



CheckUp Fast Facts

- **Health Records** – There is no limit to the number of health records you can store in CheckUp. Create a health record for each of your family members—some of our users even use CheckUp to track their pet’s health!
- **Privacy and Security** – All information you put in CheckUp is stored securely on your personal computer. Your information is only accessible to those individuals that have access to your computer.

None of your health information is stored on the Internet or a computer server that anyone else is able to access. None of the information you enter is transmitted to Checkupsoftware.com. There is absolutely no link between your information and anyone else.

- **Internet Connection** – CheckUp only uses an Internet connection for the Check for Updates and health.edu features. CheckUp can be used effectively without using these either of these features.

If you do not have an Internet connection, please call us at 913.438.3200 to activate CheckUp.

- **Trial Period** – CheckUp comes with a no-obligation 30 day trial. After the trial period, CheckUp is available for purchase for \$29.95.

After the 30 day trial expires, you will no longer have access to any information entered in CheckUp. To keep a record of this information, create a PDF or use the print feature to print a report before your trial expires. If you purchase CheckUp after your trial expires, you will have access to your information once Checkup is reactivated.

- **Computer** – CheckUp runs best on newer computers. CheckUp requires Internet Explorer 6.0, which is a free download available on the Internet. Other system recommendations include:
 - Processor: at least 500 mHz
 - Memory: at least 512 MB
 - Available hard drive space: at least 200 MB
- **Support** – Contact us at customercare@checkupsoftware.com or 913.438.3200 with any comments or suggestions.

A Look Inside CheckUp

John Doe's Health Record - CheckUp

CheckUp

The Complete Personal Health Manager
[Home](#) | [Settings](#) | [Help](#) | [Exit](#)

John Doe PDF

Baby Doe
Jane Doe

[Add/Delete] ?

Messages ?

Journal entries can be edited or deleted by simply clicking on any entry being displayed.

Profile ?

General Family History
Heart Diet & Fitness
Vision Medications
Habits Immunizations
Allergies Procedures
Children Illnesses, Diseases
Providers & Injuries

Comments or Suggestions?

Journal ? Time: This Year Category: All ? ?

Date	Category	Description	Cost
03/17/2005	Test	Weight - 141 lbs 9:15 AM	\$0.00
03/16/2005	Exercise	Basketball, game: 60 mins (512 ...	\$0.00
03/03/2005	Diary	Sprained ankle playing basketba...	\$0.00
03/03/2005	Ill/Disease/Injury	SPRAINED ANKLE	\$0.00
03/03/2005	Visit	Reason: Injured ankle playing ba...	\$10.00
01/10/2005	Test	BP - 120/80 mm Hg 7:56 AM	\$0.00
01/08/2005	Exercise	Running, 8 mph (7.5 min mile): ...	\$0.00
01/06/2005	Medication	CLARITIN: 1 tablet	\$25.00
01/06/2005	Visit	Reason: Had the flu Provider: Dr...	\$25.00

New Journal Entry

I'd like to create a new journal entry for Medication

Medication: TYLENOL Cost \$6.89

Type: Over The Counter

Date Filled: 03/17/2005

Dosage/Units: 2 tablets

Frequency/Units: As Needed

Refills Allowed:

Instructions: Take 2 with water

Warnings:

Add
Cancel
Apply

health.edu ?

Men, having friends is good for th...

Chest Pain: Wondering, Worryin...

Heart failure drug benefits men o...

Cardiovascular disease: A bluepri...

ACE Inhibitors Not Needed for M...

The Truth About Colds and Flu

Expenses YTD ?

Visits	\$35.00
Medications	\$25.00
Other	\$0.00
Total	\$60.00

Assessment ?

Diabetes Risk Level: High

Heart Disease Risk Level: High

Weight Loss Goal:

Calorie Consumption Goal:

Exercise Minutes Goal:

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Information in CheckUp is not intended for the purpose of diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment and/or advice contained in CheckUp. Copyright © 2004 checkupsoftware.com. All rights reserved.

Profile

The Profile organizes your health history into 13 convenient areas. Each section can be printed to give to your doctor, your child's school nurse, or other healthcare provider.



