# Stress & Recovery Analyzer Runs On Mac

BRIEF INSTRUCTION TO INSTALL THE SRA SOFTWARE ON A MAC

Introduction

❑ The Stress And Recovery Analyzer (SRA) is a native Windows application.

❑ SRA operates on PCs running Windows 10 or 11.

❑ It is possible to run the BHA on Mac computers with a little investment of money and time to set it up.

❑ The solution is to use a Mac program that creates a virtual PC inside a Mac.

Virtual PC
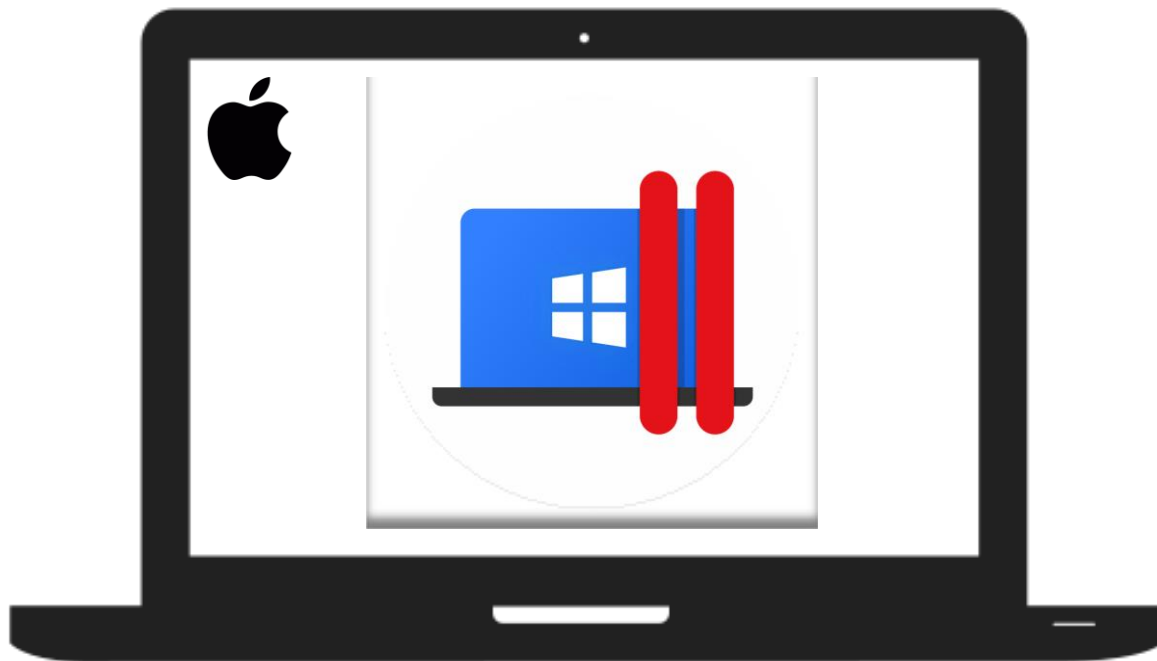
- ❑ Your Mac PC must run a special app that creates a Virtual PC.

- ❑ Virtual PC runs Windows 10 or 11 (Guest OS).

- ❑ Windows runs the BHA software.

Parallels Desktop for Mac

- ❑ Parallels Desktop is the native Mac software
- ❑ It creates a Virtual PC imitating a real PC device inside Mac.
- ❑ It runs Windows 10/11 inside the virtual PC.
- ❑ Any Windows software may run inside Windows on Mac.

Parallels Is Not Free
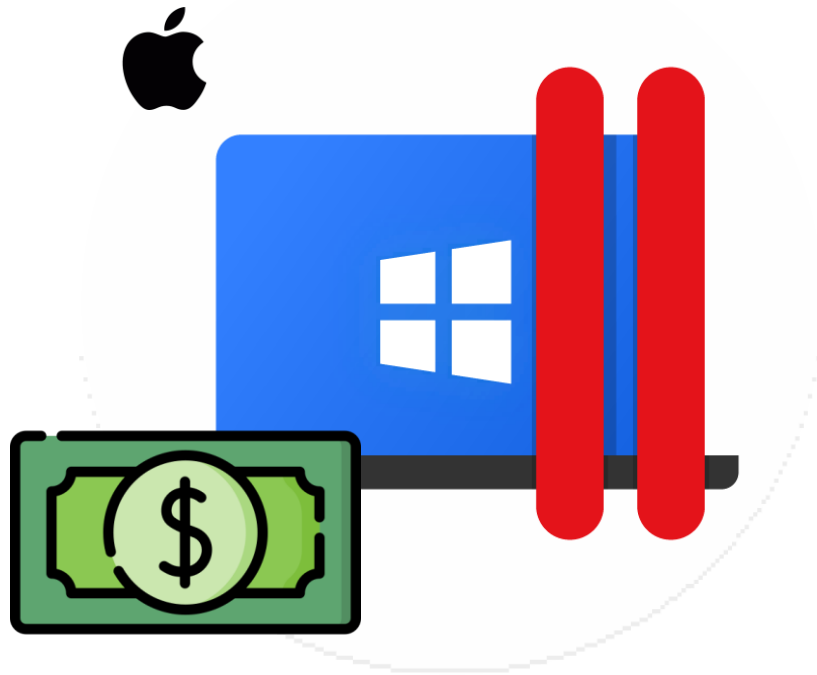
- ❑ Parallels is a subscription service

- ❑ Parallels costs $100 per year.

- ❑ Windows 10/11 license must be purchased to run in Parallels.

- ❑ 14-days trial is available for Parallels and Windows license.
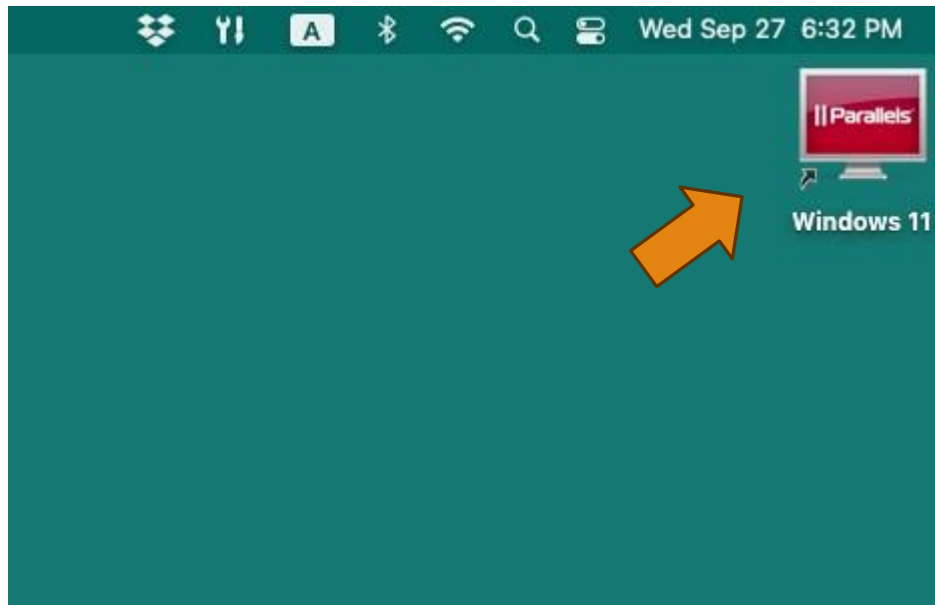
Download, Install, and Set Up Parallels

Watch this video to learn how to set up Parallels and Windows 11 on your Mac.

Parallels Running on Mac

- ❑ When Parallels Desktop with Windows is installed, it could be already running.

- ❑ Check the dock bar at the bottom to see if Parallels and Windows already running.

