

# HealthWizard - Version 5.4.1

April 25, 2013

## Fitness Profile

- Enhance: Auto detect COM port when using MicroFit fitness testing equipment.  
In previous HealthWizard versions, if your MicroFit FAS-2 testing equipment was connected to the computer with a USB to serial adapter, it was necessary to open the *Windows Device Manager* program to see the COM port assigned and enter this number into HealthWizard *System Configuration*. This new HealthWizard version automatically detects the correct COM port and configures the software. All you need to do is plug the adapter into any USB port on your computer and start the *Fitness Profile* testing. Note: if you connect the FAS-2 equipment to the computer with just a serial cable (do not use a USB to serial adapter), HealthWizard will still automatically determine the COM port number.
- Enhance: No more 'Low CTI Battery' message and replacing the CTI battery.  
The FAS-2 CTI component (white box) has an internal battery which will expire after 4-6 years of use. When this happens a 'Low CTI Battery' message appears and you cannot use any of the testing equipment until the battery has been replaced. This new version of HealthWizard solves this annoying problem by eliminating the need for the CTI battery. So your testing program will never again be interrupted by the 'Low CTI Battery' message and you will never have to replace the CTI battery.
- Enhance: Back Flexibility test standards have been updated.  
The Back Flexibility standards for ages 20 to 80+ have been updated to match those found in the *ACSM's Guidelines for Exercise Testing and Prescription*. Back Flexibility standards for ages 5 to 19 have been updated to match those found in *The President's Challenge 2008-2009*. If you are updating a previous version of HealthWizard, these standards will not be automatically updated. Contact MicroFit Technical Support for instructions.
- Enhance: Curl-Ups test now includes standards for boys and girls ages 5-19.  
In previous versions of HealthWizard, the Curl-Ups test had standards only for adults ages 20 – 80+. This new version includes standards for boys and girls ages 5 – 19. If you are updating a previous version of HealthWizard, these standards will not be automatically updated. Contact MicroFit Technical Support for instructions.

- Enhance: Change default testing protocols in MicroFit formats  
If you use a standard MicroFit testing format, you may not like the selected default aerobic or body fat protocol and must change it before every test. This annoying problem has been fixed in this new software version. You can now change the default protocols for standard MicroFit formats.
- Enhance: Fitness test units of measurement only changed in Edit Fitness Tests  
In previous versions of HealthWizard, you could set the default test unit of measurement in *Edit Fitness Tests* but override the default UOM at the start of a *Quick Test* or when creating a *Fitness Profile Format*. In this version you can only change a fitness test unit of measurement in the *Edit Fitness Test* feature.
- Enhance: Check HealthWizard compatibility with database version.  
When HealthWizard is started it will now verify compatibility with the database it is connected to. This adds protection for those users who have multiple HealthWizard computers connected to the same database. If one of the computers updates and changes the version of the database, all other HealthWizard computers will see a message to update the software.
- Bug Fix: Wrong cholesterol units of measurement.  
When a new database is created and 'Metric' is selected as the preferred units of measurement, the unit of measurement for Total Cholesterol and HDL Cholesterol was mg/dL. It has been corrected to mmol/L. Also, if the unit of measurement for Total Cholesterol was changed, the unit of measurement for HDL Cholesterol was not automatically changed. Now it is. Finally, the report text for Cholesterol has been modified to display values in units of mg/dL or mmol/L.
- Bug Fix: Blood pressure report text – change statement to 'avoid smoking'  
In the Blood Pressure section of the *Fitness Profile Report*, the report text statement "stop smoking to improve/maintain blood pressure" Has been changed to "avoid smoking to improve/maintain blood pressure". If you are updating a previous version of HealthWizard, this text will not be automatically updated. You can either make the change yourself using *Edit >Fitness Profile > Fitness Test* or contact MicroFit Technical Support for instructions.
- Bug Fix: Body Composition Report – error in report text for high fat condition.  
In the *Body Composition Report*, if an individual scored in the 'Needs Work' or 'Fair' categories, the second text paragraph statement "Fat is an important component of health because too much body fat can lead to health problems." has been changed to "Fat is an important component of health but too much body fat can lead to health problems." If you are updating a previous version of HealthWizard, this text will not be

automatically updated. You can either make the change yourself using *Edit > Fitness Profile > Fitness Test* or contact MicroFit Technical Support for instructions.