John Doe's Health Record - CheckUp

CheckUp The Complete Personal Health Manager

Home | Settings | Help | Exit

John Doe
Baby Doe
Jane Doe

[Add/Delete]

Messages
Journal entries can be edited or deleted by simply clicking on any entry being displayed.

Profile

- General
- Heart
- Vision
- Habits
- Allergies
- Children
- Providers
- Family History
- Diet & Fitness
- Medications
- Immunizations
- Procedures
- Illnesses, Diseases & Injuries

Journal Time: This Year Category: All

Date	Category	Description	Cost
03/17/2005	Test	Weight - 141 lbs 9:15 AM	\$0.00
03/10/2005	Test	...	\$0.00
03/03/2005	Test	...	\$0.00
02/26/2005	Test	...	\$0.00
02/19/2005	Test	...	\$0.00
01/12/2005	Test	...	\$0.00
01/05/2005	Test	...	\$0.00
01/05/2005	Test	...	\$0.00

health.edu

Men, having friends is good for th...
Chest Pain: Wondering, Worryin...
... failure drug benefits men o...
...vascular disease: A bluepri...
... Inhibitors Not Needed for M...
Truth About Colds and Flu

Expenses YTD

Item	Amount
...	\$35.00
...	\$25.00
...	\$0.00
...	\$60.00

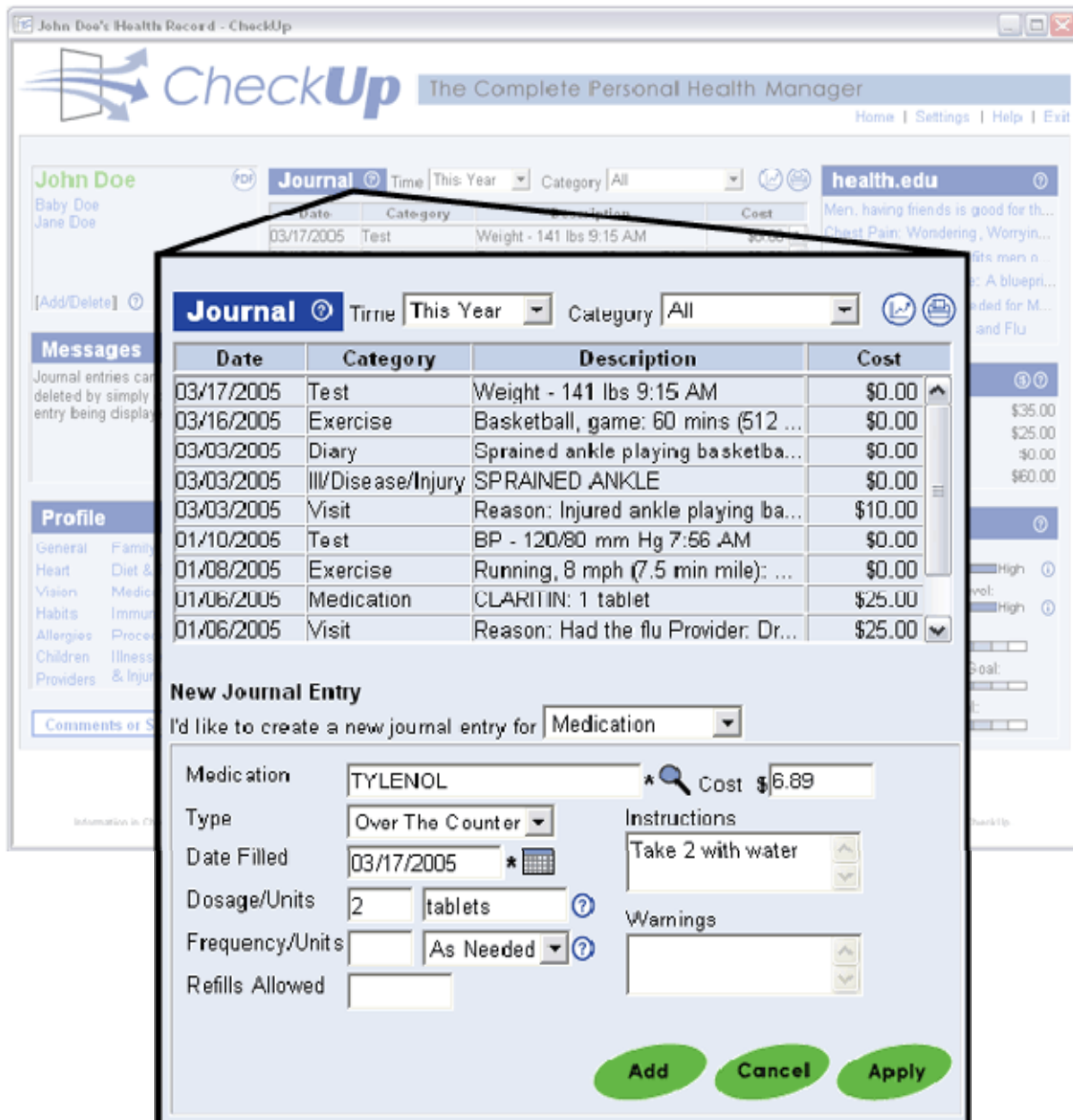
Assessment

Diabetes Risk Level: High
Heart Disease Risk Level: High
Weight Loss Goal: High
Alcohol Consumption Goal: High
Exercise Minutes Goal: High