- ❑ Click on it to bring it forward.
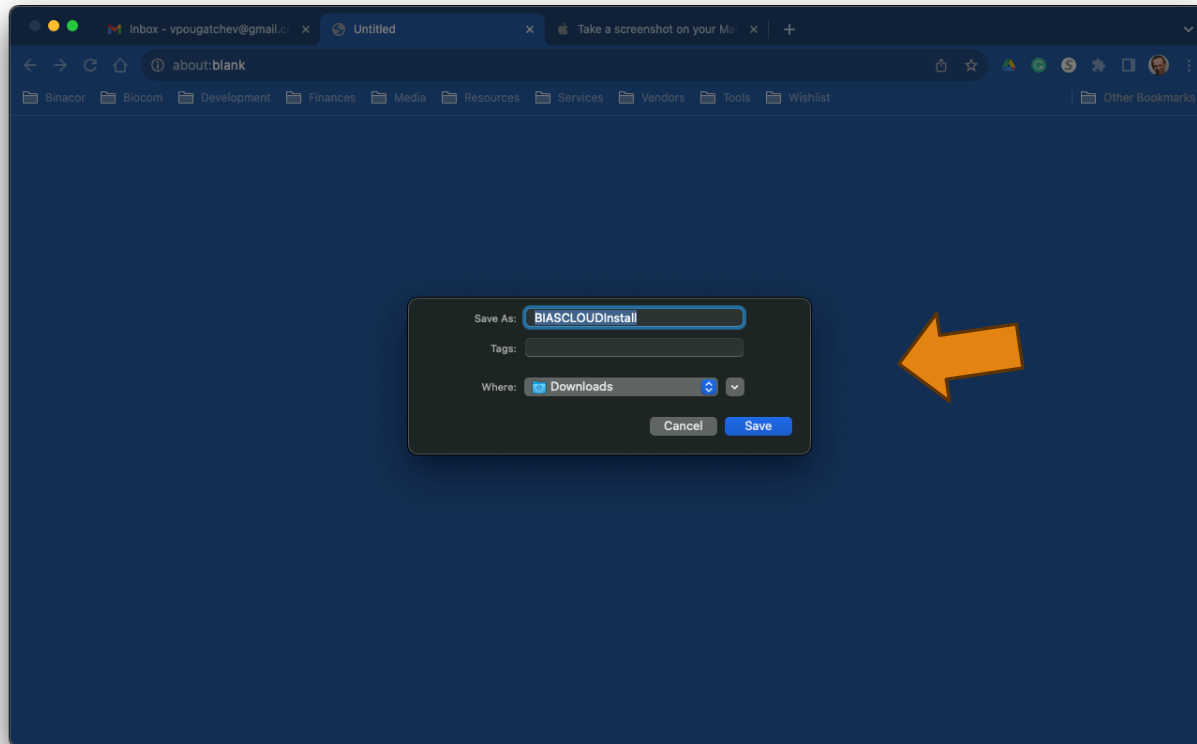
Parallels Not Running on Mac

- ❑ If Parallels is not currently running, double-click on its shortcut icon located on the desktop screen.

- ❑ It will bring the Mac window containing Windows OS forward and start Windows.
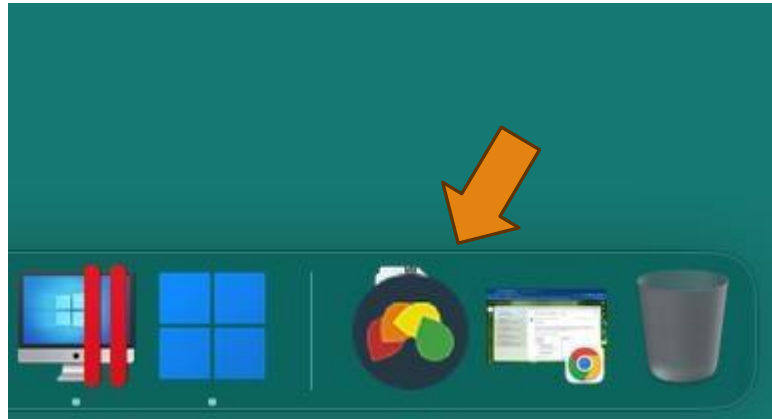
Download SRA
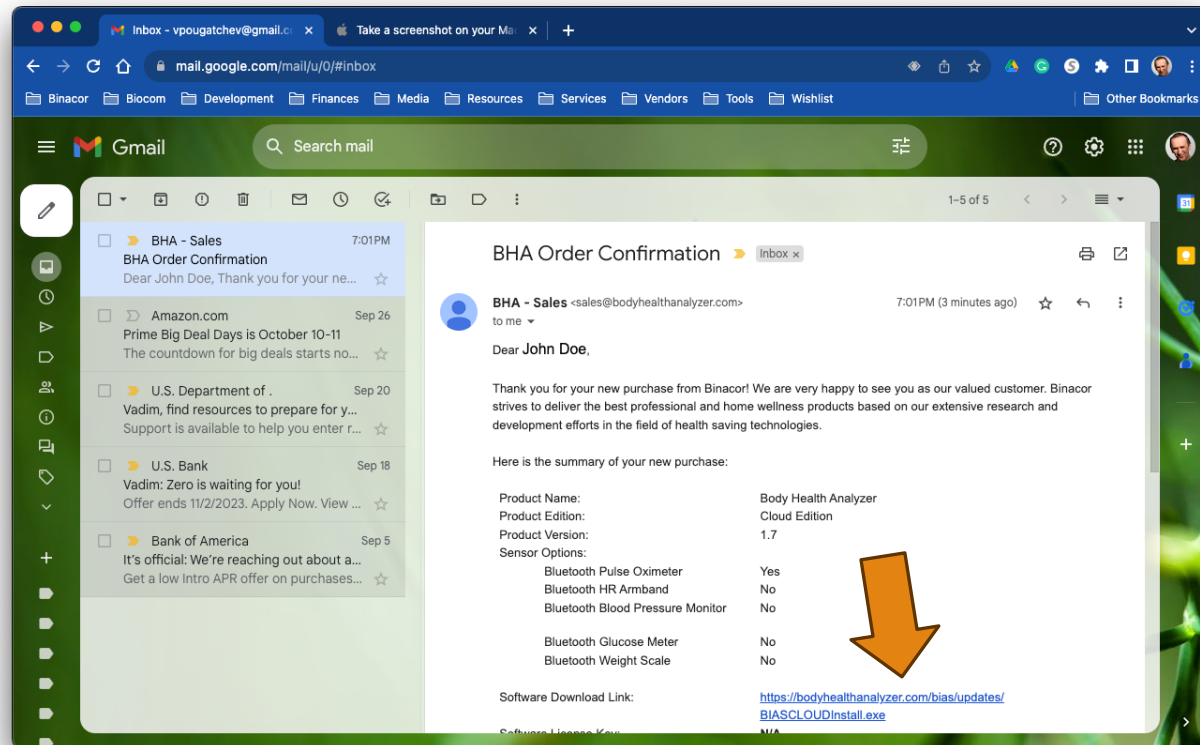
- ❑ Go to your mailbox and open an order confirmation email.

