

HealthWizard Version 5.5.8

May 7, 2020

Major New Feature

- Fasting Blood Glucose and A1C are new standard MicroFit tests.
- R+L Hand Grip Strength test standards have been updated.

Fitness Profile

Update: New blood sugar tests: fasting blood glucose and A1C.
Fasting blood glucose and A1C have been added to the Fitness Profile standard list of tests. If you currently have user-defined tests for blood sugar, contact MicroFit technical support for a special program to move your test data to the new MicroFit tests. Note: if you currently have a user-defined test with the name “Blood Glucose-Fasting” (same name as the new Fitness Profile test), after the update the test will be renamed to “Blood Glucose-Fasting-OLD”. If you currently have a user-defined test with the name “A1C” (same name as the new Fitness Profile test), after the update the test will be renamed to “A1C-OLD”.

Update: R+L Hand Grip Strength test: updated standards.
In prior versions of HealthWizard, the hand grip standards had been based on data from a 1985 Canadian fitness survey. A more recent Canadian survey was concluded in 2009 and reported decreases in median grip strength of 4-9 kgs. In this version of HealthWizard, the R+L Hand Grip Strength standards have been updated to align with the results from this more recent survey. Download the new Hand Grip Strength standards at MicroFit.com > Support > Fitness Tests Updates. Learn about updating fitness test standards in the HealthWizard program by reading [Help > HealthWizard > Fitness Profile > Edit Fitness Tests > Import](#).

Update: Height, weight, and BMI: grouped together in FP format and Quick Test lists.
The height, weight, and BMI tests are now automatically grouped together in Fitness Profile format lists and Quick Test lists. When you move one of these tests in a list they will all move together as a group. This feature was added because the data for all these tests is collected on the same test form.

Update: Blood lipids test: removed from Fitness Profile format test list.
In the list of tests used to create a Fitness Profile format, the group test name ‘Blood Lipids’ has been replaced with the five individual blood lipid tests: Total Cholesterol, LDL-cholesterol, HDL-cholesterol, Cholesterol Ratio, and Triglycerides. This change was made so you can select individual blood lipid tests for a format instead of the entire group.

Fitness Profile

- Update: Blood Lipids tests: grouped together in FP format lists and Quick Test lists.
The Total Cholesterol, LDL-cholesterol, HDL-cholesterol, Cholesterol Ratio, and Triglycerides tests are now automatically grouped together in Fitness Profile format lists and in Quick Test lists. When you move one of these tests in a list they will all move together as a group. This feature was added because the data for all these tests is collected on the same test form.
- Update: Blood lipids test form: data entry boxes not selected are disabled.
The Blood Lipids test form has data entry boxes for four blood lipid scores. In previous versions of HealthWizard, all four score boxes were enabled for data entry even if only one lipid test was selected for testing. This could be confusing. In this version, only those blood lipid tests selected for testing will have enabled score boxes.
- Update: User-defined time tests: time data entered without ‘:’ now translated to minutes.
In previous versions of HealthWizard, when entering a user-defined time test score of 345, the score would be considered seconds data and auto converted to the min:sec format of 5:45. In this version, a time score entered without the colon (:) is considered minutes data. So entering 345 is now translated to the time of 345:00 and will be an invalid time score. Valid time scores are 0:01 – 59:59.
- Update: Reports: score column order in the text only area is different.
In the text only area (area below the bar graphs) for the Fitness Profile, Body Composition, Group Comparison, and Group Trend Reports, the score column for the primary test session is now listed first followed by the score column for the comparison test session.
- Update: Fitness Profile Format: double click on test name to add/remove test to format.
When creating a Fitness Profile Format, you can now add or remove a test by double clicking on the test name.
- Update: Export test scores to file: added circumference and skinfold measurements.
In previous versions of HealthWizard, the list of individual fitness tests scores that could be exported to a file did not include circumference or skinfold measurements.
- Bug Fix: Trend Analysis Graph: cannot enter time score in Target Value box.
When viewing test results for a user-defined test with time data (min:sec), you could not enter a time score into the Target Value box.
- Bug Fix: Quick Test: wrong session dates showing in ‘Save scores to:’ list.
On the Quick Test start page, the ‘Save scores to:’ list of previous test dates was showing all the client’s test sessions dates, not just those session dates with a Fitness Profile test. For example, a session date that had a Wellness Profile test but did not have a Fitness Profile test was included in the list.

Fitness Profile

- Bug Fix: Quick Test: can select Cholesterol Ratio as single test.
On the Quick Test start page you could select Cholesterol Ratio test without also selecting the Total Cholesterol test and HDL-cholesterol tests. Cholesterol Ratio is calculated from the Total Cholesterol and HDL-cholesterol scores.
- Bug Fix: Add fitness test: allows adding test with same name as existing test.
Fitness Profile allowed you to add a new fitness test that had the same name as an existing test when the new test added included units of measurement. For example, you could not enter a new test with the name 'Weight' but you could enter a new test with the name 'Weight (lbs)' and have two tests in the list with the same name 'Weight (lbs)'. This has been resolved. Duplicate test names are not allowed.

HealthWizard

- Update: Form exit button (x): removed exit button from forms.
The small exit button in the upper right corner of most forms has been removed from the following forms: File > Database > Connection History, all features under Edit menu, all features under Reports menu, Manager > Client List Report, and Manager > Mail Merge.
- Bug Fix: Database Connection History: not showing recent database connections.
In HealthWizard version 5.5.7 the File > Database > Connection History feature was modified to show the most recent 20 connections to a MicroFit database. However, a programming error resulted in the feature showing the oldest 20 database connections. This error is resolved.