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Health Journal

The Journal provides a quick and easy way to enter your health information. Your entries are presented in an itemized view in categories ranging from medications taken to personal notes about a recent doctor visit.



The screenshot displays the 'John Doe's Health Record - CheckUp' interface. The 'Journal' section is active, showing a list of entries with columns for Date, Category, Description, and Cost. A 'New Journal Entry' form is overlaid on the list, allowing the user to create a new entry for 'Medication'.

Date	Category	Description	Cost
03/17/2005	Test	Weight - 141 lbs 9:15 AM	\$0.00
03/16/2005	Exercise	Basketball, game: 60 mins (512 ...	\$0.00
03/03/2005	Diary	Sprained ankle playing basketba...	\$0.00
03/03/2005	Ill/Disease/Injury	SPRAINED ANKLE	\$0.00
03/03/2005	Visit	Reason: Injured ankle playing ba...	\$10.00
01/10/2005	Test	BP - 120/80 mm Hg 7:56 AM	\$0.00
01/08/2005	Exercise	Running, 8 mph (7.5 min mile): ...	\$0.00
01/06/2005	Medication	CLARITIN: 1 tablet	\$25.00
01/06/2005	Visit	Reason: Had the flu Provider: Dr...	\$25.00

New Journal Entry

I'd like to create a new journal entry for **Medication**

Medication: *

Type:

Date Filled: *

Dosage/Units:

Frequency/Units:

Refills Allowed:

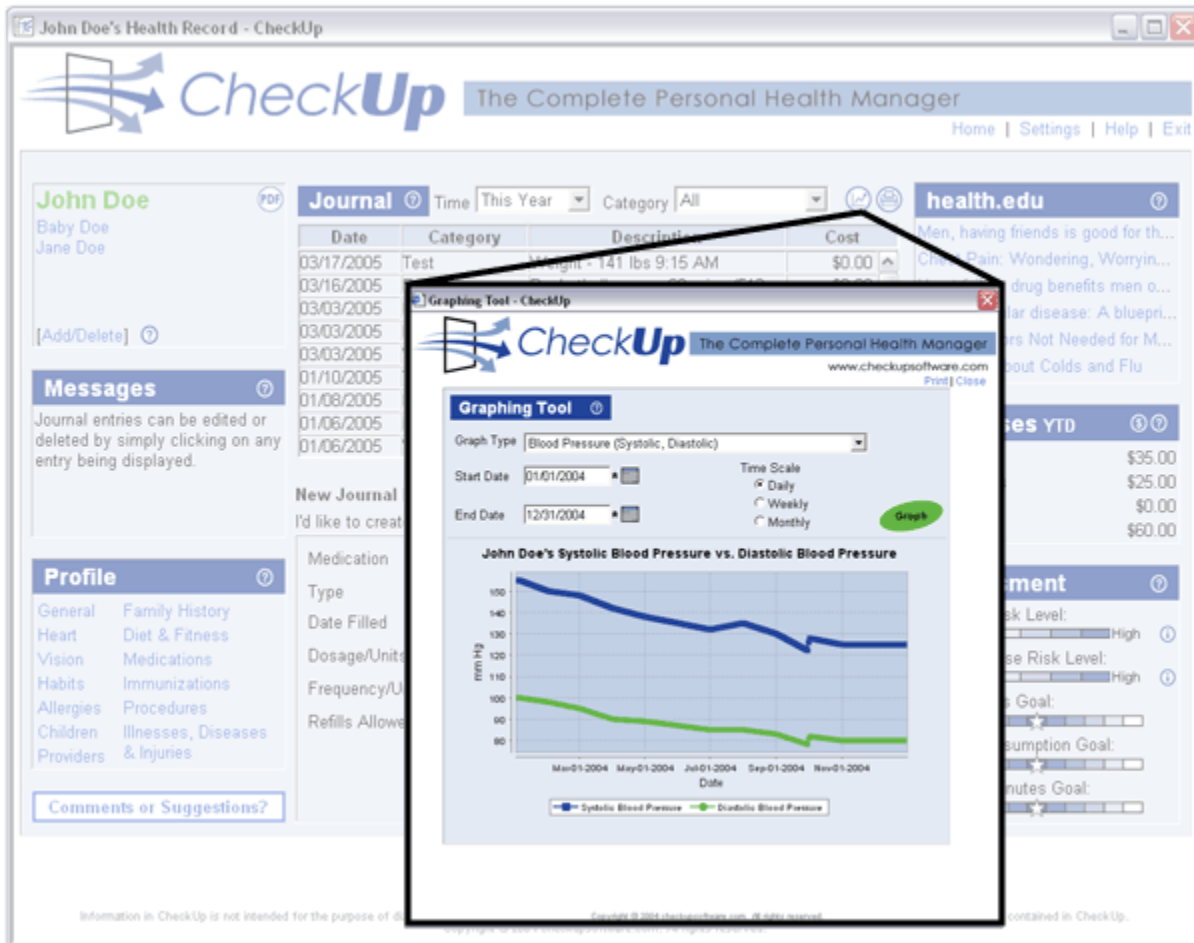
Instructions:

Warnings:

Add **Cancel** **Apply**

Graphing

See trends in your weight, blood pressure, cholesterol, calorie consumption and many other important areas using the Graphing Tool.



John Doe's Health Record - CheckUp

Journal Time: This Year Category: All

Date	Category	Description	Cost
03/17/2005	Test	Weight - 141 lbs 9:15 AM	\$0.00
03/16/2005			
03/03/2005			
03/03/2005			
03/03/2005			
01/10/2005			
01/08/2005			
01/06/2005			
01/06/2005			

Graphing Tool - CheckUp

Graphing Tool

Graph Type: Blood Pressure (Systolic, Diastolic)

Start Date: 01/01/2004

End Date: 12/31/2004

Time Scale: Daily Weekly Monthly

John Doe's Systolic Blood Pressure vs. Diastolic Blood Pressure

Date	Systolic Blood Pressure (mm Hg)	Diastolic Blood Pressure (mm Hg)
Mar-01-2004	150	90
May-01-2004	140	85
Jul-01-2004	135	82
Sep-01-2004	130	80
Nov-01-2004	130	80