- ❑ Click on the web link in it to start software downloading.
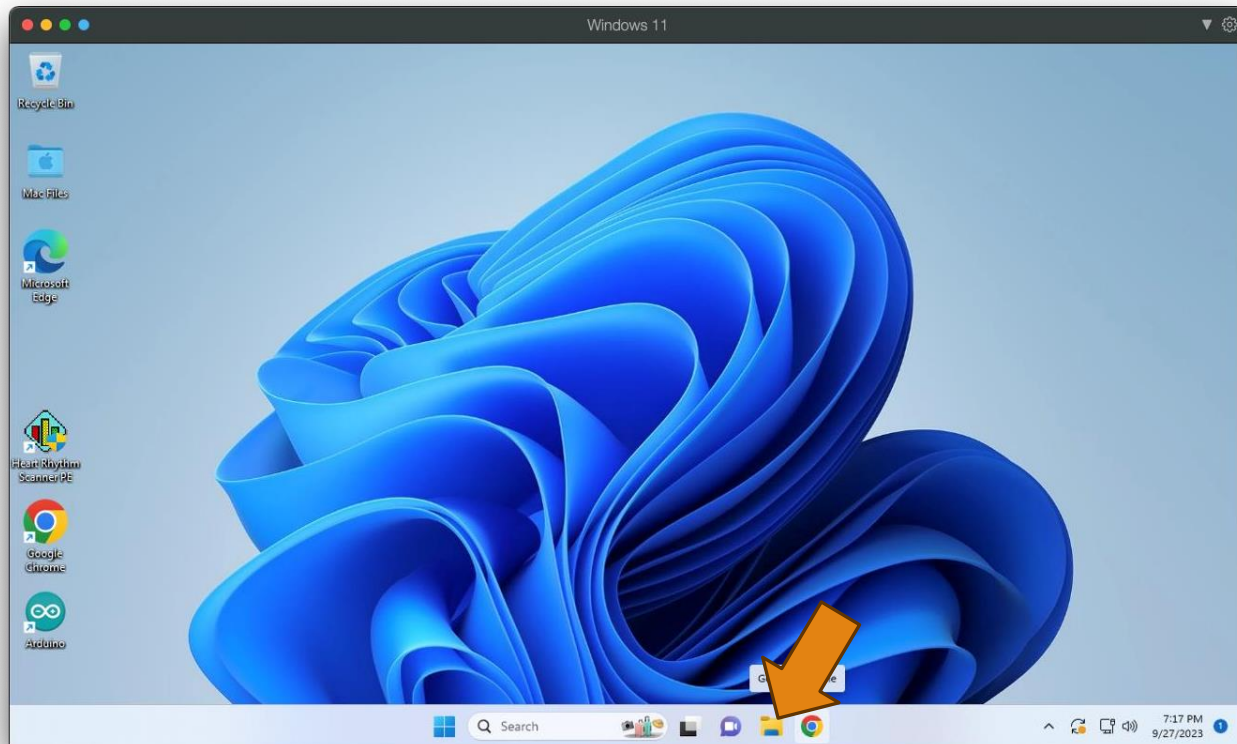
Download SRA

- ❑ Remember the location where the software installer will be downloaded.

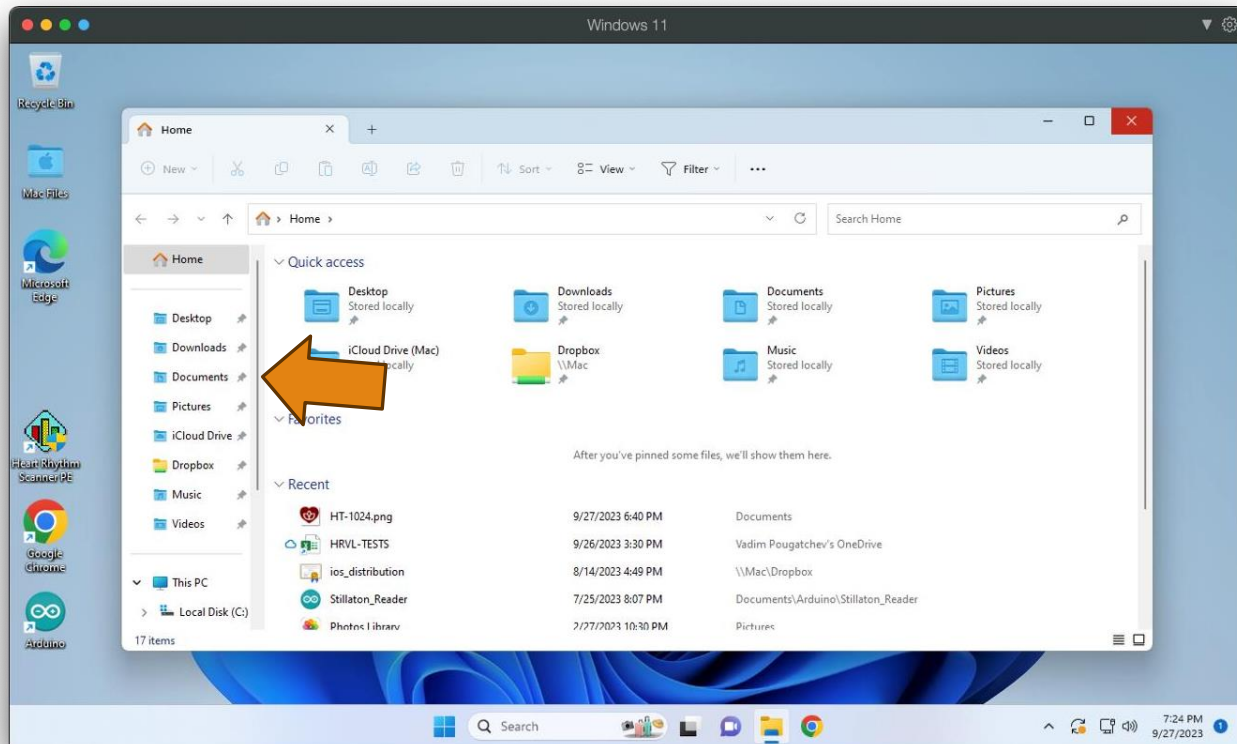- ❑ Click Save.

Download SRA

❑ Check if this icon appears in the Mac Downloads folder.
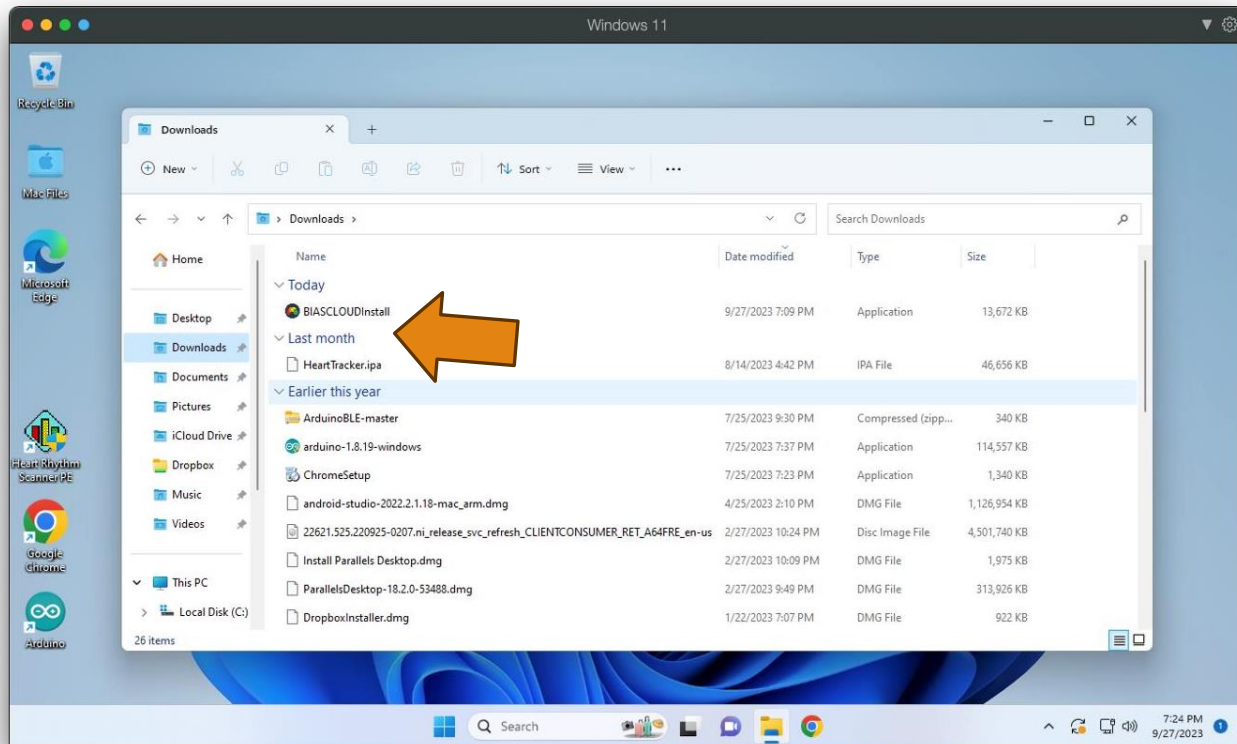
Install SRA

- ❑ Go to the Mac window containing running Windows.

