



STRESS & RECOVERY ANALYZER

Operating Manual

Version 1.7

Powered by Binacor

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Contents

1. SOFTWARE INSTALLATION	
1.1. INSTALLING THE STRESS & RECOVERY ANALYZER SOFTWARE	4
2. ACCESSING YOUR STRESS & RECOVERY ANALYZER APPLICATION	
2.1. START APPLICATION	5
2.2. CREATE A NEW ACCOUNT	6
2.3. ACCOUNT LOGIN	6
2.4. RESET THE ACCOUNT PASSWORD	7
3. USER OPERATIONS & TAKING THE TEST	
3.1. CREATE A NEW USER	8
3.2. OPEN A USER RECORD	8
3.3. VIEW USER DASHBOARD	8
3.4. SETTING UP THE SRA PULSE OXIMETER	9
3.5. PERFORM THE TESTS	10
3.6. TAKE A NEW HEALTH TEST	10
3.7. TAKE A PRE-/POST-HEALTH TEST	11
3.8. TAKE AN AGING TEST	12
4. USER ACCOUNT & DATA OPERATIONS	
4.1. EDIT THE USER ACCOUNT INFORMATION	13
4.2. CHANGE USER PASSWORD	14
4.3. CHANGE SECURITY QUESTION	14
4.4. VIEW HEALTH TEST REPORTS	15
4.5. EDIT TEST OR SESSION COMMENTS	15
4.6. SAVE TEST OR SESSION REPORT IN PDF FILE	16
4.7. DELETE TEST OR SESSION RECORD	16
4.8. EXPORT TEST OR SESSION DATA INTO EXCEL FILE	17
4.9. VIEW HISTORY	17
4.10. SAVE A HISTORY REPORT IN A PDF FILE	18
5. HELP MENU	
5.1. OPEN USER'S MANUAL	19
5.2. VIEW TRAINING VIDEOS	19
5.3. CHECK FOR UPDATES AND INSTALL NEW VERSION	19

5.4. VIEW SOFTWARE LICENSE..... 20

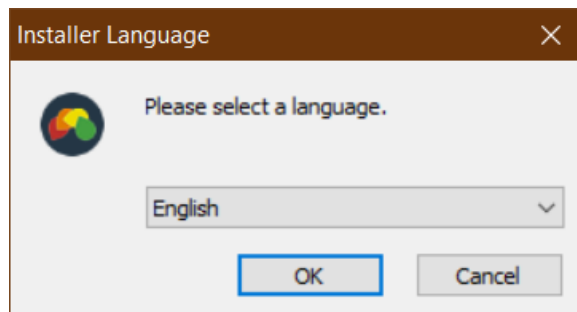
6. UNINSTALL THE STRESS & RECOVERY ANALYZER

1. SOFTWARE INSTALLATION

1.1. INSTALLING THE STRESS & RECOVERY ANALYZER SOFTWARE

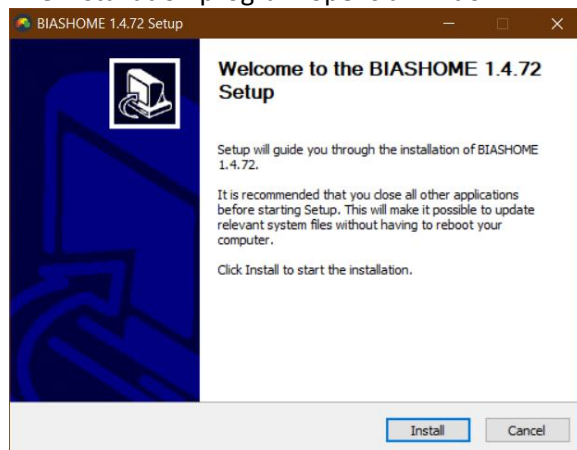
The Stress & Recovery Analyzer software can be downloaded from the link provided in the email sent to you after the purchase. Contact Dr. Berg Nutritionals customer service at support@drberg.com if you didn't receive the download link.

1. The email will contain a file named **BIASBWInstall** – this is the installation file. Depending on your system settings, the file name may end with **.exe**. It is a self-extracting installation program.
2. Double-click on this file name.
3. A language selection window opens:



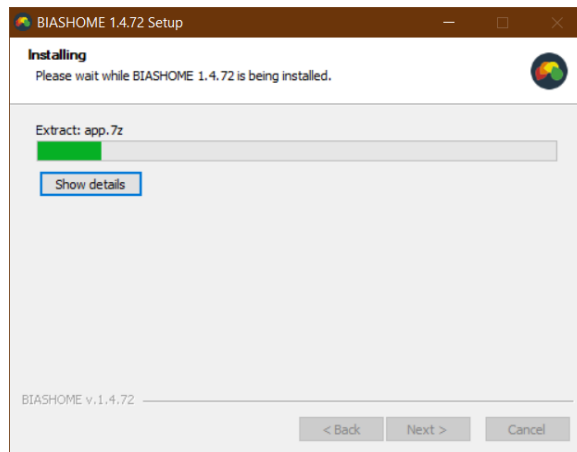
Select the desired language and click OK.