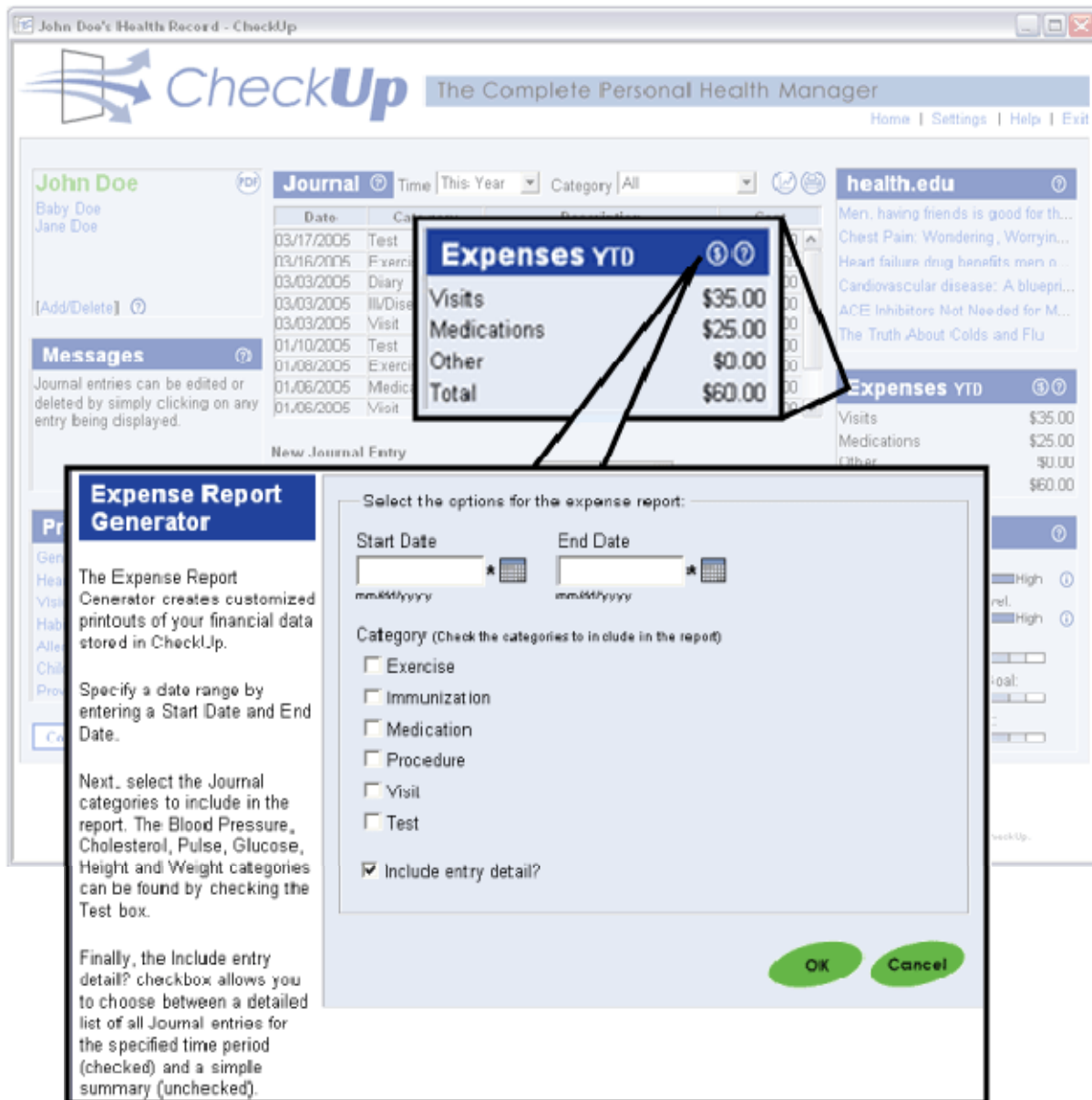
health.edu

Educate yourself on current health topics with the articles provided in the health.edu section. Articles are chosen specifically for you based on information recorded in CheckUp.

A screenshot of the CheckUp software interface. The window title is "John Doe's Health Record - CheckUp". The interface includes a navigation bar with the CheckUp logo and "The Complete Personal Health Manager" text. Below this, there are sections for "John Doe" (with sub-entries "Baby Doe" and "Jane Doe"), "Journal" (with filters for "Time" set to "This Year" and "Category" set to "All"), and "health.edu" (with a list of articles). A callout box highlights the "health.edu" section, listing articles such as "Men, having friends is good for th...", "Chest Pain: Wondering, Worryin...", "Heart failure drug benefits men o...", "Cardiovascular disease: A bluepri...", "ACE Inhibitors Not Needed for M...", and "The Truth About Colds and Flu". To the right of the callout, there is an "Expenses YTD" table and an "Assessment" section with various risk level sliders (Diabetes, Heart Disease) and goal sliders (Weight Loss, Calorie Consumption, Exercise Minutes). At the bottom, there are "Add", "Cancel", and "Apply" buttons, and a footer with "About CheckUp | Legal | Privacy" and a disclaimer.

