

HealthWizard Version 5.5.4

Feb 21, 2018

Major New Feature

- The Fitness Profile Report now displays test scores in both graph and text mode.
- Updated report text and comparison standards for many fitness tests.
- LDL-Cholesterol and Triglycerides added as new standard MicroFit tests.
- Sit-and-Reach test now compatible with four sit-and-reach test box types.

Fitness Profile

Update: The Fitness Profile Report now displays test scores in graph and text mode.
In the Fitness Profile Report you can now choose to print a test score either as a bar graph (Graph), as a number at the bottom of the report (Text), or Both. You make this selection in the Edit Fitness Profile Format feature on the Report Style tab. This report enhancement applies to the Client Fitness Profile Report and to several of the Group Fitness Profile Reports.

Note: if you select Both, you will only see test data in the text only area when there are both primary and comparison scores (two scores).

Update: Updated report text and comparison standards for fitness tests.
Almost all of the standard MicroFit fitness tests have updated report text, the comments printed in the Fitness Profile report. Much of the information comes from the newly released American College of Sports Medicine's *Guidelines for Exercise Testing and Prescription*, 10th Edition. A few fitness tests have updated comparison standards.

Note: this new fitness test information WILL NOT be automatically added when updating your HealthWizard software. You must visit www.microfit.com > Support > Fitness Tests Updates, download the fitness test export files, and then use the Edit > Fitness Profile > Fitness Tests > Import feature.

Update: LDL-Cholesterol and Triglycerides added as new standard MicroFit tests.
These two blood lipid tests have been added to the MicroFit standard list of fitness tests. The group name for all the blood lipid tests has been changed from 'Cholesterol' to 'Blood Lipids'. If you currently collect this data for your reports, see page 4 for more information.

Fitness Profile

- Update: Sit-and-Reach test now compatible with four sit-and-reach test box types.
The Sit-and-Reach test is now compatible with a 12 inch high sit-and-reach test box where the bottom of the feet are at either the 9 inch, 15 inch, 23 cm marks or the original 26 cm mark. If you currently collect this data for your reports, see page 4 for more information.
- Update: Copy Test Standards: copy standards only to same fitness test.
In previous HealthWizard versions, you could copy standards from one fitness test to another fitness test. This feature has been removed. A 'Copy complete' message is now displayed to indicate the copy process is finished.
- Update: Client Trend Analysis Graph: removed graph slope number.
The calculated slope of the graph line is no longer displayed in the report.
- Bug Fix: Group Client Score Report: some client scores not showing in report.
Under some circumstances, test scores that could be shown in USA or metric units that were set to show in metric units may not have been displayed in the Group Client Score Report. The report was always interpreting scores in USA units. For example, if a client's weight score was recorded as 73 kg and the Group Client Score Report was set to show all clients with weight less than 80, the client would not be listed in the report because their weight was being interpreted as 160.9 (the lbs equivalent).
- Bug Fix: When metric score entered, conversion to USA units had wrong precision.
There are some fitness tests that can have their scores expressed either in USA units or metric units. When a metric score was entered, the converted score in USA units was always saved to the nearest 0.5 unit. For example, if a metric score for Total Cholesterol was entered as 6.0 mmol/L, the converted USA score was saved as 231.5 mg/dL. It should have been saved as 232 mg/dL (rounded to nearest whole number).
- Bug Fix: Client History Graph: test scores with incorrect precision.
Test scores for back flexibility, blood lipids, body circumferences, and height are displayed in different numeric precision for their metric and USA units of measurement. For example height is displayed as 75.25 inches (two decimal places) or 191.1 centimeters (one decimal place). When one of these tests are set to be displayed in USA units and selected to be shown as the comparison test score in the History Graph Report, it was being displayed with the wrong numeric precision.
- Bug Fix: Client History Graph: incorrect circumference test label.
There is a right and left score for the forearm, biceps, thigh, and calf circumference tests. When one of these test scores was selected for the Client History Graph, '(right)' or '(left)' was not displayed in the graph title or the drop down list of tests. Also, the test name on the left side of the graph did not include the test score units of measurement.