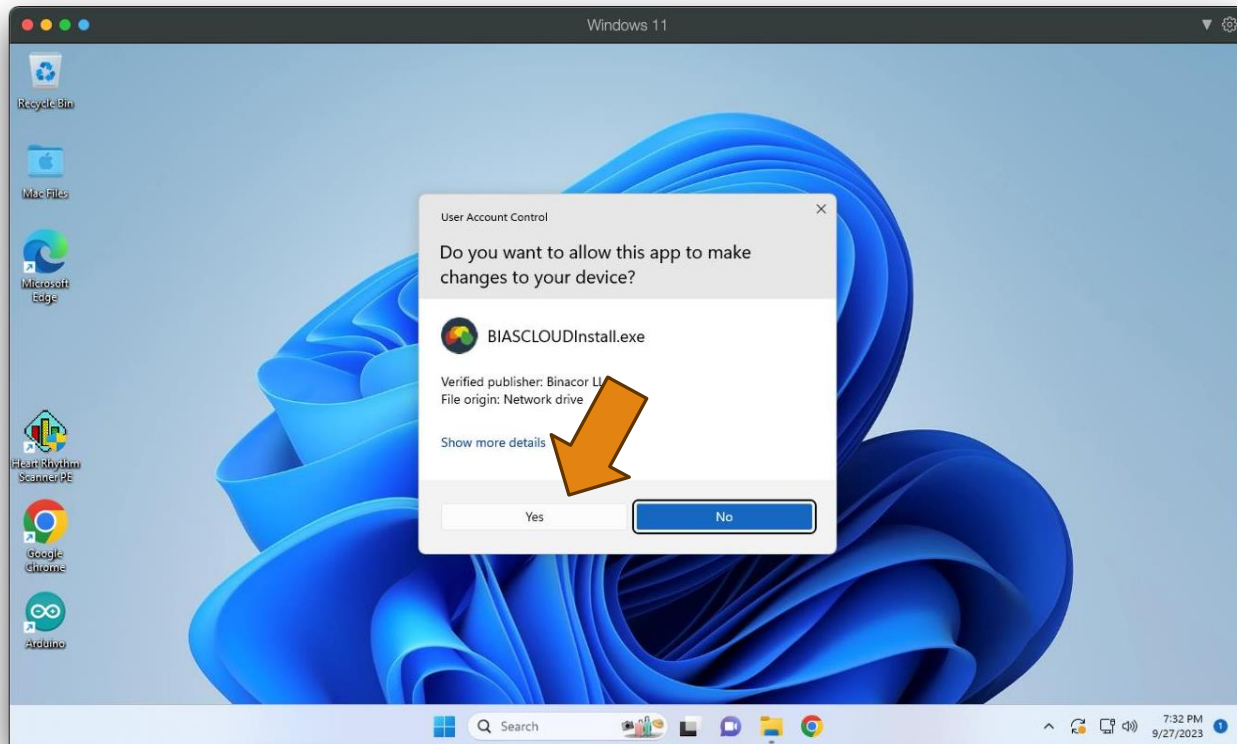- ❑ Click on the Desktop icon located on the task bar.

Install SRA

- [ ] Wait for the Home window to open in Windows.

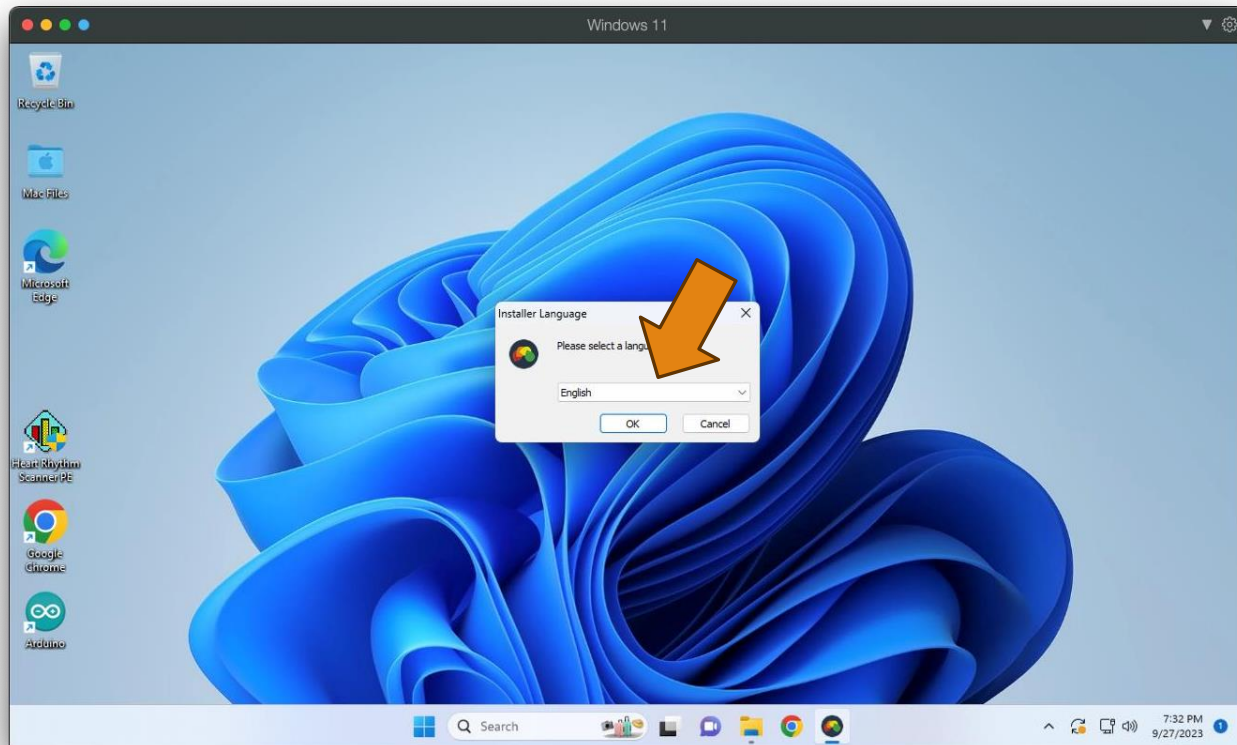- [ ] Click Downloads to open the Downloads folder.

