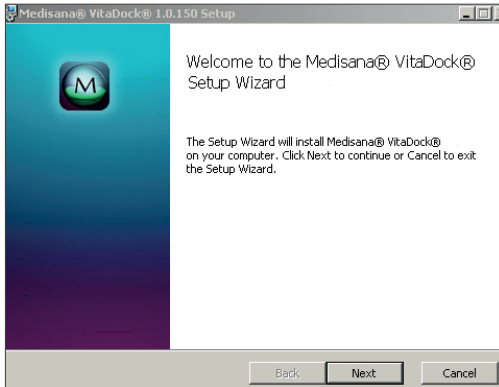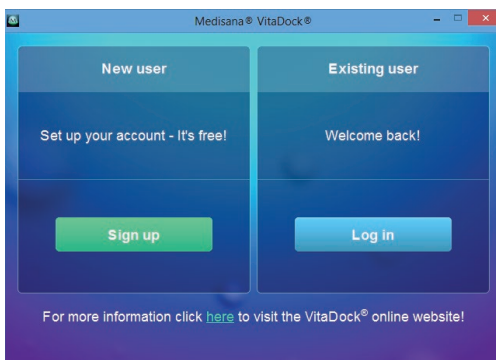# MEDISANA®

1 Installation and registration

1.1 Go to www.medisana.com/software, select the device, and download the software for your PC or Mac®.

1.2 Open the installation programme and follow the instructions in the installation software step by step.
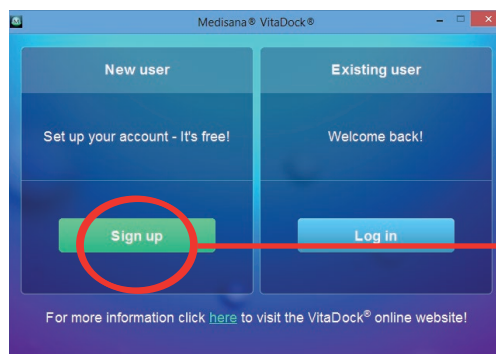

1.3 Once installation is complete, the VitaDock® programme opens automatically.

If you do not yet have a user account with VitaDock®, click on "sign up".

If you already have a VitaDock® account, click on "Log in" and skip points 1.4 to 1.5 below.

1.4 Log in to VitaDock® with your email address and a password of your choice.
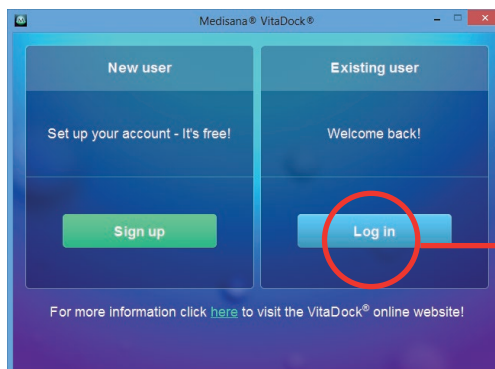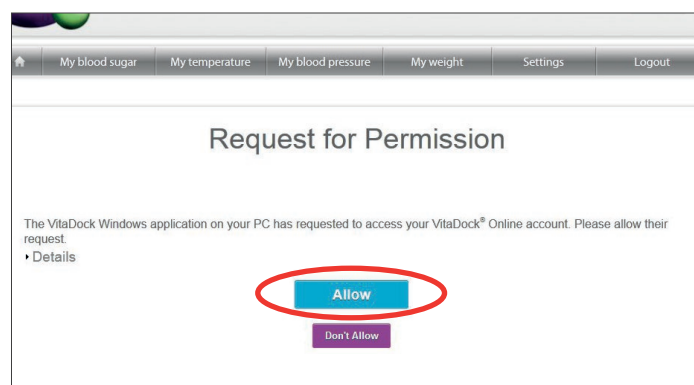

Once the bar below the password turns from red to green, the chosen password offers sufficient protection.