4. The installation program opens a window:

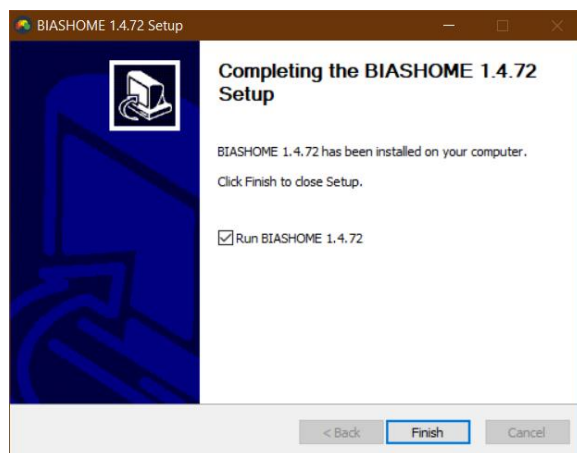


Click **INSTALL**.

5. Wait while the installation process continues:



6. The final installation window opens:



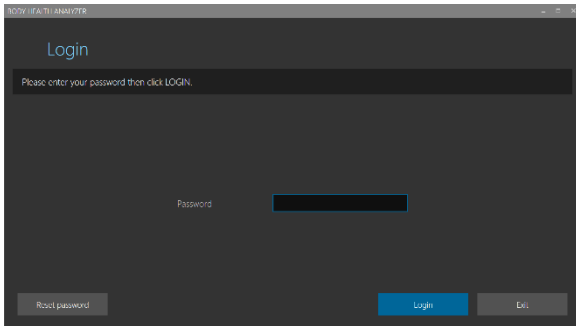
Click FINISH.

2. ACCESSING YOUR STRESS & RECOVERY ANALYZER APPLICATION

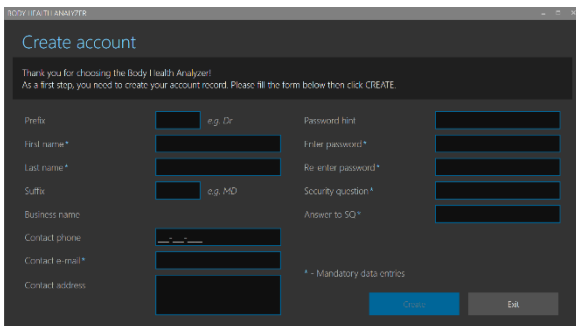
2.1. START APPLICATION

To start the **Stress & Recovery Analyzer** (from now on **SRA**) application program:

1. Find the **Stress & Recovery Analyzer Cloud Edition** application shortcut icon on your desktop.
2. Double-click the icon.
3. The account login screen will open.



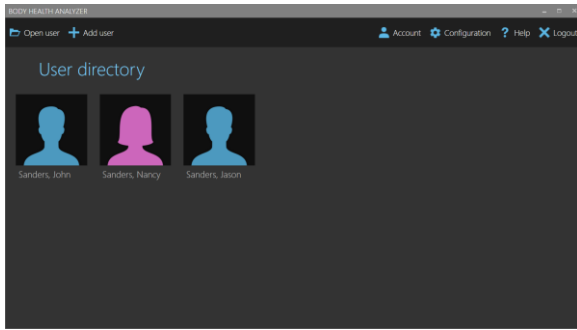
2.2 CREATE A NEW ACCOUNT



1. The “Create account” screen opens when the SRA starts for the first time.
2. Fill out all the data entry fields marked as “mandatory.”
3. Fill out any optional fields.
4. Click CREATE.
5. The application will warn that it will close after creating your account and must restart.
6. Click CLOSE to proceed.
7. **Check your email address that you used in registering, and click on the link there to confirm your registration.**

2.3 ACCOUNT LOGIN

To log into the user account:

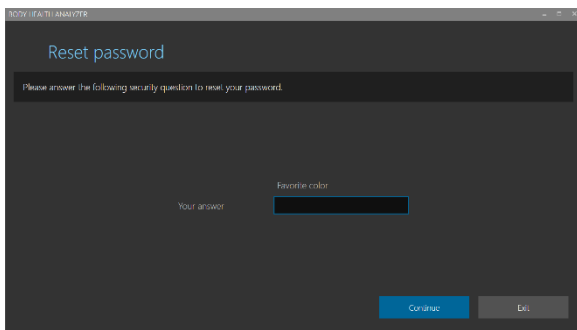


1. Start the SRA application.
2. Type in your login and password (based on the information you entered when creating your account).
3. Click LOGIN.
4. The user directory screen opens.