Expenses

CheckUp provides two ways to organize your medical expenses: the Expenses YTD section of the Health Record and the Expense Report Generator.



The screenshot shows the 'John Doe's Health Record - CheckUp' interface. The 'Expenses YTD' summary is highlighted with a callout box, showing the following data:

Category	Amount
Visits	\$35.00
Medications	\$25.00
Other	\$0.00
Total	\$60.00

The 'Expense Report Generator' dialog box is also shown, with the following options:

Select the options for the expense report:

Start Date: * (mmMM/yyyy)

End Date: * (mmMM/yyyy)

Category (Check the categories to include in the report):

- Exercise
- Immunization
- Medication
- Procedure
- Visit
- Test

Include entry detail?

Buttons: OK, Cancel

The dialog box also includes instructional text:

The Expense Report Generator creates customized printouts of your financial data stored in CheckUp.

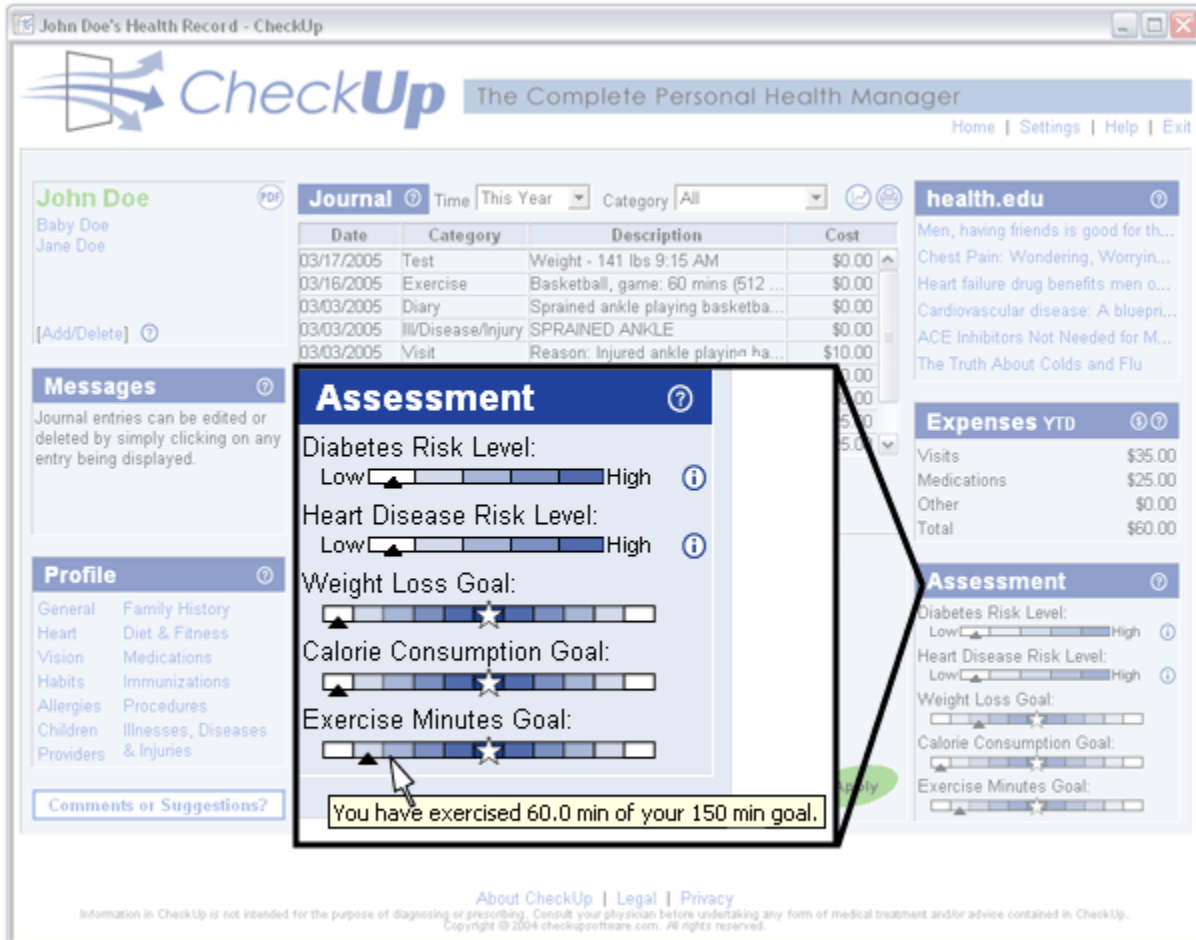
Specify a date range by entering a Start Date and End Date.

