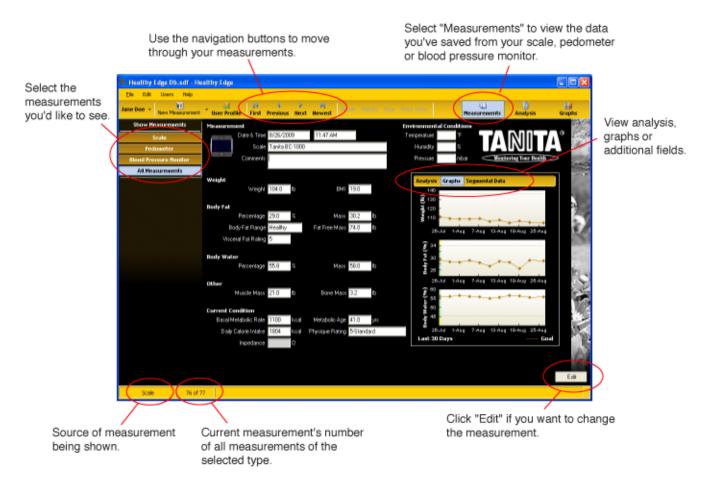
Scales that measure body composition may show a red indicator light or the display may indicate it is waiting if you are not making good contact with the scale or if you step on before it is ready. Make sure you remove your shoes and socks or stockings (and hold the handles if present) to get a complete measurement. See ANT Scale Troubleshooting or the troubleshooting section of the manual that came with your scale for more information.

Fields that are gray after receiving a measurement are not sent by the scale but can be filled manually before saving or can be edited later.

Manually

To enter a measurement manually, clicking the "New Measurement" button in the tool bar will create a new measurement of the type indicated by the button's icon. To create a different type of measurement (and change the button's default behavior), click on the down arrow on the right side of the "New Measurement" button and select the device you are using. A new blank measurement will appear. Fill in the data and click "Save". Note that as you fill in the fields Healthy Edge will fill in fields that it can calculate based on data you've entered and what it knows about you from your profile. Also, be sure to enter the correct date and time. You don't have to enter measurements in the order they occurred though. They'll be sorted by date as you save them. *Tip: To quickly enter multiple measurements manually you can use Ctrl-Shift-S, Ctrl-Shift-P and Ctrl-Shift-B to create new measurements from scales, pedometers and blood pressure monitors respectively.*

Navigation

Once you have more than one measurement entered, use the navigation buttons in the tool bar to move through them. Click the button at the left will take you to the first (oldest) measurement and clicking on the far right button will take you to the last (newest) measurement. *Tip: You can click and hold the "Previous" and "Next" buttons to move quickly through your measurements.*

Filtering

To view only measurements from a specific source, click one of the buttons along the left side of the window. To view all measurements click "All Measurements".

Edit & Delete

To edit the measurement you are viewing, click the "Edit" button in the lower right corner of the main screen or select "Edit Measurement" from the "Edit" menu. To delete the measurement select "Delete Measurement" from the "Edit Menu".

Measurement Fields

Below is a list of the fields contained in the measurements along with a brief description. The fields that appear in all measurements are listed first, followed by the fields for scales, pedometers and blood pressure monitors. For scales that measure body composition the actual measurements made by the platform include weight and Impedance. Based upon these measured values, different model scales may calculate values for : total and segmental body fat

percentage, body water, total and segmental muscle mass, physique rating, bone mass, visceral fat rating, basal metabolic rate (BMR), Daily Calorie intake (DCI), and Metabolic age.

General Measurement Fields

Measurement

Date & Time
Date and time measurement was taken.

Scale, Pedometer or Blood Pressure Monitor
Model of the device used to take the measurement.

Comments
Any comments about the measurement.

Environmental Conditions

Temperature
Temperature in degrees Fahrenheit (°F) or Celsius (°C) depending on whether you selected "English" or "Metric" units in your User Profile.

Humidity
Relative humidity.

Pressure
Barometric pressure in millibars (mbar).

Scale Fields

Weight

Weight
Weight in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

BMI
Body Mass Index is a number calculated using your weight and height that can be used to estimate if your body weight is considered healthy.

Total Body Fat

Percentage
Percentage is the amount of body fat in your body expressed as a proportion of your body weight.

Mass
The mass of your body fat in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

Body Fat Range
Indicates the range your percentage body fat places you in based on your gender and age.

Fat Free Mass
The total mass that is not fat, including muscle, water and bone, in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

Visceral Fat
This rating indicates the amount of fat in your abdominal cavity. A rating of 12 or less is considered healthy.

Total Body Water

Percentage
Percentage is the amount of fluid in your body expressed as a proportion of your body weight.