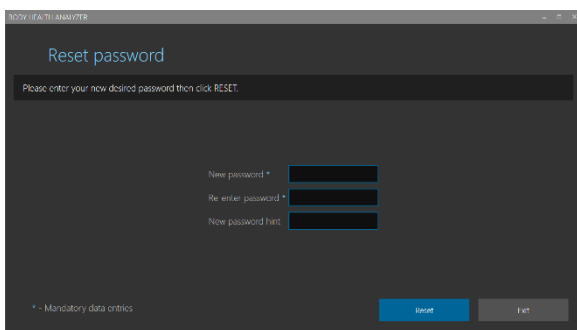
2.4 RESET THE ACCOUNT PASSWORD

If you forgot the password, follow these steps to reset it:

1. Click RESET PASSWORD on the user login screen.



2. The security question screen opens.
3. Enter the answer you gave to the security question you previously setup.
4. Click CONTINUE.



5. The reset password screen opens.
6. Enter and re-enter a new password.
7. Enter a new password hint (recommended).
8. Click RESET.
9. Upon successful password reset the account login screen will open again.

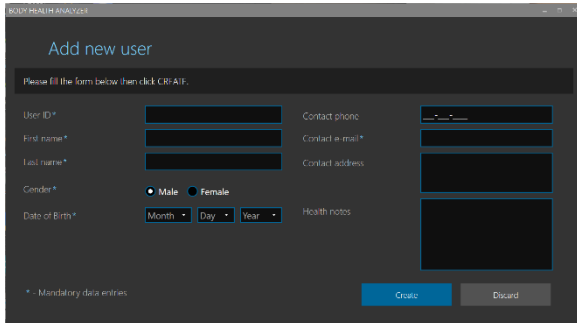
NOTE: Click EXIT to abort resetting the password.

3. USER OPERATIONS & TAKING THE TEST

3.1. CREATE A NEW USER

To create a new user:

1. Open the user directory screen as described in section 2.2.
2. Click ADD USER.



3. The new user record screen opens.
4. Fill out the form. Make sure that you filled in all mandatory fields.
5. Click CREATE.
6. A newly created user record card will appear on the user directory screen.

NOTE: Stress & Recovery Analyzer has a limit of 6 users stored in the account.

3.2. OPEN A USER RECORD

To open a user record:



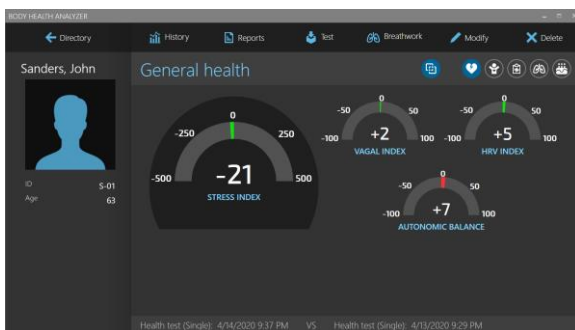
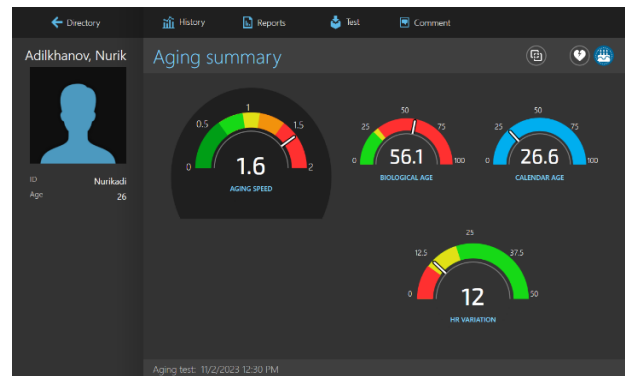
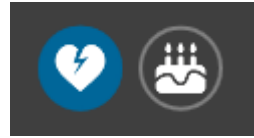
1. Open the user directory screen as described in the section 2.2.
2. Find a card with a female or male silhouette and the required user name.
3. Open the record by clicking on it twice.
4. A dashboard screen opens showing the selected user's general health summary.


3.3. VIEW USER DASHBOARD

A dashboard screen shows the user's personal information and the most recent health test and training session results on two different pages:

- Stress & Recovery Summary
- Aging Summary

Use these page selection icons to open the respective pages:



You can click  icon to switch the dial displays from showing the absolute readings to their percents of change since the previous test or session.


Click it again to return back to the absolute readings.


3.4. SETTING UP THE SRA PULSE OXIMETER



SRA Pulse Oximeter is a wireless device that allows you to record pulse wave data.

To check if your computer is ready to connect to Bluetooth LE devices like the Pulse Wave Sensor, do the following steps:

1. Check if the Bluetooth icon  is shown in the bottom right corner of the Windows desktop screen (notification area). If it is there, your PC is ready to connect to the Pulse Wave Sensor.

