

GETTING STARTED GUIDE
Polar FlowLink Drivers for Microsoft® HealthVault

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GENERAL

Polar FlowLink Training Computer Drivers for Microsoft® HealthVault is software used to transfer data from Polar FA20, FT40, FT60 and FT80 training computers to www.healthvault.com for web analysis. Microsoft® HealthVault is a free, privacy and security enhanced online service that lets you gather health data from many sources, store it in a single location, and share it with those you trust.

See 3rd party information from <http://www.healthvault.com>

These service providers use www.healthvault.com as a building block for personal health data analysis web applications.

FlowLink is an USB data transfer unit. Microsoft Health Vault Connection Center is data transfer software for Microsoft® HealthVault health services. Polar WebSync is software for www.polarpersonaltrainer.com fitness and cross training services.

Both Microsoft Health Vault Connection Center and Polar WebSync can not be used on the same computer. Therefore you need to decide whether you want to transfer data to www.healthvault.com or to www.polarpersonaltrainer.com. You can change your decision simply by removing/installing support for other data transfer software.

SYSTEM REQUIREMENTS

- Windows® XP SP2 or SP3, Vista 32/64-bit or 7 32/64-bit with latest updates
- Processor: 1 GHz or better
- System memory: 512 MB or better. 1 GB of system memory recommended
- Available hard disk space: 200 MB or better
- Network: High-speed broadband.
- Monitor: 1024 x 768 or higher resolution
- Administrator rights
- Polar FA20 / FT40 / FT60 / FT80 training computer
- Polar FlowLink® data transfer unit*
- Recorded training or activity data on Polar training computer
- Microsoft HealthVault Connection Center 2.X or later installed.
See: <http://www.microsoft.com/downloads/details.aspx?displaylang=en&FamilyID=73b45ded-c81c-4505-a1a7-2dd3686e95b1>
- Microsoft Live account with Microsoft Live ID to use the Connection Center.
See <https://signup.live.com/> for sign up information.

*sold as an accessory if not included in training computer package

GETTING STARTED

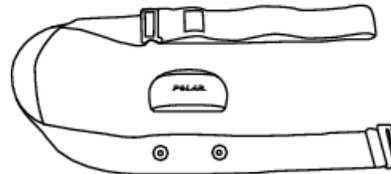
Physical activity and exercising may include some risks. It is recommended to consult your physician before starting a regular exercise program.

Get to Know Your Polar Training Computer

Wrist Unit records and displays your heart rate/activity and other data during training.



FT80/FT60/FT40: WearLink transmits the heart rate signal to the wrist unit. The WearLink consists of a connector and strap.

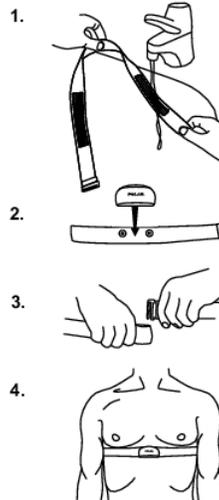


Register your Polar product at <http://register.polar.fi/> to ensure we can keep improving our products and services to better meet your needs.

FT80/FT60/FT40: Wear the WearLink

Before starting training recording, you need to wear the WearLink.

1. Wet the electrode areas of the strap well under running water.
2. Attach the connector to the strap. Adjust the strap length to fit it tightly but comfortably.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.



Detach the connector from the strap when you are not using it to maximize the transmitter lifetime.

Start Training

In display showing time of day press OK twice or long-press once to start recording your training session.

To stop your training recording press Back twice.



Your training session is saved only when recording for more than one minute.

See user manual of your Polar training computer for detailed instructions how to get started with your training computer and how to record training/activity data.

User manuals of Polar training computers can be found at Polar support pages at: <http://polar.fi/support>

After recording training/activity data you can transfer your data to [Microsoft HealthVault](#) web service according to following instructions.

INSTALLATION



If you have installed Polar WebSync software or any other software utilizing Polar Daemon service, uninstall it via Windows Control Panel and restart your computer before running the installation package.



