



Fitech Information Series

FITECH SUPPORT DOCUMENT: UPGRADING FROM 4.03 TO FITECH V5

04 JANUARY 2010

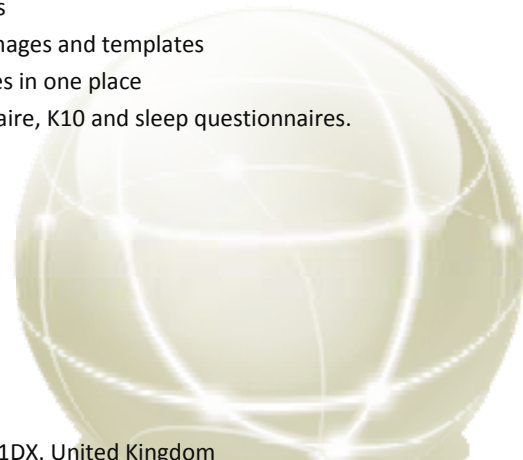
INTRODUCTION

Fitech Version 5 is an online portal providing health and wellness information to a variety of industry sectors. There are many benefits to subscribing to the V5 service, you can now access your health data anywhere in the world from any computer as long as you have an internet connection. Plus the system is regularly updated automatically over night with no disruption to you.

We have many new features and aspects planned for the next few years and the diversity of companies using V5 has reinforced our belief that online systems are the future.

NEW FEATURES IN V5

- Automatic Regular Upgrades
- Free IT support via the new ticketing system
- Full on line help section with video tutorials
- New Full Colour Facts Sheets
- Acrobat PDF reports perfect for emailing direct to your clients
- Powerful aggregated reports. You can consolidate all of your organisation's data from multiple sites with a touch of a button.
- Customised branding options and personalised reports- add your own logo
- Modular Access- only pay for what you need
- New Updated Norms and the latest academic referencing i.e.:
- BP- British Hypertension Society Guidelines
- Cholesterol- JBS2
- Glucose- Diabetes UK
- Lung Function- New EU rating chart
- Body Fat- WHO
- New Joint British Societies Cardiac Risk (JBS2)
- New Norm's explorer area with academic referencing, protocols and norms- great for an education tool.
- New exercise Library with full colour images
- Exercise upload facility- import your own images and templates
- Document upload facility – Hold all your files in one place
- New family History, Pre Medical Questionnaire, K10 and sleep questionnaires.
- Plus lots more...



FREQUENTLY ASKED QUESTIONS

WHAT DO I NEED TO RUN FITECH V5?

Fitech has been designed to run as a Web-Application or as SAAS (software as a service). The entire solution is an online solution, from the application to the support systems behind it. This has many benefits to the end-user. It means that the customer doesn't have to provide any infrastructure, hardware, software or any technical expertise to run the system.

All you need is an Internet Browser. Fitech supports IE version 7 and version 7 builds, Firefox version 3 and version 3 builds. If you are a large company, your IT will probably need to adjust a few settings within your browser. See our Help section or contact us for more information.

WHAT WILL IT COST AND WILL IT COST MORE?

The system is priced at just £15 per month (£180 per year)/ per module/per operator and in many cases can work out cheaper than 4.03. If you have made a payment to this year's licence, we can even pro-rata the amount still valid against your upgrade. Contact us for a quote.

IS MY DATA SAFE ONLINE?

Yes. Your data is secured in an industrial strength purpose built data centre located on the Internet back bone. It has state of the art physical and cyber security. V5 is firewalled and runs up to date AV software.

Additionally, the V5 application servers are patched regularly with Windows Updates as soon as they are released. The Database server is located on a private network and cannot be directly accessed via the Internet.

V5 uses SSL encryption and has a raft of built in security measures including:

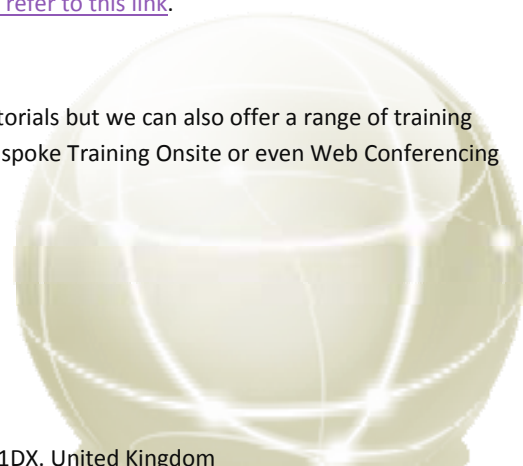
- 'Subject Anonymity' via a switch in the admin back end
- Application auditing
- Site partition and Operator partition
- 3 levels of application security

Data is managed in accordance with the Data Protection Act.

For more information regarding security, [please refer to this link](#).

WHAT ABOUT TRAINING?

There is a free online help section with video tutorials but we can also offer a range of training options from our monthly course at Reading, Bespoke Training Onsite or even Web Conferencing Facilities.





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CAN I TRANSFER MY DATA FROM 4.03 TO VERSION 5?

Much of the data can be transferred, for example:

- Personal details
- Lifestyle data
- Most current medical data.

Fitness test data & custom test data is far more problematic given the huge differences in database structure and technology. Having said that, Fitech can provide a service where equivalent fitness assessment layouts and data can be created and input from the old system.

Please call for a quotation or for more details.

CAN I TRY V5 BEFORE I MAKE ANY DECISIONS?

Yes, of course. You can visit our website at <http://www.fitechglobal.com/> and sign up for our free 30 day, no obligation trial.