- If the icon is not shown there, it could be hidden. Click on the up-arrow icon  in the bottom right corner of the Windows desktop screen. It will bring up a list of hidden icons. Check if the Bluetooth icon is there.
- If the icon is not there, it can mean that your computer is not equipped with Bluetooth (although most laptops and tablets are). You will have to obtain an off-the-shelf Bluetooth LE USB adapter (dongle). They are widely available in online and local computer stores. Any such adapter should work with the SRA PULSE OXIMETER. You just need to plug it into any available USB port on your computer. The operating system will automatically set it up for operation.

3.5. PERFORM THE TESTS

The SRA provides the following testing capabilities depending on its configuration set at the time of purchase:

- Health test (Single)
- Health test (Pre-/Post-)
- Aging test

Follow these steps to select the desired type of testing:



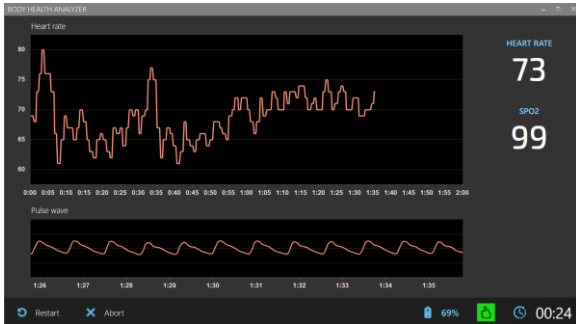
1. Open the user record screen as described in the section 3.2.
2. Click TEST.
3. A testing options menu opens.

3.6. TAKE A NEW HEALTH TEST

Note: Check the battery display to see if the battery charge is sufficient to run a 5-min. test. Running on less than 5% of the battery is not recommended.

1. Select the HEALTH TEST option.
2. Put your finger inside the SRE PULSE OXIMETER and turn it on (press the white button).
3. The device should connect to the software on your computer.

4. A real-time health test screen opens showing a pulse signal, heart rate graph, current heart rate, and SpO2 (blood oxygen) readings. Wait until the pulse wave signal gets stabilized and normal heart rate (HR) readings start showing on the HR graph.



5. Click START RECORDING to begin a new 5-min. health test recording.
6. Wait until 5-min. test time elapses.
7. Once the 5-min. period ends, the system will notify you.
8. Click CONTINUE.

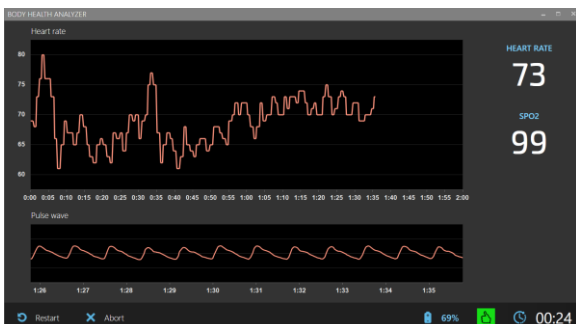
9. Once the test is finished, a preview screen opens showing the test results.
10. Click SAVE to save new test results in the user record or DISCARD TEST to drop these test results.
11. You will now see that all of the health markers on your dashboard are updated.
12. Click on each health marker, like “Stress Index”, to find out more information about your results.

3.7. TAKE A PRE-/POST-HEALTH TEST

The purpose of this test is to perform the same analysis before (any type of treatment or workout) and after to see the difference in the health markers as a result.

Note: Check the battery display to see if the battery charge is sufficient to run a 5-min. test. Running on less than 5% of the battery is not recommended.

1. Select the PRE-/POST-HEALTH TEST option.
2. Click “Take a test BEFORE the procedure”.
3. Put your finger inside the SRE PULSE OXIMETER and turn it on (press the white button).
4. The device should connect to the software on your computer.
5. A real-time health test screen opens showing a pulse signal, heart rate graph, current heart rate, and SpO2 (blood oxygen) readings. Wait until the pulse wave signal gets stabilized and normal HR readings start showing on the HR graph.

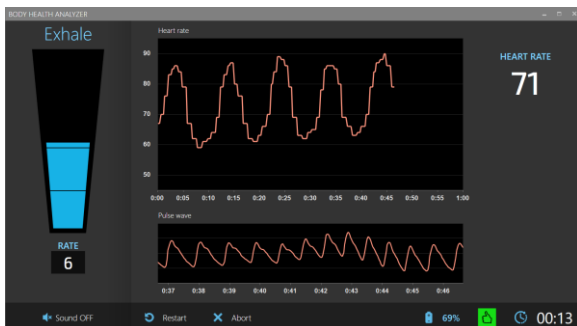


6. Click START RECORDING to begin a new 5-min. health test recording.
7. Wait until the 5-min. test time elapses.
8. Once the 5-min. period ends, this message box will open.
9. Click CONTINUE.