Mass
The mass of water in your body in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

Other

Muscle Mass
The mass of muscle in your body in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

Bone Mass
The mass of bone (bone mineral level, calcium or other minerals) in your body in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

Bone Mass Ranges
Average of estimated bone mass

	Weight		
	Less than 110 lb (50 kg)	110 lb - 165 lb (50 kg - 75 kg)	165 lb and up (75 kg and up)
	4.3 lb (1.95 kg)	5.3 lb (2.40 kg)	6.5 lb (2.95 kg)
	Less than 143 lb (65 kg)	143 lb - 209 lb (65 kg - 95 kg)	209 lb and up (95 kg and up)
	5.9 lb (2.66 kg)	7.3 lb (3.29 kg)	8.1 lb (3.69 kg)

Current Condition

Basal Metabolic Rate
The minimum level of energy your body expends when at rest to function effectively including your respiratory and circulatory organs, neural system, liver, kidneys, and other organs.

Metabolic Age
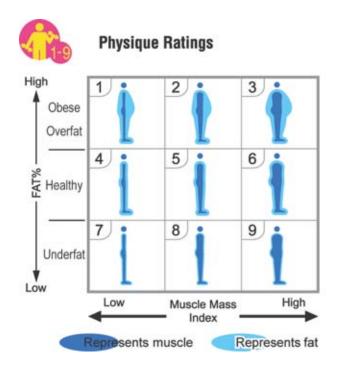The average age associated with measured Basal Metabolic Rate.

Daily Calorie Intake
An estimate of how many calories you can consume within the next 24 hours to maintain your current weight.

Physique Rating
An assessment of your physique according to the ratio of body fat and muscle mass in your body.

Physique Ratings

Pedometer Fields

Steps

Steps
Number of regular steps.

Step Time
Time taken for regular steps.

Aerobic Steps
Number of steps at elevated pace.

Aerobic Step Time
Time taken for steps at elevated pace.

Results

Total Steps
Total of Steps and Aerobic Steps.

Total Time
Total time taken for Steps and Aerobic Steps.

Distance
Total distance traveled calculated using Total Steps and on stride length set
in User Profile. Expressed in miles (mi) or kilometers (km) depending on

whether you selected "English" or "Metric" units in your User Profile.

Calories Burned
Total calories burned as a result of activity.

Pulse

Max During Activity
Maximum pulse rate during activity in beats per minute (bpm).

After Activity
Pulse rate immediately after activity in beats per minute (bpm).

15 Min. After Activity
Pulse rate 15 minutes after activity in beats per minute (bpm).

Blood Pressure Monitor Fields

Blood Pressure

Systolic
Systolic pressure in mmHg.

Diastolic
Diastolic pressure in mmHg.

Pulse
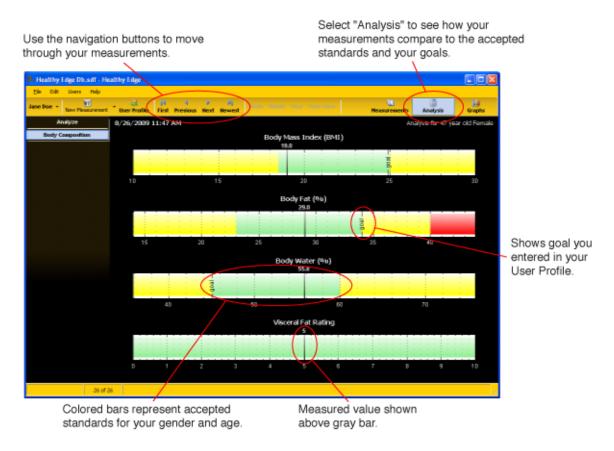Pulse in beats per minute (bpm).

Activity Level
Activity level when blood pressure was taken.

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Analysis

To see how scale measurements compare to the accepted standards, click the "Analyze" button in the tool bar. The measurements will be shown along with any goals and colored bars to indicate how the user is doing compared to standards based on the User Profile. To move through the measurements use the navigation buttons in the tool bar.

Use the navigation buttons to move through your measurements.

Select "Analysis" to see how your measurements compare to the accepted standards and your goals.

Shows goal you entered in your User Profile.