Next, select the Journal categories to include in the report. The Blood Pressure, Cholesterol, Pulse, Glucose, Height and Weight categories can be found by checking the Test box.

Finally, the Include entry detail? checkbox allows you to choose between a detailed list of all Journal entries for the specified time period (checked) and a simple summary (unchecked).

Assessment

CheckUp uses the health information you entered to calculate your risk for Diabetes and Heart Disease using medically-proven formulas. You can also create seven types of Diet and Fitness goals and CheckUp will assess your progress towards reaching them.



The screenshot shows the 'John Doe's Health Record' window in the CheckUp application. The interface includes a navigation menu on the left with sections for 'Messages', 'Profile', and 'Comments or Suggestions?'. The main area displays a 'Journal' table with columns for Date, Category, Description, and Cost. A modal window titled 'Assessment' is open, showing progress bars for Diabetes Risk Level, Heart Disease Risk Level, Weight Loss Goal, Calorie Consumption Goal, and Exercise Minutes Goal. A tooltip points to the Exercise Minutes Goal bar, indicating 'You have exercised 60.0 min of your 150 min goal.' The right sidebar contains sections for 'health.edu' (with links to various health topics) and 'Expenses YTD' (listing Visits, Medications, Other, and Total).

Date	Category	Description	Cost
03/17/2005	Test	Weight - 141 lbs 9:15 AM	\$0.00
03/16/2005	Exercise	Basketball, game: 60 mins (512 ...	\$0.00
03/03/2005	Diary	Sprained ankle playing basketba...	\$0.00
03/03/2005	Ill/Disease/Injury	SPRAINED ANKLE	\$0.00
03/03/2005	Visit	Reason: Injured ankle playine ha...	\$10.00

Category	Amount
Visits	\$35.00
Medications	\$25.00
Other	\$0.00
Total	\$60.00



Health Record Report Generator

Keep your family and healthcare providers up-to-date. Email them a PDF of your Health Record using the Health Record Report Generator.

Health Record Report Generator

The Health Record Report Generator creates a PDF file containing selected portions of your Health Record.

There are 3 ways to output your Health Record report. Select from **View PDF**, **Save PDF As** or **Email PDF To**.

Please be patient when emailing your Health Record, it could take up to 3 minutes.

To view the PDF file, your computer must have Adobe Acrobat Reader, a free download from www.adobe.com. You can easily download Adobe Acrobat Reader and install it on your computer.

Select the Health Record sections to include:

Profile

- General & Heart
- Habits
- Allergies
- Family History
- Medications
- Immunizations
- Procedures
- Illnesses, Diseases and Injuries

Choose from one of the following actions:

View PDF **Go**

Save PDF As **Go**
(output directory is: E:\PHM\1.3.2\reports)