10. Once the test is finished, a preview screen opens showing the test results.
11. Click SAVE to save new BEFORE results.
12. Perform the intended procedure or exercise to see the difference before and after.
13. After this is done you can click on Test -> Health Test (Pre-/Post-) and select "Take a test AFTER the procedure".
14. Repeat steps 3-9.
15. Once completed click SAVE.
16. To see the BEFORE/AFTER, click on "Reports" at the top of the dashboard.
17. It will open a History screen.
18. Select "Health Test (Pre-/Post-)".
19. Pick the recent report that you did, and click on it twice.
20. Review the BEFORE/AFTER results.

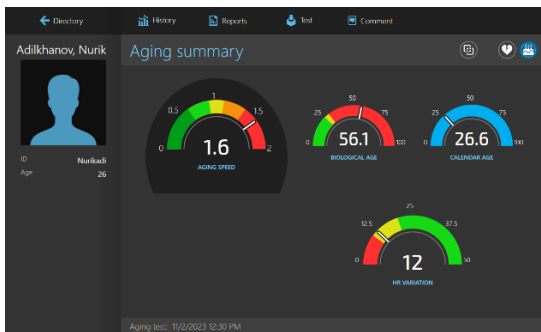
3.8 TAKE AN AGING TEST

The Aging Test is a 1-minute procedure of measuring heart rate variations caused by deep breathing at a 6-breath/min. rate.



1. Select the AGING TEST option in the drop down menu.
2. Put your finger inside the SRA PULSE OXIMETER and turn it on (press the white button).
3. A real-time aging test screen opens showing a pulse signal, heart rate graph, and current heart rate readings. Wait until the pulse wave signal gets stabilized, and normal HR readings start showing on the HR graph.
4. Click START RECORDING to begin a new 1-min test recording.

5. Breathe in and out following the guide on the left side of the screen.
6. Wait until the 1-min. test time elapses.
7. Once the test ends, a warning message box will open.
8. Click CONTINUE.
9. You will now see the following data points:
 - Aging speed
 - Calendar age
 - Biological age
 - HR variation



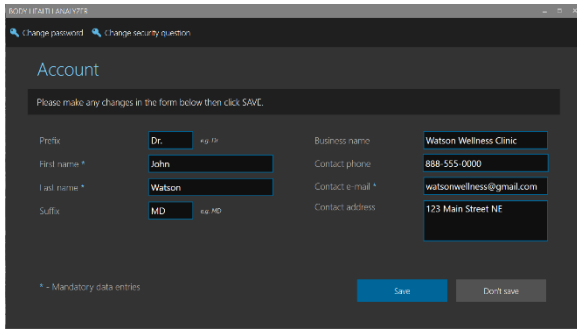
10. Click SAVE to save new test results in the user record or DISCARD TEST to drop these test results.

4. USER ACCOUNT & DATA OPERATIONS

4.1 EDIT THE USER ACCOUNT INFORMATION

To edit the user account information:

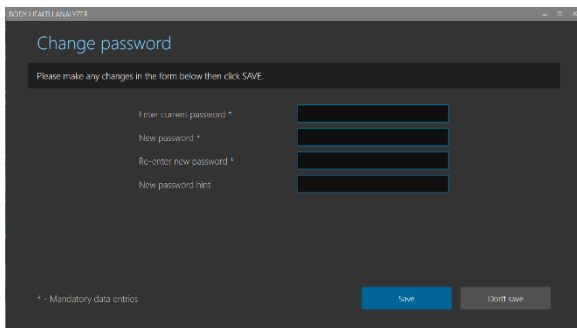
1. Open the user directory screen.
2. Click ACCOUNT.



3. The account information screen will open.
4. Modify any data shown in the form.
5. Make sure all mandatory fields are filled.
6. Click SAVE.

4.2 CHANGE USER PASSWORD

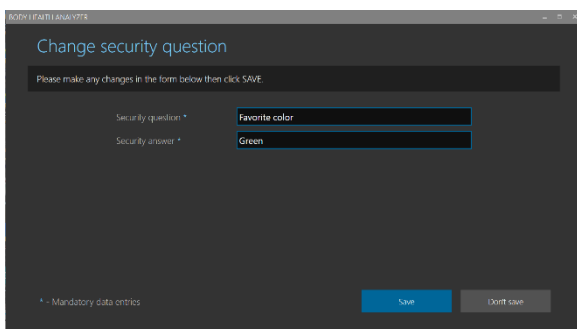
1. Open the user account information form as shown in section 2.7.
2. Click CHANGE PASSWORD.



3. The password change screen will open.
4. Enter the current password.
5. Enter and re-enter a new password.
6. Enter a new password hint (recommended).
7. Click SAVE.