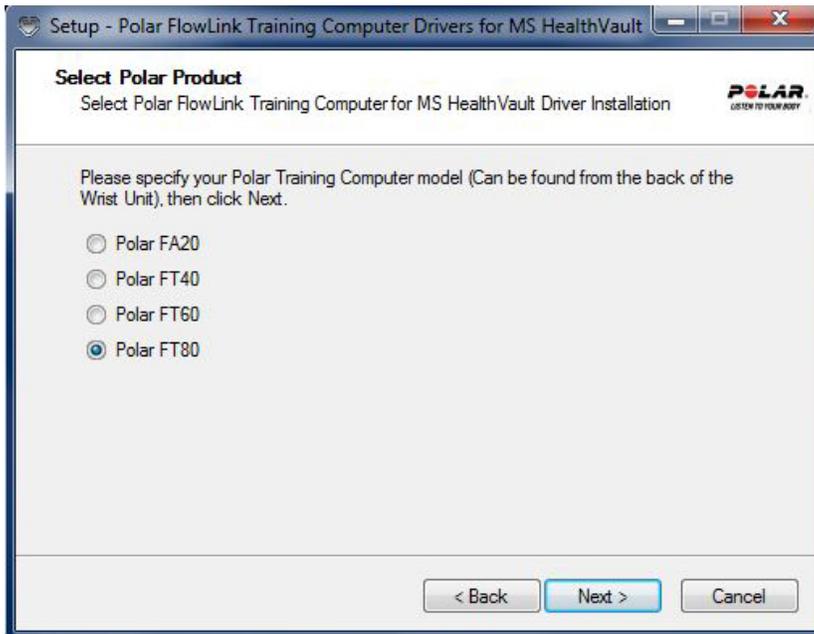
Before starting FlowLink driver installation, make sure you have Microsoft HealthVault Connection Center 2.x or later installed to your computer.

Download Polar FlowLink Training Computer Drivers for Microsoft HealthVault and go through the installation process:

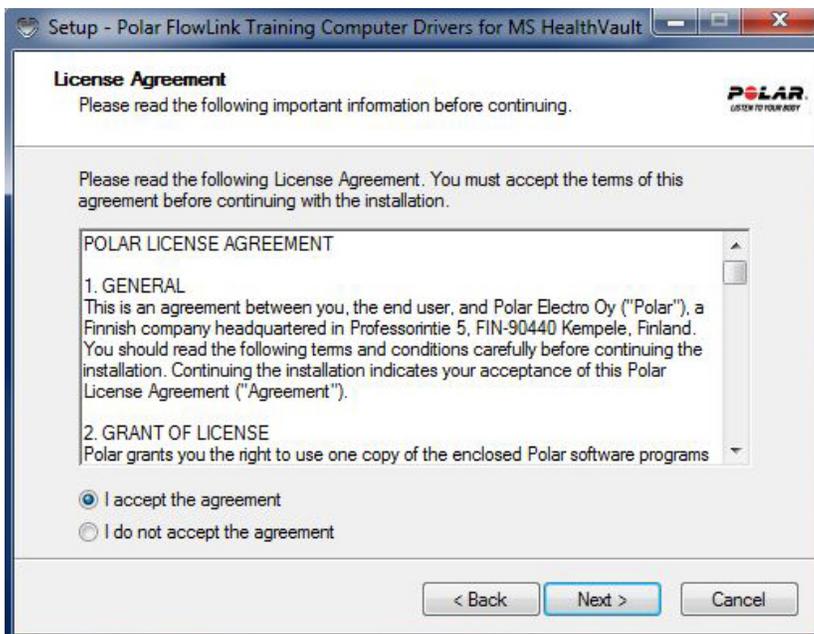
1. Welcome screen opens. Click Next to proceed.



