

Blood Pressure Manager

Version 2.1

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Is your high blood pressure medication working? More than 50 million people suffer from high blood pressure - a reading of 140/90 or above. Keep track of your blood pressure with Blood Pressure Manager! This palm application will track your blood pressure readings and pulse rate readings over time. You can then view your historical blood pressure readings in a table format in chronological order. Printed reports of historical data are available to registered users. Registered users can also export and import data to and from Microsoft Excel for graphs. Two printing options are available for reports.

New Installation:

Double click on BPManager.zip. If you are running a version of WinZip that has a built-in setup routine, simply click on the 'Setup' icon within WinZip and follow the setup instructions. If you are running an older version of WinZip, simply unzip all files to a temporary directory of your choice. Double Click on the SETUP.EXE file and follow the setup instructions.

Upgrade Installation:

Version 2.1 is not compatible with previous versions as it utilizes three databases. Previous versions only utilized one database. To upgrade and save your data from your previous version, perform the following steps.

1. Locate the file 'BPMgr.PDB' on your computer system and copy this file to a temporary directory of your choice. BPMgr.PDB is the database file of the previous versions.
2. Delete the old version from your PDA.
3. Install version 2.1 and register the version with the same registration number of your previous version. After registration, hotsync your PDA.
4. Locate the BPMgr.PDB you copied to a temporary directory and double click on it to load into your PDA install tool. You may also launch your install tool and load the BPMgr.PDB into it manually.
5. Hotsync your PDA once more. Your old data will now be loaded into your new version.

User Guide

The demo version of this application has two splash screens reminding the user the amount of days left in the demo and a page to allow the user to register the application (Fig 1). **Please Note!** This program will cease to function at the end of thirty days. *To preserve your data, please register this product within the time frame allowed!*



Fig. 1.



Once registered, the above screens are not displayed, only the main splash screen will be displayed.

Tapping on the 'Introduction' button brings up three information screens, including a

Blood Pressure Table	
Systolic:	
Normal	130 or less
High Normal	130 - 139
Too High	140 or more
Diastolic:	
Normal	85 or less
High Normal	85 - 89
Too High	90 or more

blood pressure table.

View Blood Pressure Data			
Date and Time	Sys.	Dias.	Puls.
11/18/02 10:39 am	133	97	64
11/18/02 12:56 pm	126	85	75
11/18/02 9:25 pm	128	78	80
11/18/02 7:31 am	113	75	71
11/19/02 5:47 pm	130	83	78
11/19/02 2:50 pm	138	80	73
11/19/02 7:49 am	113	73	71
11/19/02 6:19 am	119	78	75

New Print Intro A D Exit

Tapping on the 'Start Program' button takes the user directly to the 'View' screen. This screen allows the user to view previous entered data and print that data, if a Palm OS print utility such as PalmPrint(c) or SCS Print Server(c), is installed on the users handheld. PalmPrint(c) and SCS Print Server(c) is available from Stevens Creek Software. Version 2.1 now has the ability to sort these entries. The 'A' and 'D' buttons allow the user to sort the entries by ascending date or descending date. The user no longer has to scroll all entries to get to the bottom of the list.

Tapping on any one entry will take you to the edit screen for that entry, where you may change any entry by tapping on that entry and re-entering the data. Tapping on the New ... button brings up a blank data entry screen with the "focus" on the Systolic field. The Date field and Time field will default to current date and time but can be changed by tapping on each of the fields. While remaining in the 'Edit' screen, tapping on the '+' button will add another record.

Edit Blood Pressure Data	
Systolic: 110	Date / Time: 2/24/03
Diastolic: 64	7:46 am
Pulse: 71	
Meds: Coreg 12.5MG Tab	
Dose: 1 TAB Twice Daily	
Notes: First day of new medication	

+ - << < > >> List

View Medication List
Medication List
Coreg 12.5MG Tab
Doxazosin Mesylat Side effect of lo
Plavix 75MG TAB
Pravachol 40MG T

New Print A D Return

Tapping on the '+' button will delete the current warning

Edit Medications
Use this form to populate the Meds 'drop down' list on the Blood Pressure Edit form.
Medication: Doxazosin Mesylate 2MG
Notes: Side effect of lower blood pressure

+ - << < > >> List

displayed entry. A dialog will remind the user that this cannot be undone. Tapping on the '<<' takes you to the first record in the database and '>>' takes you to the last record. The '<' and '>' buttons go to the previous and next records respectively. The 'list' button will take you back to the view table. Version 2.1 introduces two more fields to this form, a medications entry and a dosage entry. With these entries a user has the flexibility of tracking his or her blood pressure with different changes in medication. Clicking on the 'Meds' or 'Dose' buttons will bring up data input forms to populate the drop down lists with.

Printing with TBReports:

TBReports is a program utility that can be downloaded from our web site at <http://www.tissoftware.net>. If a print utility such as PalmPrint or SCS Print Server is not installed on the handheld, TBReports will allow the user to print the palm data from pre-defined reports within Windows. There is one pre-defined report included with Blood Pressure Manager. The included report prints all data as viewed in the 'View' screen with the added notes column. Please contact the developer below if a custom report is desired. There are no charges for additional custom reports.

Registered Users:

If you are a registered user, you can download a utility program named PDB Explorer from our support page on our web site. This program is password protected. The password required to unzip the file was included in the email message you received with your registration number. This utility will allow the user to export Blood Pressure Manager Data to Microsoft Excel. Further instructions can be found at <http://www.TISsoftware.net/excel.htm> for questions relating to MS Excel. You may also import data into your handheld from your Windows desktop using this utility.

Thank you!

TIS Software wishes to thank our users for their continued support. We truly do have the best customers in the PDA world!

Contact Information:

For questions, suggestions, or comments concerning this software, please contact us at support@TISsoftware.net. All emails requiring answers will be answered. Your comments and suggestions are encouraged, as we are always looking for ways to improve our product.

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