Colored bars represent accepted standards for your gender and age.
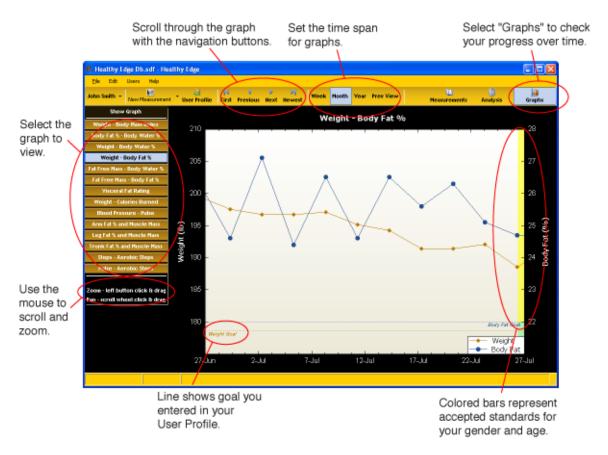
Measured value shown above gray bar.

To print the analysis select "Print Analysis" from the "File" menu while analysis is being displayed.

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Graphs

To see how measurements are changing over time, click the "Graphs" button in the tool bar. Click the button along the left side of the window to select what to graph. Use the span button, "Week", "Month" and "Year", to select the time period the graph covers. To scroll the graph you can use the navigation buttons in the tool bar.

Scroll through the graph with the navigation buttons.

Set the time span for graphs.

Select "Graphs" to check your progress over time.

Select the graph to view.

Use the mouse to scroll and zoom.

Line shows goal you entered in your User Profile.

Colored bars represent accepted standards for your gender and age.

You can use the mouse to zoom into a portion of the graph. Click and drag with the left mouse button in the graph. The graph will zoom to show the area you've selected. To return the original view, click with the right mouse button in the graph and select "Undo All Zoom/Pan" from the menu that pops up.

You can also use the mouse to scroll around in the graph. Click and drag using the middle mouse button (or mouse wheel) in the graph. You may also be able to scroll by holding down the shift key and then clicking and dragging in the graph with the left mouse button. Again to return the original view, click with the right mouse button in the graph and select "Undo All Zoom/Pan" from the menu pop up menu.

To print the graph select "Print Graph" from the "File" menu while graph is being displayed.

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Files & Sharing

When you first launch Healthy Edge it automatically starts working in the file " Healthy Edge DB.sdf" located in the " Healthy Edge" folder in your "My Documents" folder. In most cases you can just continue to use this file.

If you would like to use a different file, select "New..." from the "File" menu. Select the location for the new file, enter the name and click "Ok".

To open a file select "Open..." from the "File" menu. Navigate to the folder where the file is located,

select the file and click "Ok".

To save the file you are using under a new name, select "Save As..." from the "File" menu. Select the location for the new file, enter the name and click "Ok". This new file will become the active file.

If you want to back up your data select "Backup..." from the "File" menu.

A file can be viewed and modified by multiple computers running Healthy Edge at the same time. The file should be placed on a host computer that is accessible to other computers over the network. The host computer, the file and the folder where the file is located must be configured to allowing sharing and changing over the network. To open the file select "Open..." from the "File" menu, navigate over the network to the folder where the file is located, select the file and click "Ok".

Healthy Edge always opens the last active file when you run the program.

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ANT™ Scale Installation

Tanita products that use ANT wireless communication require a USB ANT Stick™ adapter. The drivers you need are included in the program installation, so don't plug your ANT stick into your computer until the software has been installed. When the installation is complete you can plug in your USB ANT Stick. Follow the instructions in the Measurements to select the scale in Healthy Edge and begin using your Tanita device.

If you will be using your ANT equipped device with a Garmin® watch you should install the Garmin ANT Agent™ software.
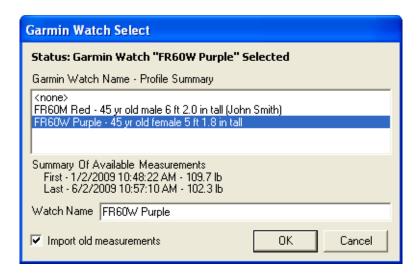
<div align="right">top</div>

Using Garmin® Watches

As mentioned in the User Profile section, the software can be used to collect measurements from Tanita devices that have been stored in compatible Garmin watches. If you have not already done so, you will need to install the Garmin ANT Agent software. Go to the Garmin ANT Agent page and follow the instructions for downloading and installing the software, inserting the USB ANT Stick when requested. When the software is installed follow the instructions for pairing the PC to your watch.

After you have paired a watch and PC you will notice the watch briefly indicates that it is transferring data. This will happen whenever it has new stored measurements and you place it near your computer while Garmin ANT Agent is running.

The software will now be able to detect the watch the next time you run the program or when you select a different User Profile. You will be asked if you would like to assign it to the selected profile. Choose the watch in the Garmin Watch Select window and click "OK". Leave "Import old measurements" checked to include any data already in the watch.

Once you have selected a watch for a profile, the program will automatically add new measurements from Tanita devices each time the watch transfers data. To remove a watch from a User Profile open the click the "User Profile" button and press the "Change" button next to the watch name in the "Personal" tab. When the Garmin Watch Select window opens choose "<none>" from the list and click "OK".