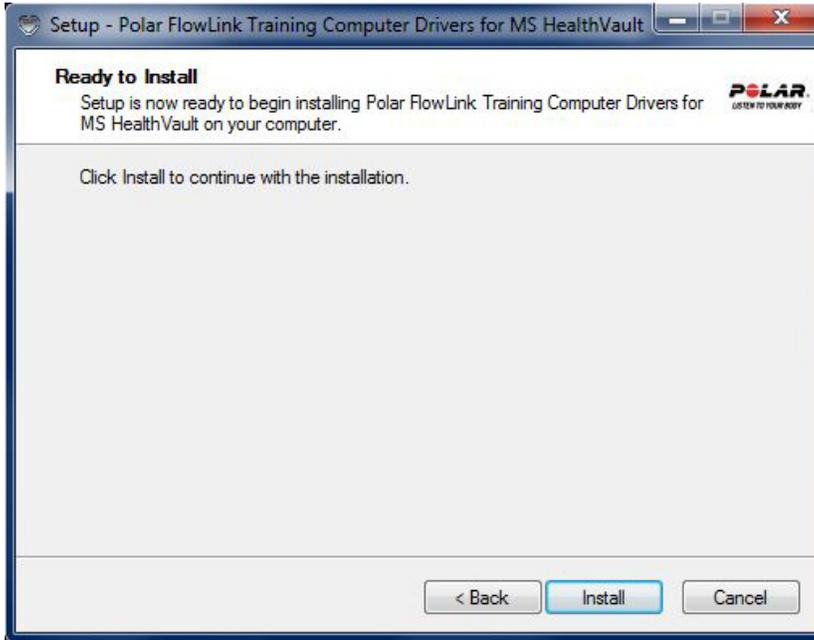
2. Select your Polar training computer from the list and click Next.



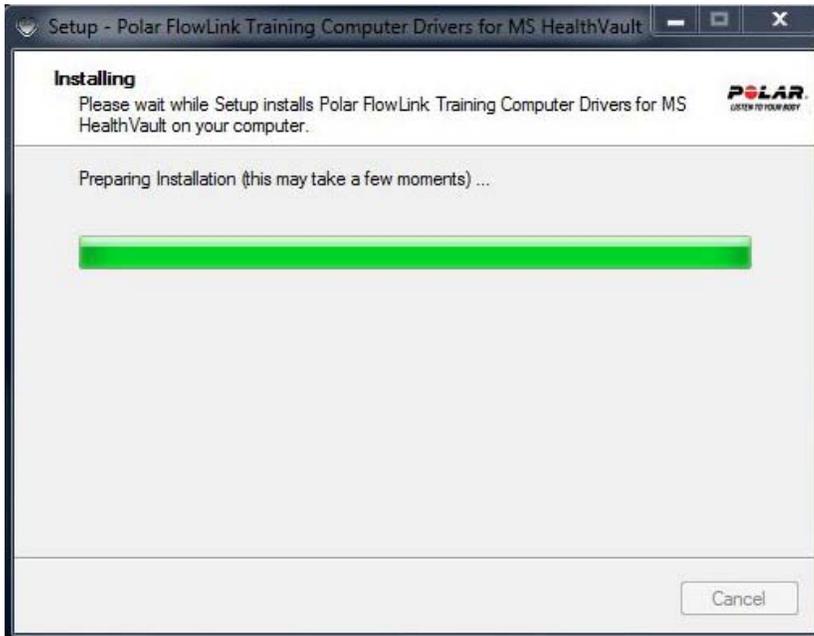
3. Read and accept License Agreement. Click Next.



4. Click Install.



5. Installation process is shown.



6. Click Finish to complete installation. You can now plug the Polar FlowLink to a USB port.



CHECKING INSTALLATION SUCCESS

When the FlowLink driver is correctly installed, Polar training computer name is found in **Control Panel** → **Device Manager** → **Portable Devices**.



DOWNLOAD DATA TO MICROSOFT HEALTHVAULT

Following data can be download from Polar training computer to Microsoft HealthVault

Polar Training Computer	Data transferred to Microsoft HealthVault
FT80	exercise date, time, and duration; exercise count; average and maximum heart rate of the exercise; calories expended; *distance.
FT60	exercise date, time, and duration; exercise count; average and maximum heart rate of the exercise; calories expended; *distance.
FT40	exercise date, time, and duration; exercise count; average and maximum heart rate of the exercise; calories expended.
FA20	exercise date, time, and duration; exercise count; calories expended; distance

*Requires G1/S1 sensor during exercise recording.