Enter your password again and agree to the licence and supplementary agreement. Confirm your entries and complete the login.

1.5 You will receive a security email from the VitaDock® team. Confirm your registration with VitaDock® Online.
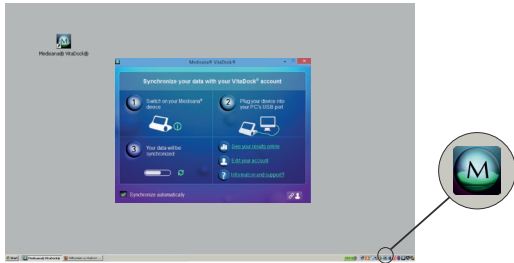
1.6 You can now log in to the VitaDock® Online area of MEDISANA® with your email address and password at any time. When you log in for the first time, please click on "Allow" to enable access to VitaDock® Online for your PC or Mac®.
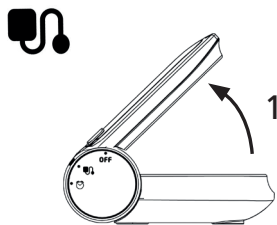

This query appears for security reasons when you access VitaDock® Online for the first time from a PC, Mac® or iOS device.

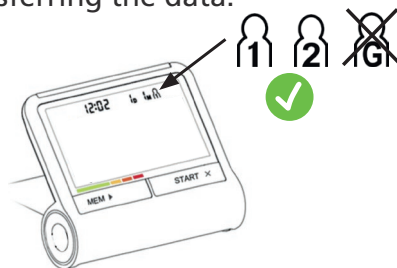## 2 Transferring data from CardioCompact to VitaDock® Online

2.1 Once the VitaDock® software is installed, you can open the VitaDock® programme on your desktop and in your systemtray.
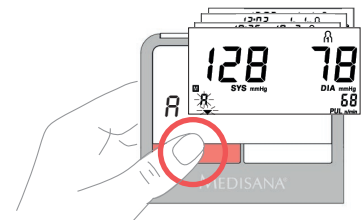

2.2 Prepare **CardioCompact** for transferring the data.

1. Unfold the device into blood-pressure mode.

2. Ensure that you have selected the correct user memory (1 or 2).

3. Press the "MEM" button once.

4. Continue as described in section 2.3

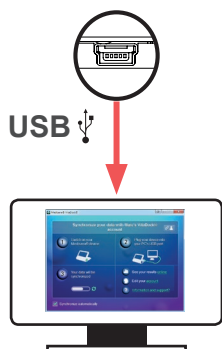### Transferring data from **MTX**, **ViFit** or **MediTouch 2**

MTX

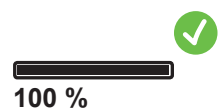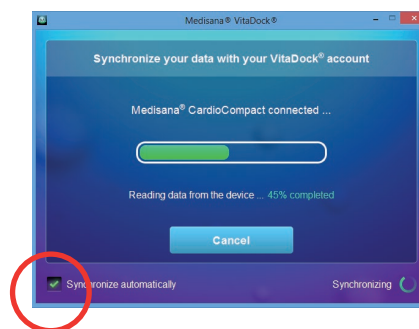By pressing the timer button please select MTX and enter your user memory 1 or 2.

Connect the USB cable to your PC/ Mac® and to CardioCompact.

ViFit

MediTouch 2

USB

2.3

1. If "Synchronize automatically" is ticked, the data transfer will begin without an additional security prompt as soon as the device is connected. If this is not ticked, you must now confirm the data transfer.

2. The data transfer begins. Wait until the transfer is complete.

100 %

3 View your data on VitaDock® Online

- Own user account
- Easy data management
- Automatic data backup

Visualization of vital signs on VitaDock® Online

After logging in to VitaDock® Online, you can view your blood-pressure data, as well as your temperature, blood sugar and/or weight data. You will find further information on MEDISANA® devices for blood sugar, temperature and weight at www.medisana.com

Your vital signs:
Here you find all your stored blood glucose, temperature, blood pressure, weight and activity results.