4.3 CHANGE SECURITY QUESTION

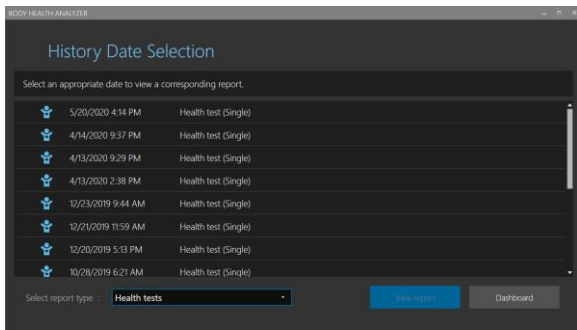
1. Open the user account information form as shown in section 2.7.
2. Click CHANGE SECURITY QUESTION.



3. The CHANGE SECURITY QUESTION screen will open.
4. Enter a new security question.
5. Enter a new security answer.
6. Click SAVE.

4.4 VIEW HEALTH TEST REPORTS


Follow these steps to view health test reports stored in the user records:



1. Open the user dashboard screen as described in section 3.2.
2. Click REPORT.
3. A test/session report selection screen opens.
4. Select a desired report from the list.
5. Click VIEW REPORT (Alternatively, double-click the desired report in the list to open it.)

6. If a single health test report is selected, the screen shows the results for that date of the report you picked:

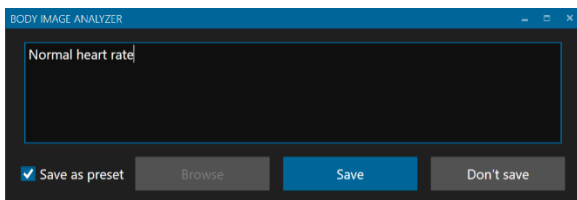


7. Click  to set the showing of this test on history reports to ON or OFF.

4.5 EDIT TEST OR SESSION COMMENTS

To add, view, or modify special comments to the selected test or session:

1. Open a health test or training session report as described in sections 6.1. and 6.2.
2. Click COMMENT.



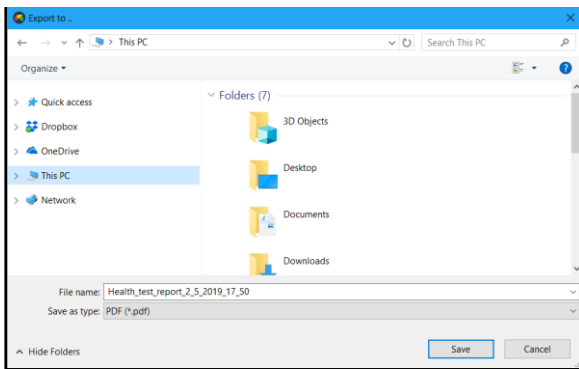
3. A test comment edit window opens.
4. Click BROWSE to show a list of previously saved preset comments. If an appropriate preset comment is on the list, select it to place in the comment field.
5. Enter (or modify the preset) comment in the comment text field.
6. Click the SAVE AS PRESET checkbox to add this new comment to the list of preset comments.
7. Click SAVE.

Note: Test/session comments can be viewed on the printed reports or saved in PDF files.

4.6 SAVE TEST OR SESSION REPORT IN PDF FILE

To save a test or session report in a PDF file:

1. Open the selected health test or training session report screen.
2. Click DOWNLOAD.

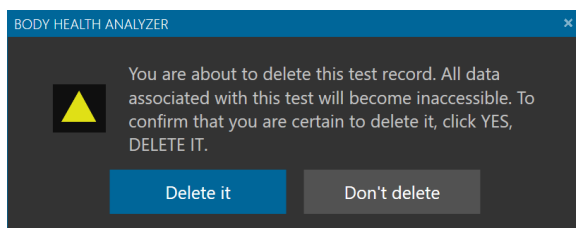


3. A standard Windows save file dialog box will open.
4. Use the dialog box to specify the location to save the PDF file that will be generated.
5. The application will automatically create a file name for the report, but it may be changed to any other name.
6. Click SAVE.
7. Once the PDF file has been created, a task completion message box will open.
8. Click OK to finish the task.

4.7 DELETE TEST OR SESSION RECORD

To delete a test or session record:

1. Open the selected health test or training session report screen.
2. Click DELETE.



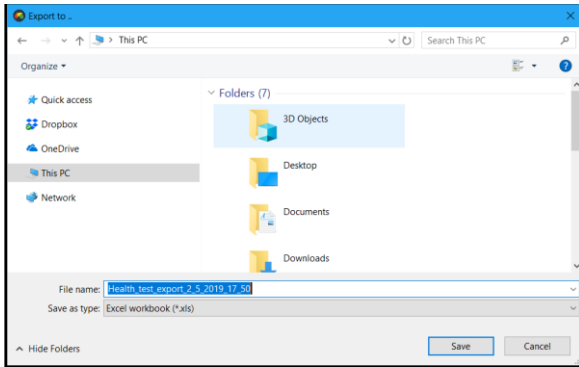
3. A test or session deletion prompt will open.
4. Click DELETE IT.
5. Once deleted, the user dashboard screen will open.

