



WELLNESS ASSESSMENT SOFTWARE & TESTING EQUIPMENT

HealthWizard Version 5.5.3

Aug 31, 2017

Major New Feature: Updated Health History

The standard questions and client report message for the Health History have been updated. The new questionnaire is based on information from the American College of Sports Medicine's *Guidelines for Exercise Testing and Prescription, 10th Edition*. The goal of the standard questions remains the same as in previous HealthWizard versions which is to identify those people who should consult with a doctor before increasing their level of physical activity. This new format expands the questions and makes recommendations related to the presence or signs of cardiovascular, metabolic, or renal disease and the current and desired level of physical activity. Overall, the new Health History questionnaire is more detailed and yet more lenient in its recommendations to consult with a doctor.

The user-defined questions feature of the Health History is unchanged. You can still add unlimited user-defined questions to the questionnaire along with a customized comments for each question. If you are updating Health History from a previous version, the existing user-defined questions, answers, comments, and client answers will be preserved.

Important for customers updating a prior version of Health History.

The standard questions in this new Health History are completely different from those in prior versions. Therefore you cannot compare the answers from this new version to those from prior versions. For the Health History Group Summary report you need to select date ranges that do not mix versions of Health History.

You can view and print old Client Health History reports in the old format. If you go to Edit > Client > Health History Answers, old test sessions will show the new questions with no answers. If you update a prior test session you must enter answers for the new questionnaire.

See page 4 for more information about upgrading to the new Health History.

Health History

Update: Updated questions and report message.
The standard Health History questions and report message have been updated according to information from the American College of Sports Medicine's *Guidelines for Exercise Testing and Prescription, 10th Edition*. The user-defined questions feature of the Health History is unchanged.

Update: Client report no longer automatically displays the 'No answer' answer.
It is possible for a client not to answer a Health History user-defined question. In previous versions, the answer 'No answer' was always printed in the client report for each user-defined question. With this new version the answer 'No answer' is printed only when there is no answer from the client.

Update: Change symbol for selected default answer to user-defined question.
When you create answers for a user-defined question you can choose which answer will be the default selected answer in the Health History questionnaire. In previous versions the symbol for the selected default answer was 'Yes'. This has been changed to 'X'. This change was made to reduce confusion when the only answers for a question were 'Yes' and 'No'.

Fitness Profile

Update: Change report comments for muscle strength tests.
In the client Fitness Profile report, the report comments for biceps strength, curl-ups, push-ups, grip strength, and sit-ups have been updated. There is more detailed information on how to improve muscle strength and the information has been aligned with the American College of Sports Medicine *Guidelines for Exercise Testing and Prescription, 10th Edition*. Note: upgrading a previous version of HealthWizard will NOT update these report comments. You must manually import the fitness test information. Contact MicroFit technical support to request these fitness test export files.

Update: Removed '(max)' from curl-ups report comment.
In the comment section for the Curl-Ups test in the client Fitness Profile report, the Curl-Ups score was printed with its unit of measurement (max). In this version the (max) has been removed from the comments section. This change was done to be consistent with the push-ups and sit-ups comment sections where the units of measurement were not printed.

Bug Fix: Report comment for hand grip strength is incorrect.
In the client Fitness Profile report, the comment for the Right and Left Hand Grip Strength started 'Hand grip strength strength is one measure of upper body strength.' The second 'strength' word is an error and has been removed. Note: upgrading a previous version of HealthWizard will NOT update the Hand Grip Strength comment. You can remove the duplicate 'strength' word by editing the comment using the Edit > Fitness Profile > Fitness Tests feature.

Update: Change name of Waist/Hip Ratio test.
The test name 'Waist/Hip Ratio' has been changed to 'Waist-To-Hip Ratio'. This has become the more common name for this test.

Bug Fix: Help information for Waist-To-Hip Ratio test not showing and incomplete.
When the Waist-To-Hip Ratio test topic was selected in the Help program, no information was shown. When the small ? help button was clicked on the Waist-To-Hip Ratio test screen, the information was shown but the technical information was incomplete and incorrect.

Wellness Profile

Update: Client report no longer automatically displays the 'No answer' answer.
It is possible for a client not to answer a Wellness Profile user-defined question. In previous versions, the answer 'No answer' was always printed in the client report for each user-defined question. With this new version the answer 'No answer' is printed only when there is no answer from the client.

Update: Change symbol for selected default answer to user-defined question.
When you create answers for a user-defined question you can choose which answer will be the default selected answer in the Wellness Profile questionnaire. In previous versions the symbol for the selected default answer was 'Yes'. This has been changed to 'X'. This change was made to reduce confusion when the only answers for a question were 'Yes' and 'No'.

MicroFit Manager

Update: Bcc email feature has been added.
Bcc means 'blind carbon copy'. With this feature all email addresses listed as Bcc are not visible to any other recipients of the email.

Update: Email not sent due to bad email SMTP authentication method.
Some users host their own email service and require a different SMTP authentication method than the one used in HealthWizard. In this version, if the standard HealthWizard SMTP authentication method does not work, the software will automatically search for and use the correct one.

Bug Fix: Small exit button (X) on send email form not working.
The small exit button in the upper right corner of the send email form was not working.

Bug Fix: Test email settings was active with incomplete email setup.
The email setup program was allowing the user to send a test email when the email settings had not been completed and an error would occur.

MicroFit Health History Update – Version 5.5.3

The Health History assessment is a series of questions about the presence or signs of cardiovascular, metabolic, or renal disease and the client's current and desired level of physical activity. The responses to these questions are used to identify those people who should consult with a doctor before increasing their level of physical activity.

What Has Changed?

All the standard questions in the Health History have changed. In prior versions there were 9 standard questions, now there are 11 standard questions. The final report message has also been changed. All the features of user-defined questions remain unchanged.

Is My Historical Client Data Automatically Deleted or Updated?

When you update to HealthWizard 5.5.3, historical client Health History data WILL NOT be deleted and the data WILL NOT be automatically converted to the new format.

How Will This Update Affect My Health History Assessments?

After updating to HealthWizard 5.5.3, all new Health History assessments will have the new questions and report message. If you view or print a Client Health History report that was created before HealthWizard 5.5.3, the questions and answers will look exactly like it used to. There is no change to historical Health History reports.

A problem occurs when comparing a client's Health History report created with HealthWizard 5.5.3 to one created by an older version. Because the new questions are completely different from previous versions, you cannot meaningfully compare reports. This same problem applies to the Health History Group Summary report that can combine new HealthWizard 5.5.3 client scores with client scores from older HealthWizard versions.

Recommendations

If you are currently collecting Health History data for a group report, DO NOT install the HealthWizard 5.5.3 update until your group testing session is complete.

Write down the date you install HealthWizard 5.5.3 and keep it near the MicroFit system. By knowing this date you can determine whether or not the client's scores on a Health History report are from the new update version or an older version.

When printing group reports, when possible, select testing dates either before or after the update software install date so the report does not include both old and new Health History data.