Polar cannot guarantee a 3rd party application to show features as they appear in Polar products or applications.

HOW TO TRANSFER DATA – POLAR FLOWLINK

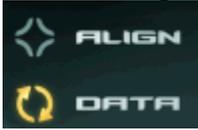
1. Plug your FlowLink in the computer USB port.
2. Set your Polar product face down on the FlowLink.



FlowLink lights:

The **DATA** lights up yellow when FlowLink is connected to your PC.

The **ALIGN** lights up green, when the product is correctly aligned.



Do not move the product during the data transfer! Even a slight movement will disrupt the data transfer.

3. Wait for ALIGN light to turn on and DATA light starts flashing.
Driver is up and running.

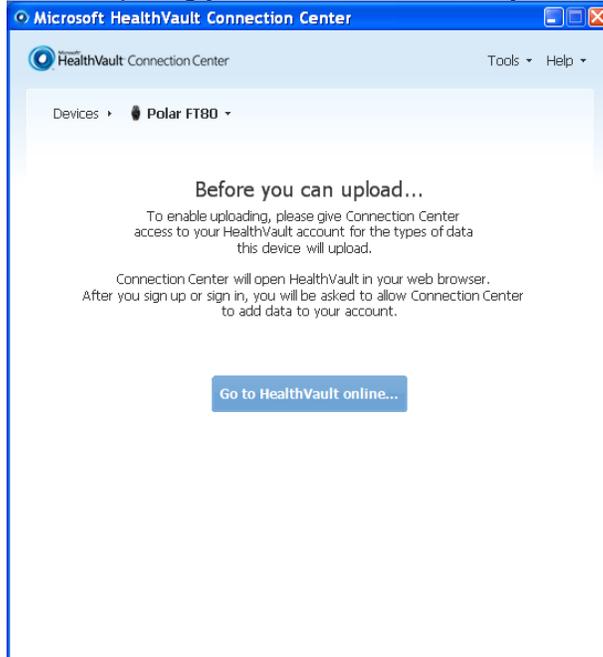


To reconnect:

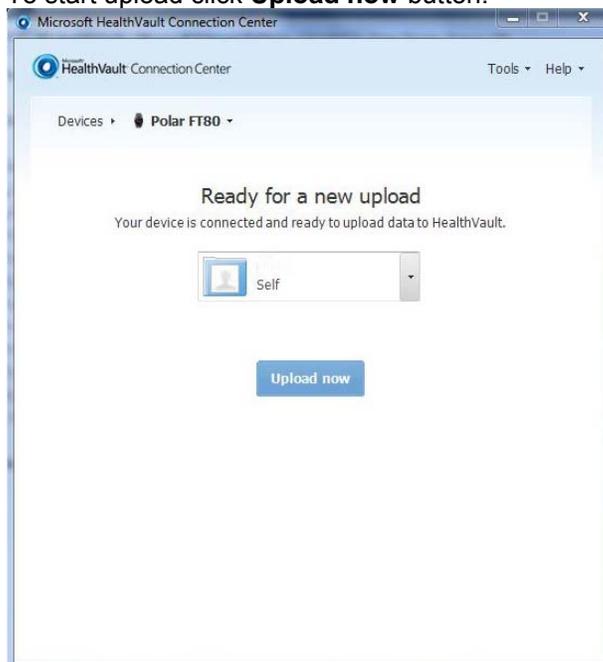
1. Remove your training computer from FlowLink.
Wait until ALIGN light turns off.
2. Place your training computer on FlowLink.
Wait for ALIGN light to turn on and DATA light starts flashing.
Driver is up and running.