Note: The deleted test/session record will not be permanently destroyed. It will be marked as hidden. When the database is compacted, all deleted records will be permanently destroyed.

4.8 EXPORT TEST OR SESSION DATA INTO EXCEL FILE

To export a test or session data:

1. Open the selected health test or training session report screen.
2. Click EXPORT.

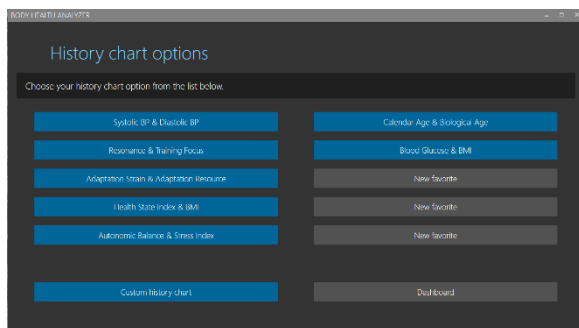


3. A standard Windows save file dialog box will open.
4. Use the dialog box to specify the location to save the Excel file that will be generated.
5. The application will automatically create a file name for the exported data, but it may be changed to any other name.
6. Click SAVE.
7. Once the Excel file has been created, a task completion message box will open.
8. Click OK to finish the task.

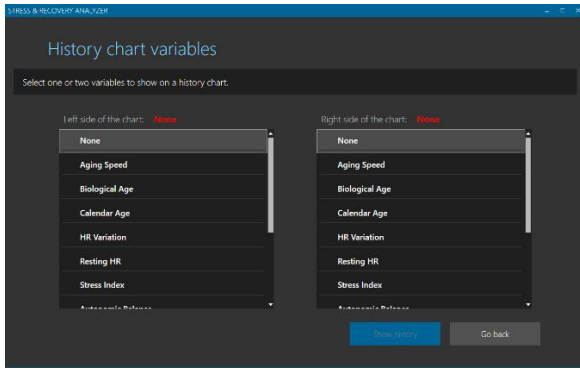
4.9 VIEW HISTORY

To view history reports:

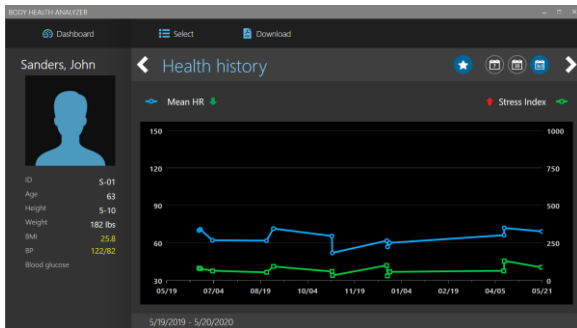
1. Open a user dashboard screen as described in the section 3.2.
2. Click HISTORY.



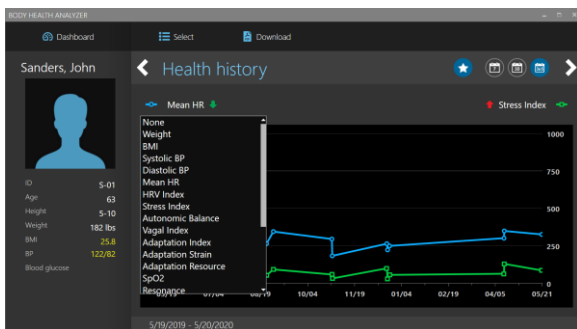
3. A screen to select history chart options opens.
4. If there is an appropriate chart on the list of up to 10 favorite charts, click on it to immediately open that chart.
5. Otherwise, click CUSTOM HISTORY CHART.



6. A screen to select history chart variables opens.
7. Select one or two variables to show the history of. The combination of both variables set to NONE is not allowed. The first variable set to NONE is not allowed.
8. Click SHOW HISTORY.




9. A history chart of the selected variables opens.
10. Set the time of the history chart to one of the following options: 7-DAYS, 30-DAYS, or 365-DAYS.
11. Click the left- and right-angled icons to scroll the history with the selected time period.
12. Click SELECT HISTORY to return to the history options selection screen and select another history chart.



13. Click on the blue circle or green rectangle mark to the side of the left or right variable name. A respective dropdown list of the variables will open to change the variables on the current chart.

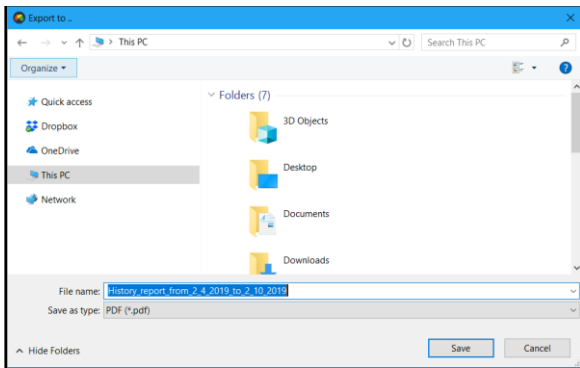


The icon  indicates if the currently displayed variables are configured as a preset in the list of favorite charts. The grey button means it is not set as a preset. The blue button means it is set as a preset. Up to 10 preset charts are allowed.