Your last measurement

Print and export function

Filter the values:
according to full-day, morning or afternoon measurements.

Detail views:
Click inside the chart to view details for your measurement.

Display and hide threshold values and trends:
Threshold values and trend lines can be displayed with a single click.

Set date range
Choose between daily, weekly, monthly and annual views or define your own time period.

ViFit activity visualization on VitaDock® Online

Select view

Result overview:
Display total steps, calorie consumption, covered distance, activity duration and goal percentage

Graphics:
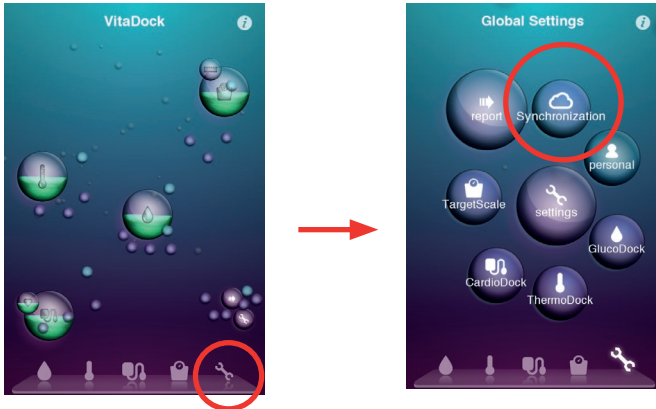Clearly arranged diagrams display the parameters in their various ratios.

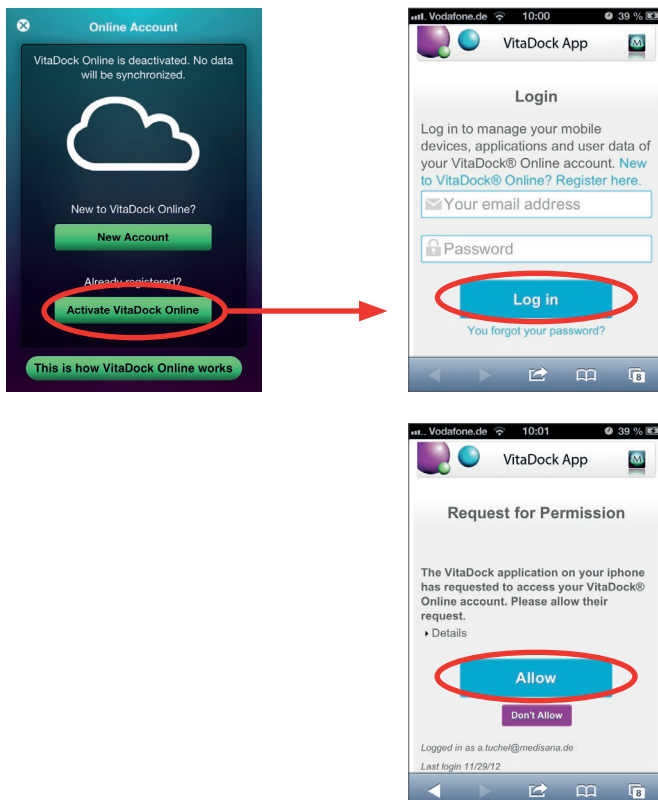**4** Synchronizing data with iPhone®, iPad® and iPod touch®

4.1 Download the VitaDock® app to your iPhone®, iPad® or iPod touch® from the App Store.

4.2 In the VitaDock® app, click on "Global Settings" and then on "Synchronization" .

4.3 Log in to VitaDock® Online with the same user details as in Point 1.4.

Use the same user details as in Point 1.4.

When you log in for the first time with your iOS device, click on "Allow" to also enable access for your iOS device.

4.4 You will be taken back to the VitaDock® app automatically.
Data will now be synchronized with your iOS device automatically when you upload it to VitaDock® via your PC or Mac®.
More information on the VitaDock® app can be found at www.vitadock.com.