Email PDF To *

From *

Subject

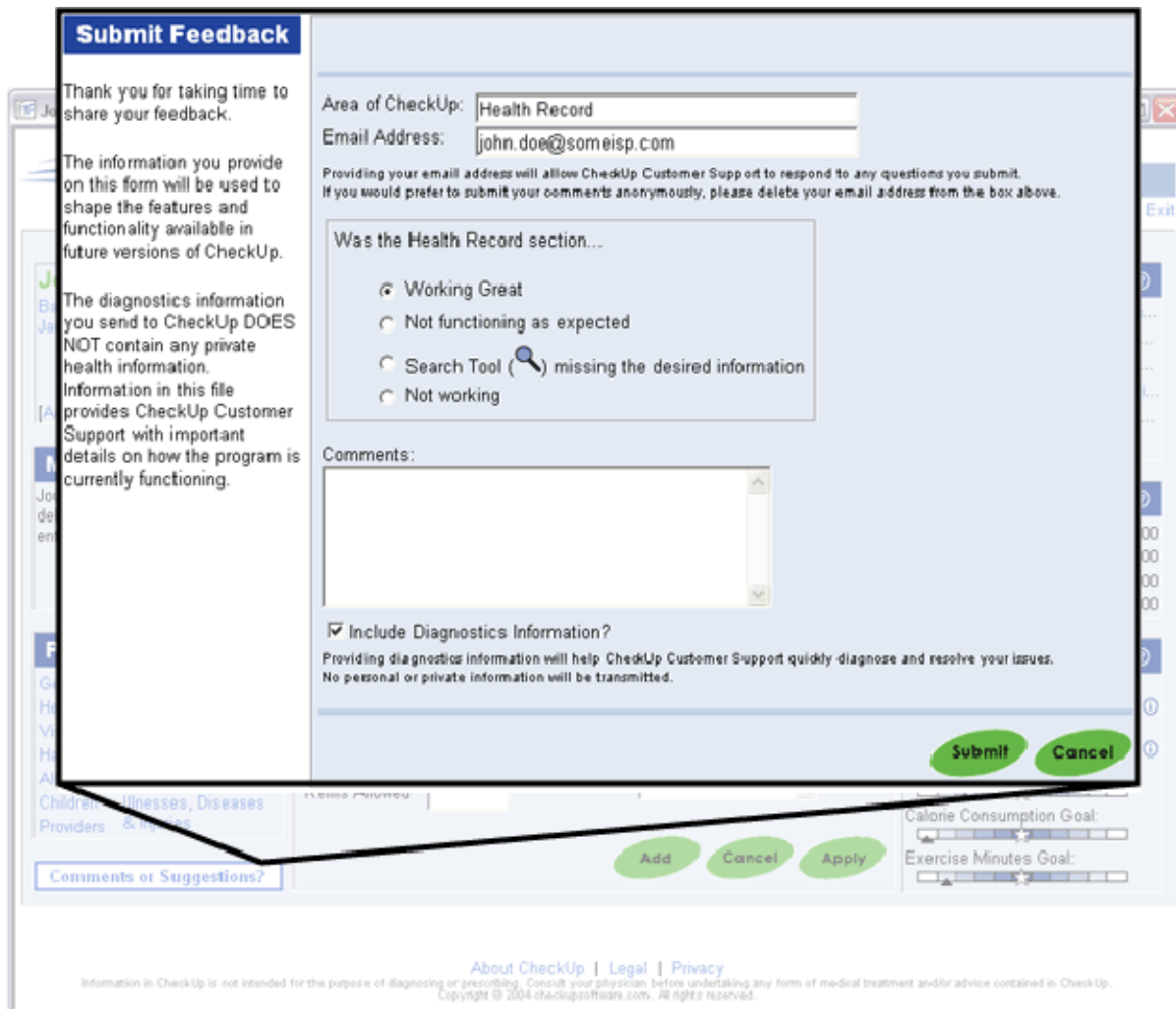
Message

Send as HTML **Go**

Date	Category	Description	Cost
03/17/2005	Test	Weight - 141 lbs 5:15 PM	\$0.00
03/16/2005	Exercise	Basketball, game: 60 mins (51.2 ...	\$0.00
03/03/2005	Diary	Sprained ankle playing basketba...	\$0.00

Comments and Suggestions

We want to hear from you! Use the Comments and Suggestions feature to let us know how we can make CheckUp work better for you.



Submit Feedback

Thank you for taking time to share your feedback.

The information you provide on this form will be used to shape the features and functionality available in future versions of CheckUp.

The diagnostics information you send to CheckUp DOES NOT contain any private health information. Information in this file provides CheckUp Customer Support with important details on how the program is currently functioning.

Area of CheckUp:

Email Address:

Providing your email address will allow CheckUp Customer Support to respond to any questions you submit. If you would prefer to submit your comments anonymously, please delete your email address from the box above.

Was the Health Record section...

- Working Great
- Not functioning as expected
- Search Tool (🔍) missing the desired information
- Not working

Comments:

Include Diagnostics Information?
Providing diagnostics information will help CheckUp Customer Support quickly diagnose and resolve your issues. No personal or private information will be transmitted.

Comments or Suggestions?

Information in CheckUp is not intended for the purpose of diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment and/or advice contained in CheckUp.
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