HOW TO USE MICROSOFT HEALTHVAULT CONNECTION CENTER

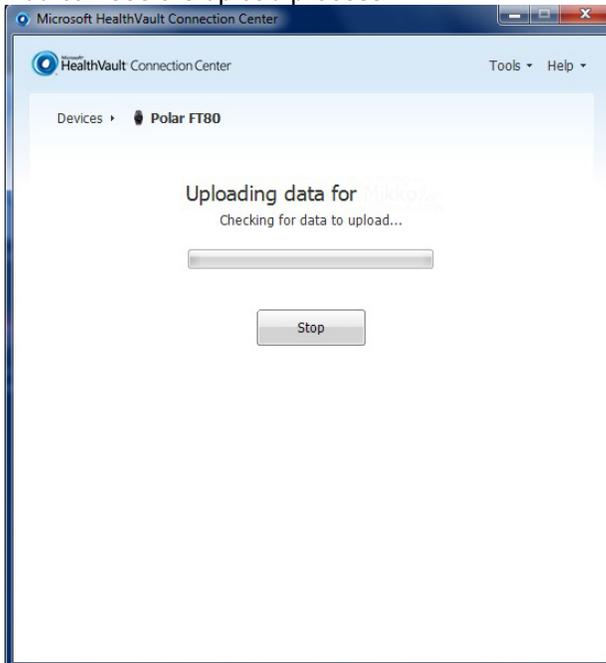
1. Open Microsoft Health Vault Connection Center.
If you are using Connection Center for the first time you need to give access to your HealthVault account. Click **Go to HealthVault online....**
After completing your HealthVault account you are guided back to Connection Center.



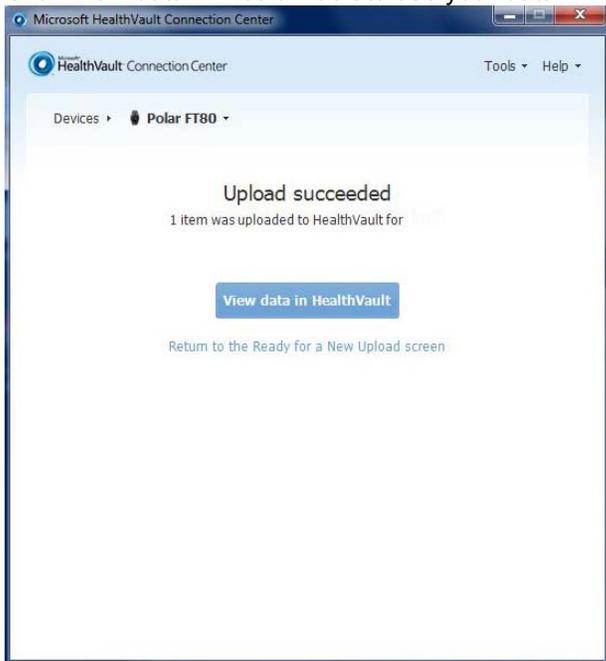
2. Place your Polar training computer on FlowLink.
To start upload click **Upload now** button.