Install SRA

- ❑ Find the **BIASCLOUDInstall** file.
- ❑ Double-click on it to launch the Stress & Recovery Analyzer installer.
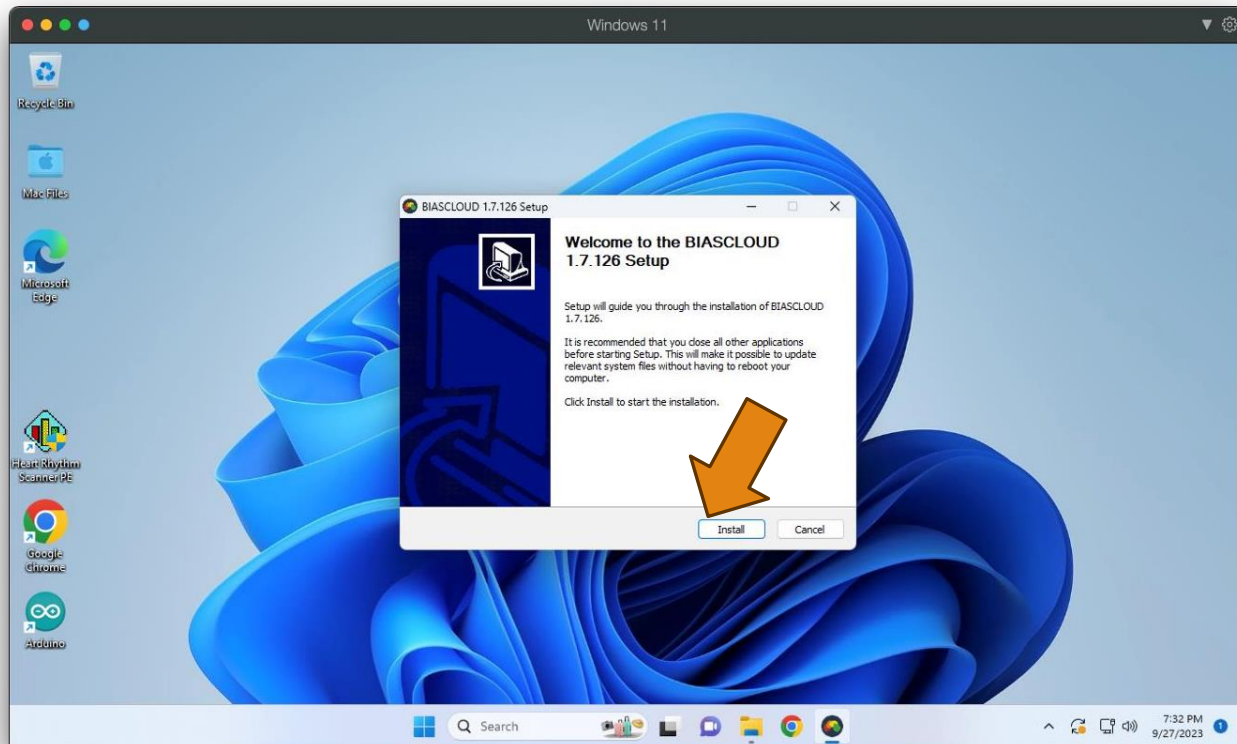
Install SRA

- ❑ Check for this window to open.
- ❑ It may open behind the topmost window. Close or minimize it to reveal this one.
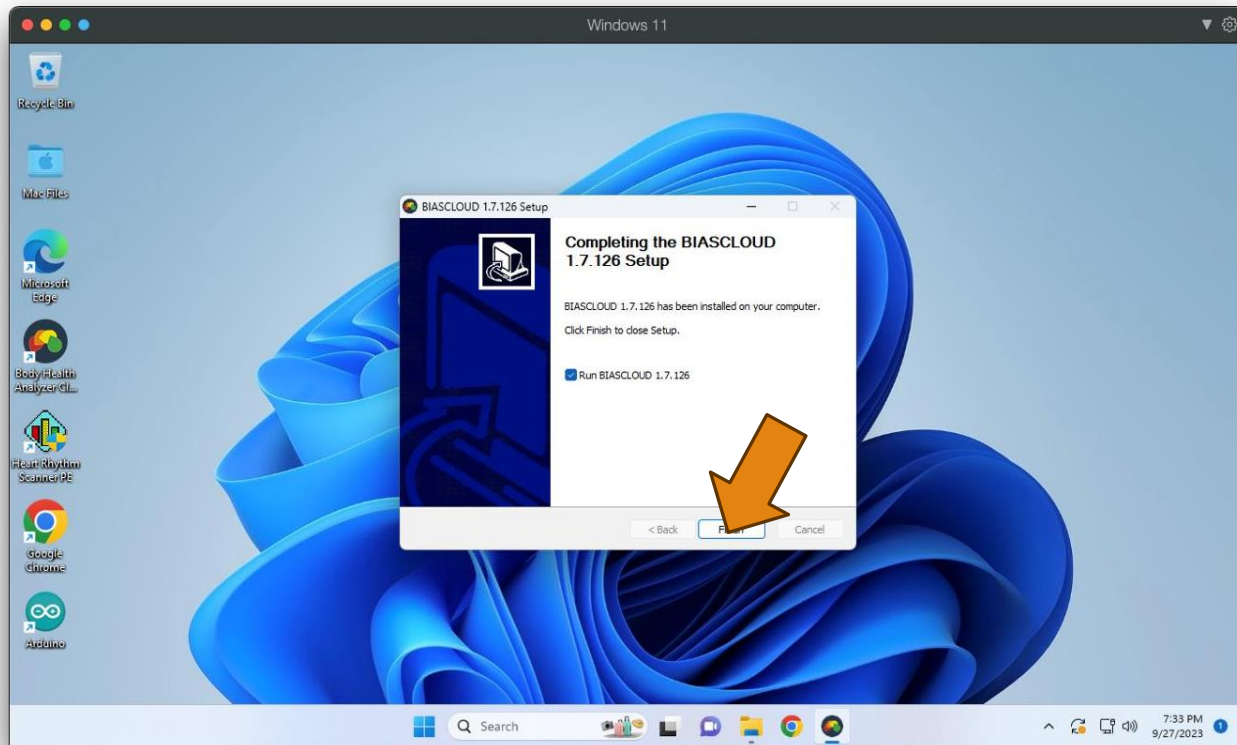- ❑ Click **Yes**.

Install SRA

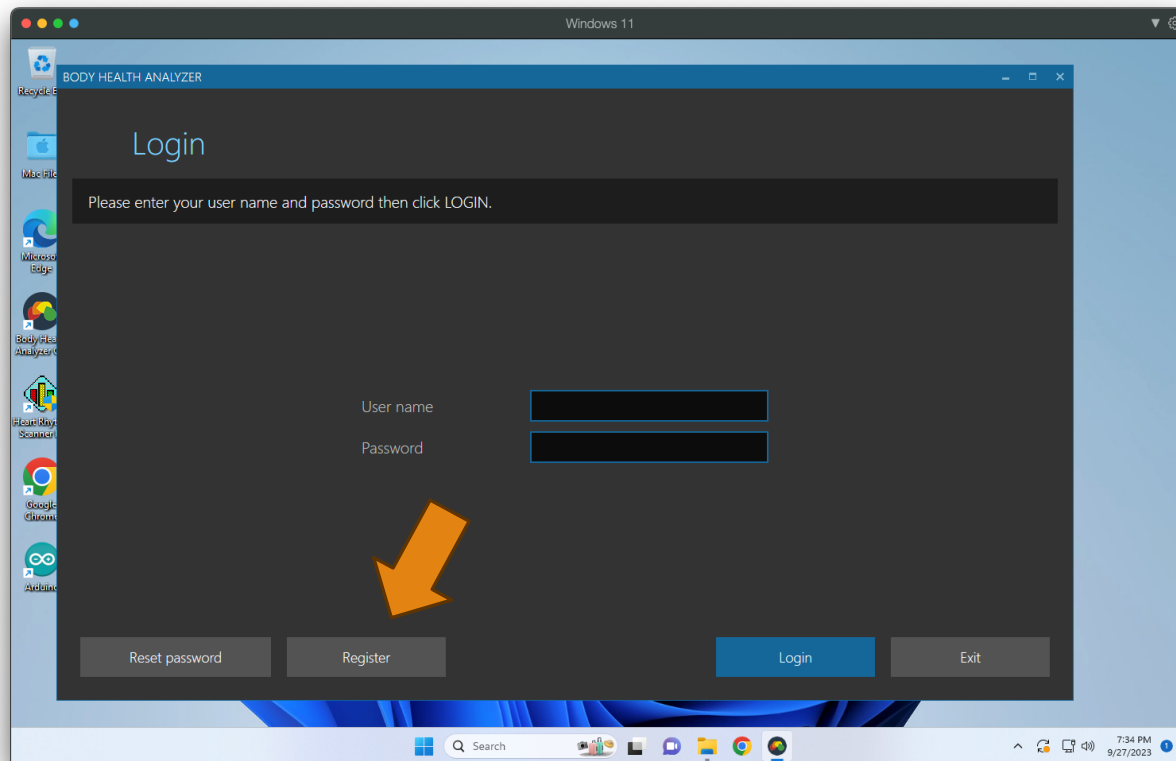❑ Click **OK** to confirm language selection.