Fitness Profile

- Bug Fix: Client Trend Analysis Graph: incorrect circumference test label.
There is a right and left score for the forearm, biceps, thigh, and calf circumference tests. When one of these test scores was selected for the Client Trend Analysis Graph, '(right)' or '(left)' was not displayed in the graph title or the drop down list of tests. Also, the test name on the left side of the graph did not include the test score units of measurement.
- Bug Fix: Client Trend Analysis Graph: Min/Max scores with incorrect precision.
This graph always displayed the minimum and maximum test scores with one decimal place. For some test scores, there should be either no decimal places or two decimal places.
- Bug Fix: Client Trend Analysis Graph: time scores displayed in seconds.
Test scores recorded in time units were displayed in the Min and Max boxes in seconds instead of the min:sec time format.
- Bug Fix: Rename fitness test name: cannot capitalize letters.
Changing a fitness test by capitalizing one or more letters was not allowed. The program returned the message 'Fitness test name already exists'.
- Bug Fix: Group Summary Report: shows a blank third page.
When a Group Summary Report only had three fitness tests to show (or two fitness tests and the Total Fitness Score), a blank third page was printed.
- Bug Fix: Cholesterol test screen: animated bar graph not working correctly.
If Total Cholesterol and HDL-Cholesterol tests were set to mmol/L units, the animated graph on the test score entry screen did not work correctly.
- Bug Fix: R+L Hand Grip test screen: animated bar graph not working correctly.
If R+L Hand Grip Strength test was set to kg units, the animated graph on the test score entry screen did not work correctly.

HealthWizard

- Update: Group Report Cover Page: increased length of printed information.
The allowable character length for the Cover Page Subtitle, Your Company Name, Your Contact Name, and Your Contact Email has been increased to 62 characters.
- Bug Fix: The organization name at the top of all reports not printing correctly.
When not using a custom report header, if the font size selected for organization name was 14 or 16 pt., the bottom part of the lower case letters q, y, p, g, or j would not be completely printed.

New Fitness Tests: LDL-Cholesterol and Triglycerides

The updated client score entry form now allows for the entry of Total Cholesterol, LDL-Cholesterol, HDL-Cholesterol, and Triglycerides.

A Cholesterol Ratio score box is no longer visible when the Blood Lipids score entry form is first displayed. However, if you enter Total Cholesterol and HDL-Cholesterol the Cholesterol Ratio score will be calculated and displayed in small numbers.

If before updating, you had a Fitness Profile format that included Total Cholesterol and/or HDL-Cholesterol, after the update the new lipid tests of LDL-Cholesterol and Triglycerides WILL NOT automatically appear in the format. To add them you must edit the format and first remove Blood Lipids from the format test order and then re-insert Blood Lipids back into the test order. Then continue on to select the tests to be included in the report and the report style.

In previous HealthWizard versions there was no report text for HDL-Cholesterol and Cholesterol Ratio. These tests were discussed in the report text for the Total Cholesterol test. After updating you will see new report text for the HDL-Cholesterol and Cholesterol Ratio tests. The report text for Total Cholesterol is not changed but may now be outdated due to redundant statements. You can update the Total Cholesterol report text by downloading and importing the Total Cholesterol test file found at www.microfit.com under the Support section.

If before updating, you had created user-defined tests for LDL-Cholesterol and/or Triglycerides and you now want to move client scores from your user-defined tests to the new MicroFit standard tests, contact MicroFit Support for help.

Updated Sit-and-Reach Test.

You can switch the sit-and-reach test box type in Edit > Fitness Profile > Fitness Tests > Sit-and-Reach.

In this update, the sit-and-reach comparative standards have not changed. The three new sets of standards have been created based on the original 26 cm standards.

If you switch the sit-and-reach box type, the comparative standards will automatically change and all client data will be converted based on the new standards.

If before updating, you had changed the sit-and-reach comparative standards from the 26 CM box type to the 23 CM box type using a special Sit-And-Reach export file from MicroFit, during the update your HealthWizard program will automatically be set to the 23 CM box type (using 23 CM standards) and the 26 CM standards will be restored to their original state.

If you have any questions or concerns about your sit-and-reach client data or standards, contact MicroFit Support for help.