3. You can see the upload process.

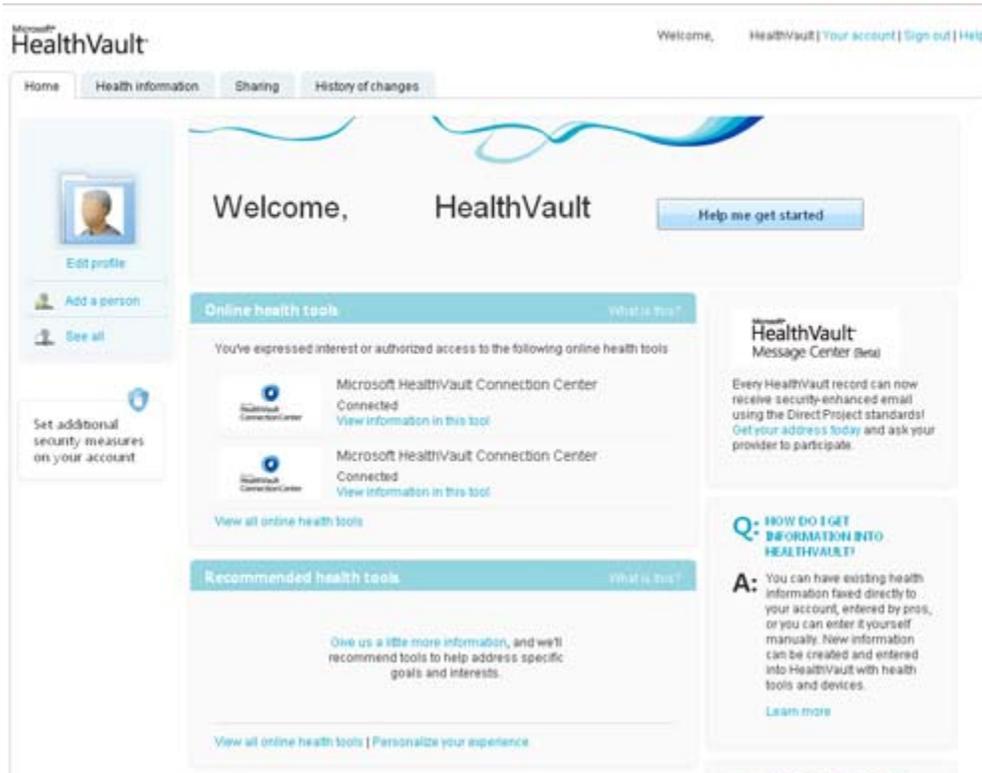


4. After the upload succeeded number of transferred items is shown. Click View data in HealthVault to see your data.

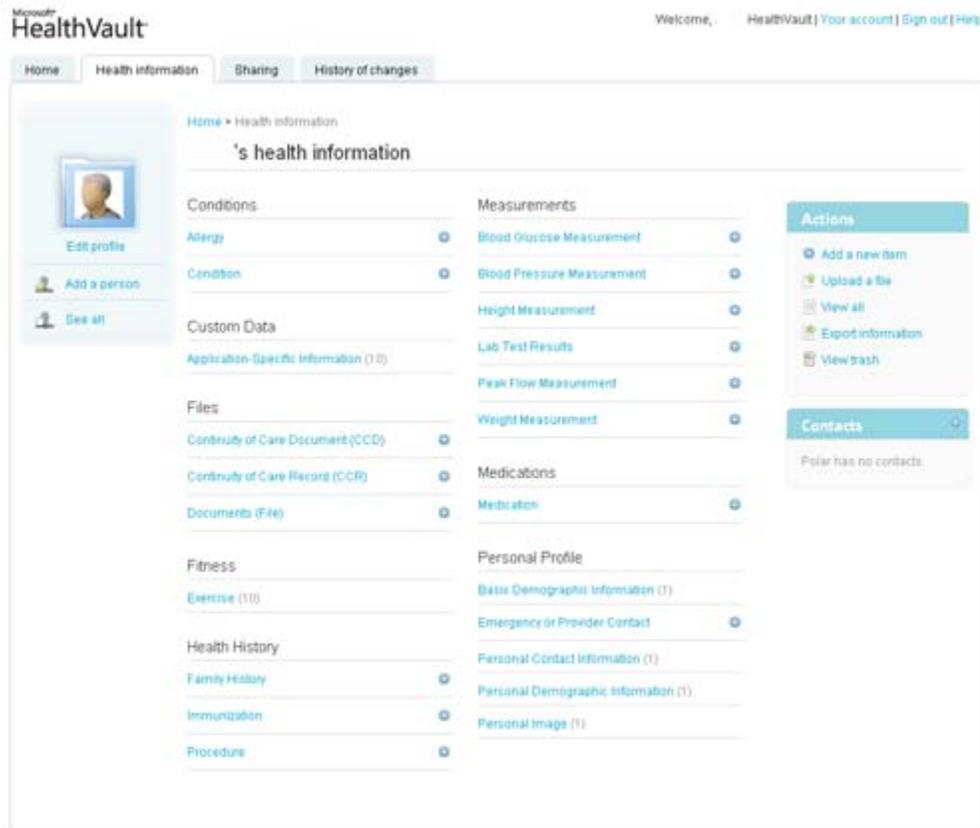


HOW TO USE MICROSOFT HEALTHVAULT WEB SERVICE

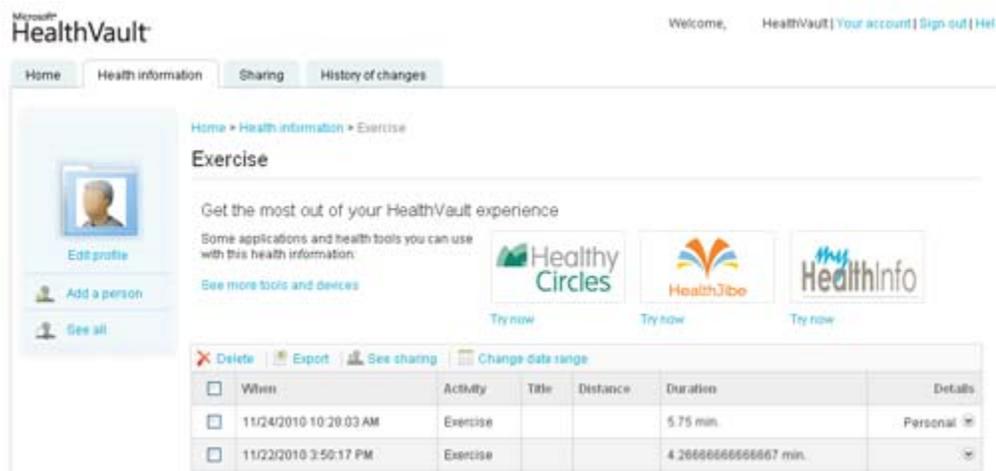
1. Sign in to [HealthVault web service](#) (if not automatically signed in).
2. **Home** page opens.



3. Open **Health information** tab.



4. Click **Exercise** under Fitness.
List of transferred exercises are shown.



When	Activity	Title	Distance	Duration	Details
11/24/2010 10:20:03 AM	Exercise			5:75 min.	Personal
11/22/2010 3:50:17 PM	Exercise			4:2666666666667 min.	

- Click the exercise to see more detailed information.

The screenshot shows the Microsoft HealthVault interface. At the top, it says 'Microsoft HealthVault' and 'Welcome, HealthVault [Your account] [Sign out] [Help]'. Below this are navigation tabs: 'Home', 'Health information', 'Sharing', and 'History of changes'. The main content area is titled 'Exercise' and includes a sidebar with 'Edit profile', 'Add a person', and 'See all'. The main area contains promotional text and logos for 'HealthyCircles', 'HealthJibe', and 'HealthInfo'. Below this is a table with columns: 'When', 'Activity', 'Title', 'Distance', 'Duration', and 'Details'. A single row is visible with the following data:

When	Activity	Title	Distance	Duration	Details
8/3/2010 8:10:57 PM	Exercise			39:05 min.	

Below the table, there are 'Details' and 'History' tabs. The 'Details' tab is active, showing the following information:

- When: 8/3/2010 8:10:57 PM
- Activity: Exercise
- Duration: 39:05 min.
- CaloriesBurned_calories: 199 Calories
- AverageHeartRate_BPM: 109 BPM
- MaximumHeartRate_BPM: 123 BPM
- Source: Polar FT60

HOW TO UNINSTALL FLOWLINK DRIVER

When uninstalling FlowLink driver, also Polar Daemon needs to be uninstalled.

1. Select **Start** → **Control Panel**
2. In Windows XP select **Add/Remove programs**.
In Windows Vista or Windows 7 select **Programs and Features**.
3. Select **Polar FlowLink Training Computer Drivers for MS Health Vault** and click **Uninstall**.
4. Select **Polar Daemon** and click **Uninstall**.



CUSTOMER SUPPORT INFORMATION

- Microsoft HealthVault support, see: [MS HealthVault Help](#)
- Polar FlowLink Drivers troubleshooting see:
 - [Troubleshooting Guide](#)
 - ReadMe.txt select Start → All Programs → Polar → Polar FlowLink Drives for MS HealthVault
- Polar training computer user manuals:
 - [FA20 User Manual](#)
 - [FT40 User Manual](#)
 - [FT60 User Manual](#)
 - [FT80 User Manual](#)
- Polar product support: <http://polar.fi/support>

DISCLAIMER

The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.

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