To see a list of watches detected by the program and who they are assigned to select "Healthy Edge Options..." from the "File" menu and click the "Garmin Watches" tab.
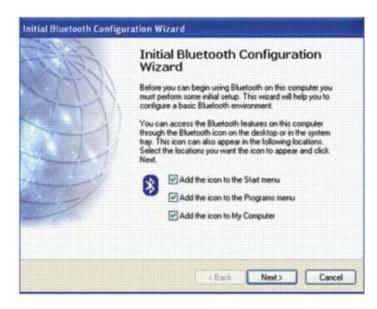
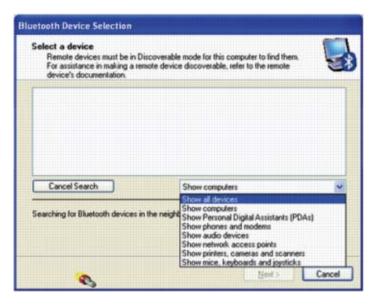top

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Bluetooth® Scale Installation

If you will be communicating with a Tanita Bluetooth scale you must install the Bluetooth adapter software before you can use your scale with the Healthy Edge program. These instructions are based on the use of the Kensington USB Bluetooth adapter. Note you may need to be logged in as administrator to install drivers.

1. Check if Broadcom Bluetooth driver is already installed on the pc. Click "Start", "Control Panel", "System", "Hardware", "Device Manager".

2. Expand "Bluetooth Devices", right-click on your Bluetooth device, select Properties and check if manufacturer is Broadcom. If manufacturer is Broadcom skip to step 6.

3. Install the Kensington Bluetooth driver (CD is included with the adapter). Follow install instructions and insert the Bluetooth adapter when instructed.

4. Once the installation wizard is complete you will see an Initial Bluetooth Configuration Wizard screen.

5. Select the 3 items and continue pressing "Next" until you see the Bluetooth Service Selection screen. On this screen make sure "Bluetooth Serial Port" is checked and press "Next". On the following screen press "Cancel".

6. A computer restart may be required at this time. Follow on-screen instructions.

7. Right click on Bluetooth icon in the system tray (lower right corner of computer screen).

8. Select "Quick Connect", then "Bluetooth Serial Port", then "Find Devices..."

9. Select "Show All Devices" and at the same time activate the scale (Press Output button on HD-351BT or press a programmed personal key 1-4 on the BC-590BT). Note: The BC-590BT will try to connect for 1 minute before it errors out. The HD-351BT will try to connect for 30 seconds before it errors out. If the scale errors, re-press the output button or personal key.

10. Available scales will be displayed as an icon. In this case, the "TANITA BC-590BT" icon. Click the icon, then click "Next" button. Click "Search Again" to refresh if your scale times out during this process.

11. A pop-up window asks for the pairing code; enter 0000 (four zeros) and click the "Pair Now" button.

12. A Bluetooth Authorization Request warning will appear in the lower right corner of the computer screen; click on the warning and then the screen below will appear. Check the box to always allow access, then click "OK" button.

13. The scale is now paired and connected. For future connections, activate the scale (Press Output button on HD-351BT or press a programmed personal key 1-4 on the BC-590BT) and the connection should be made automatically. For verification that a connection is made, the

Bluetooth icon in the system tray (lower right corner of computer screen) should change from a white center to a green center.

ANT Scale Troubleshooting

- Interference may occur if multiple platforms are present. Please use only one platform in any given area.
- Do not step onto the platform before the platform beeps once and the Green Indicator Light blinks.
- Do not step off until after hearing a double beep or the Green Light remains solid (stops blinking), the measurement is taken, and the readings are displayed on the applicable device.
- Do not move until measurement is complete.
- If you do not step onto the platform within 30 seconds after Green Indicator Light begins blinking, the power will shut-off automatically.
- Constant Red Indicator Light on the platform
  - Make sure socks or stockings are removed, and the soles of your feet are clean and properly aligned on the measuring platform.
  - Make sure to step onto the platform only after it has beeped once or the Green Indicator Light is blinking.
  - The unit cannot accurately measure your weight if it detects movement. Please stand on the platform keeping movement to a minimum.
  - If Body Fat Percentage is more than 75%, readings cannot be obtained from the unit.
  - Reading cannot be obtained if the weight capacity is exceeded.
- Blinking Red Indicator Light on the platform
  - Batteries are low. When the Red Indicator Light is blinking, replace the batteries immediately, since weak batteries will affect the accuracy of your measurements.
  - Change all the batteries at the same time with new batteries.