Install SRA

❑ Click **Install** to start the Stress & Recovery Analyzer installation.
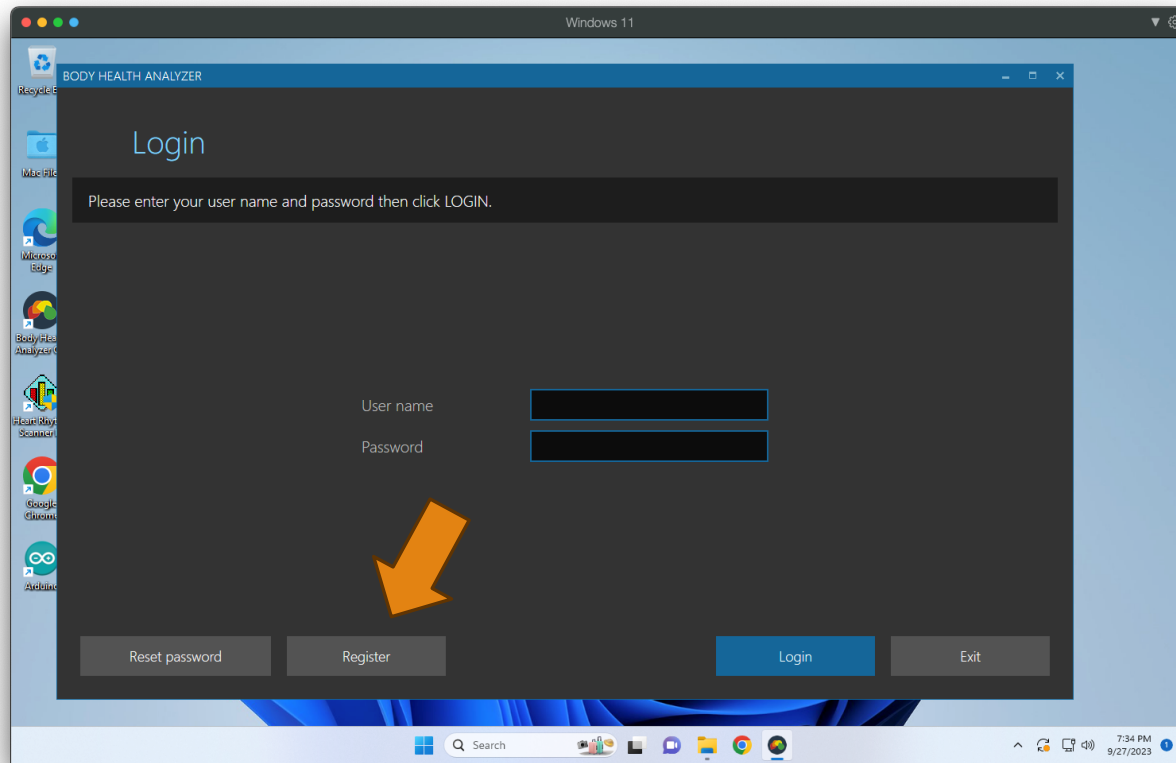
Install SRA

- ❑ Click **Finish** to complete installation.
- ❑ Once installation is done, the Stress & Recovery Analyzer will launch.
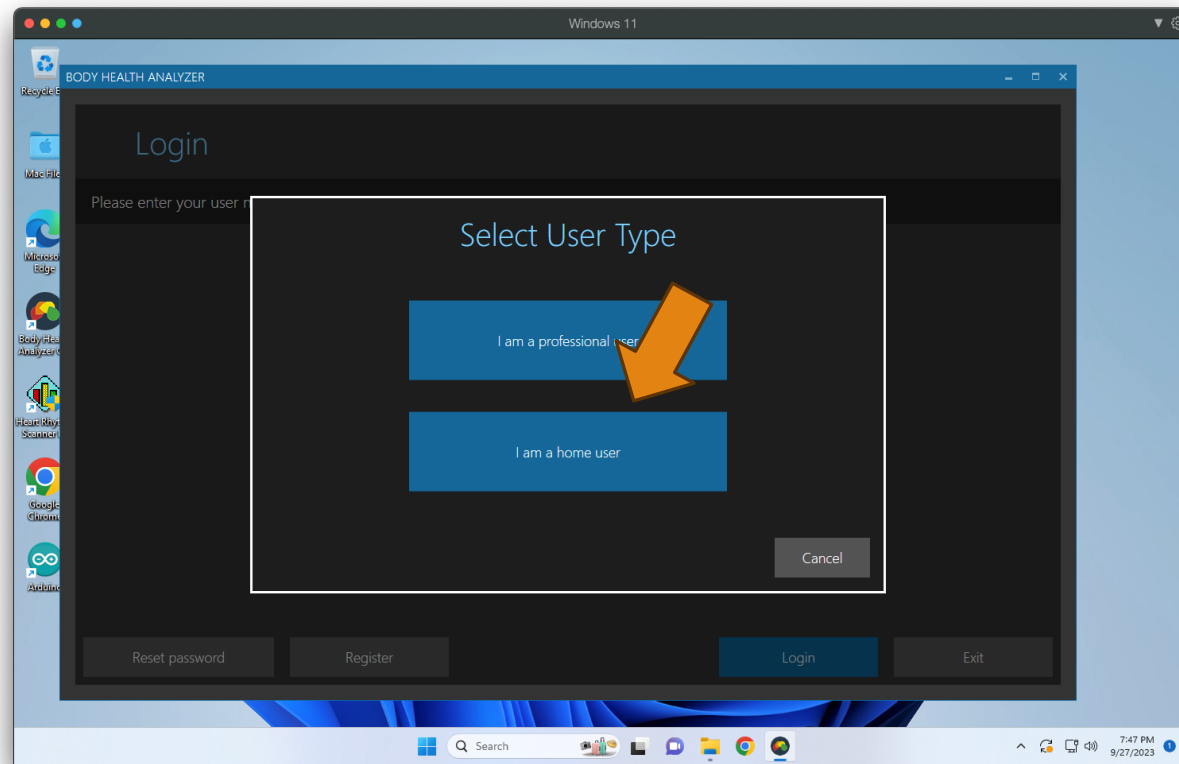
Register SRA Account

- ❑ Now you need to register with the Stress & Recovery Analyzer as a user.

- ❑ Click **Register**.

Register SRA Account

❑ Now you need to register with the Stress & Recovery Analyzer as a user.

❑ Click **Register**.

Register SRA Account

☐ Click **I am a home user.**
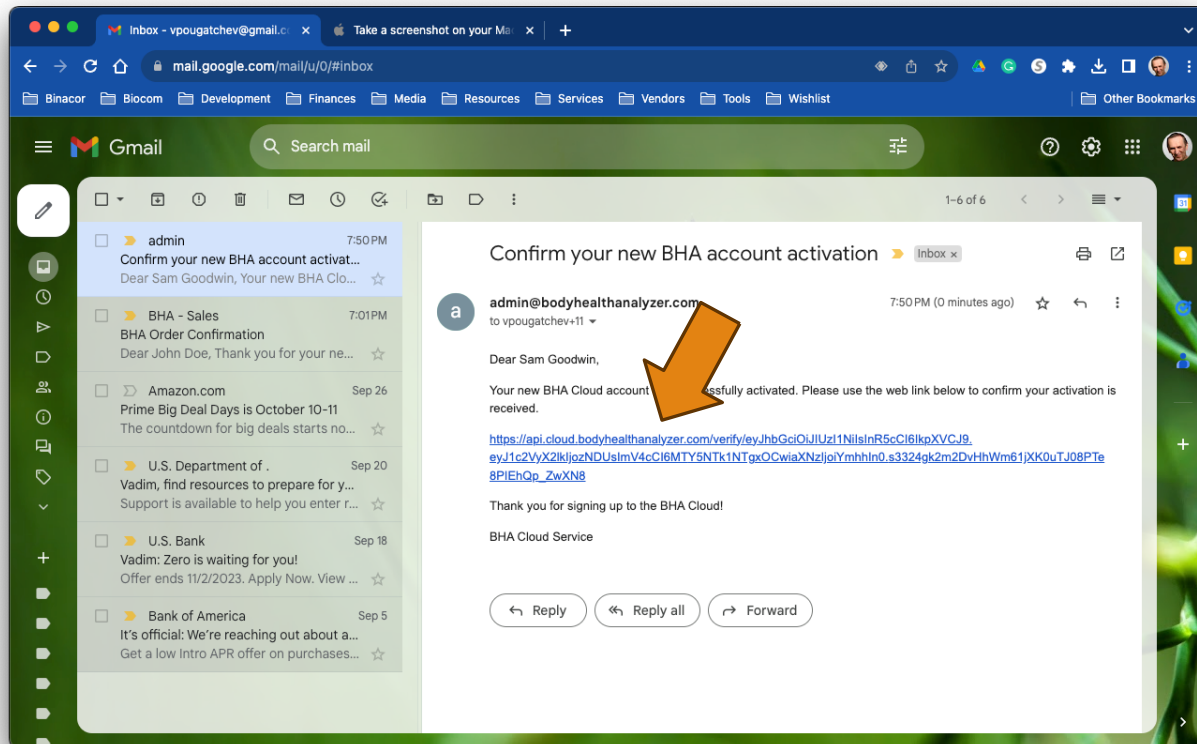
Register SRA Account

- ☐ Fill out the registration form.
- ☐ Make sure all mandatory data field are filled out.
- ☐ Click **Create**.

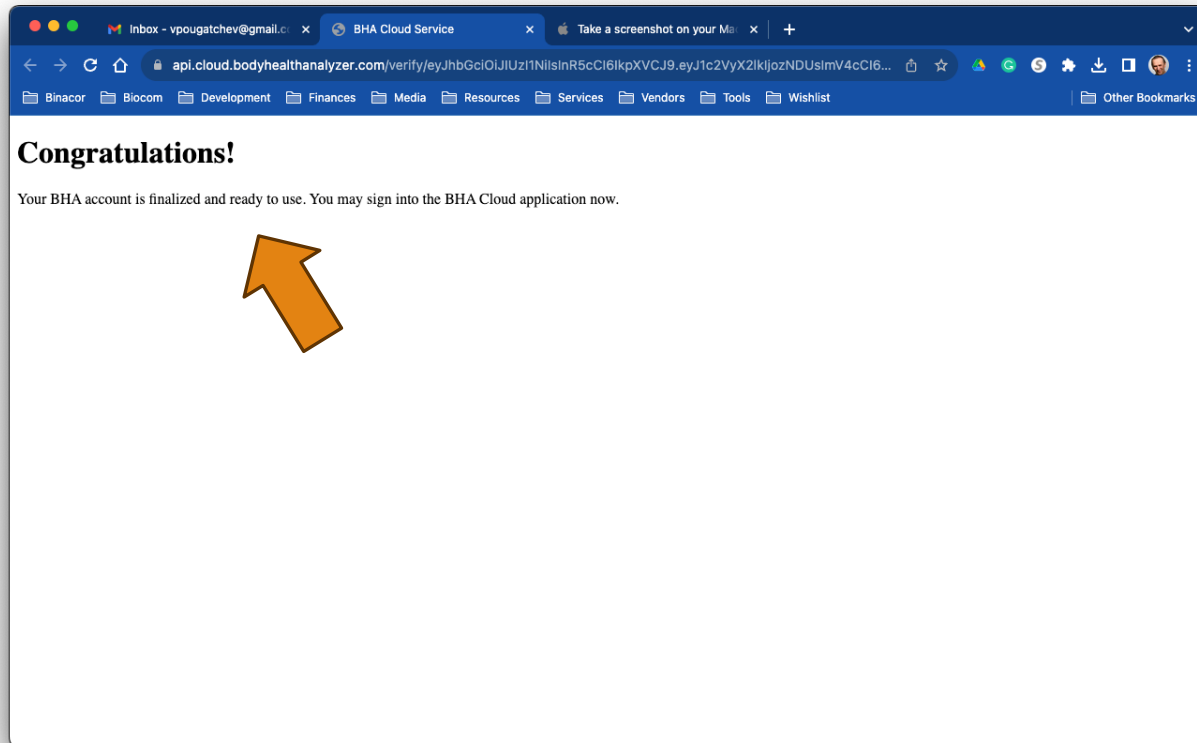# Register SRA Account
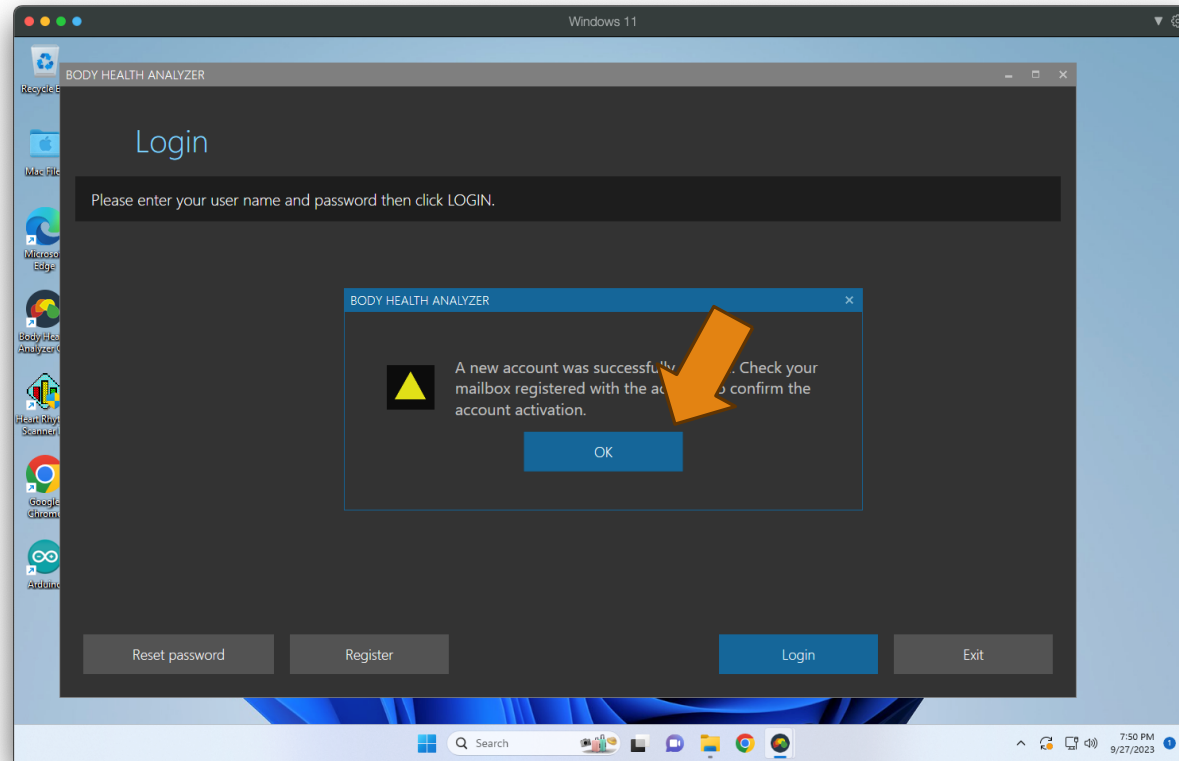
☐ Click **OK**.
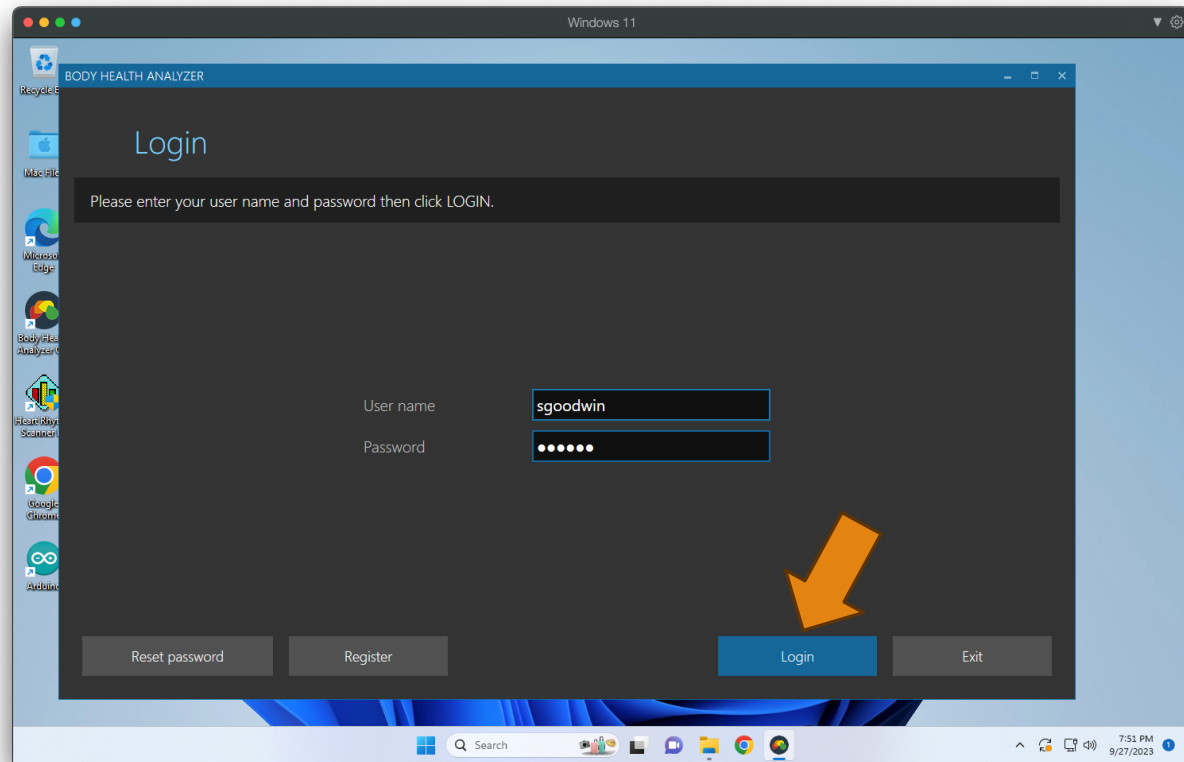
Register SRA Account

- ❑ Open your mailbox registered in your newly created account.

- ❑ Open a new confirmation email.

- ❑ Click on the web link in it to confirm registration.
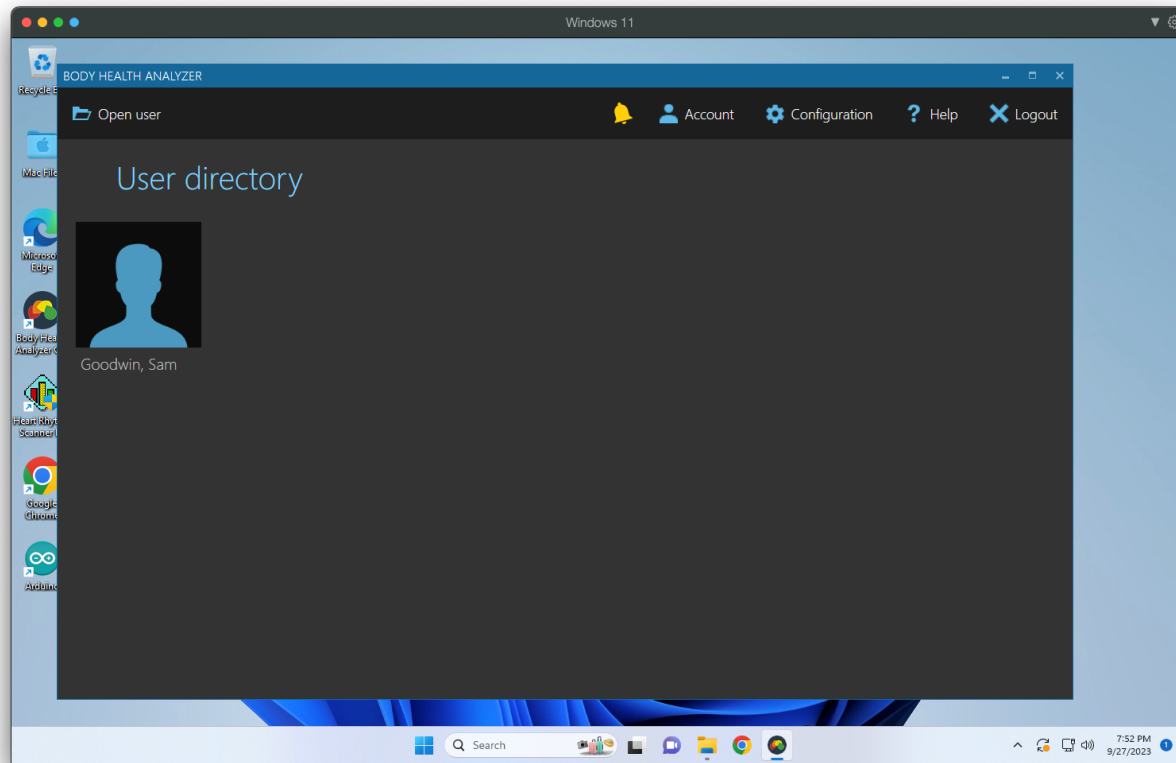
Register SRA Account

- ❑ Get your new account registration confirmation message.

- ❑ Now go back to the Stress & Recovery Analyzer window.

Log into SRA Account

❑ Enter your new account username and password.

❑ Click **Login**.

Log into SRA Account

❑ Congratulations! Now you are ready to use the Stress And Recovery Analyzer.