4.10 SAVE A HISTORY REPORT IN A PDF FILE

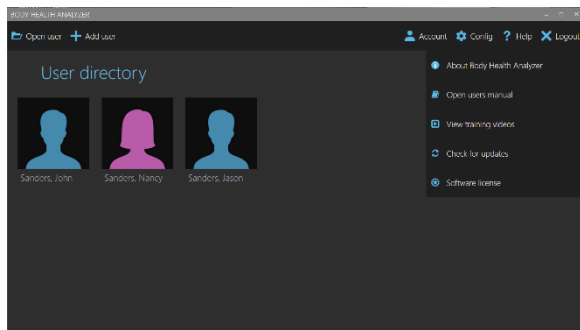
To save a history report in a PDF file:

1. Open an appropriate history chart.
2. Click DOWNLOAD.



3. A standard Windows save file dialog box will open.
4. Use the dialog box to specify the location to save the PDF file that will be generated.
5. The application will automatically create a file name for the report, but it may be changed to any other name.
6. Click SAVE.
7. Once the PDF file has been created, a task completion message box will open.
8. Click OK to finish the task.

5. HELP MENU



There are several HELP features available in the software. To access them:

1. Open the user directory screen.
2. Click HELP.

5.1 OPEN USER'S MANUAL

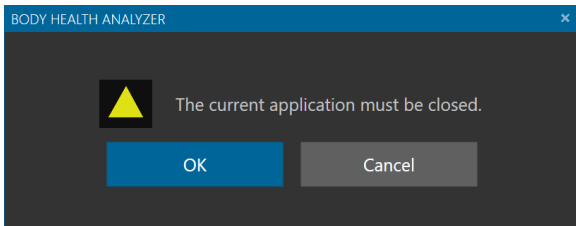
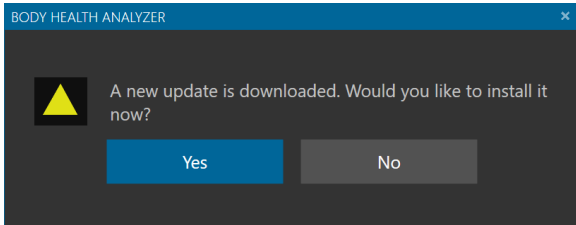
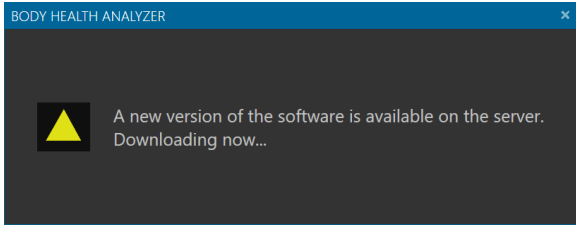
1. Select OPEN USER'S MANUAL from the drop-down menu.
2. A default web browser will start and open this user's manual in the browser.

5.2 VIEW TRAINING VIDEOS

1. Select VIEW TRAINING VIDEOS from the drop-down menu.
2. A default web browser will start and open the SRA web page containing various training video clips.

5.3 CHECK FOR UPDATES AND INSTALL NEW VERSION

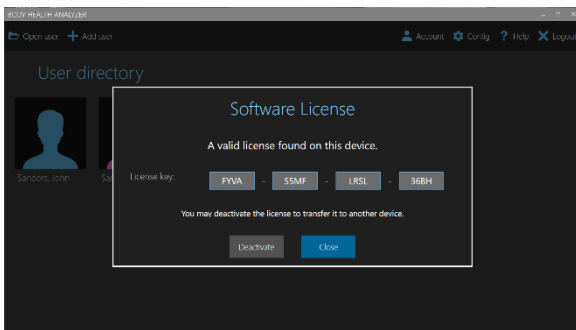
1. Select CHECK FOR UPDATES from the drop-down menu.



2. The program will start checking for an existing update.
3. If it is available, the program will start downloading it and show the message as seen in the image to the left.
4. Once it is downloaded, the prompt, as seen in the image to the left, will open.
5. Click YES.
6. The message box, as seen in the image to the left, will open.
7. Click OK.
8. The program will close and start the installation as described in the section 1.1.

5.4 VIEW SOFTWARE LICENSE

1. Select SOFTWARE LICENSE from the drop-down menu.



2. The window, as seen in the image to the left, opens showing the current software license key and its type – trial or perpetual.
3. If it is perpetual, you may deactivate it to be able to transfer the license to a different computer.
4. Click DEACTIVATE to do that.

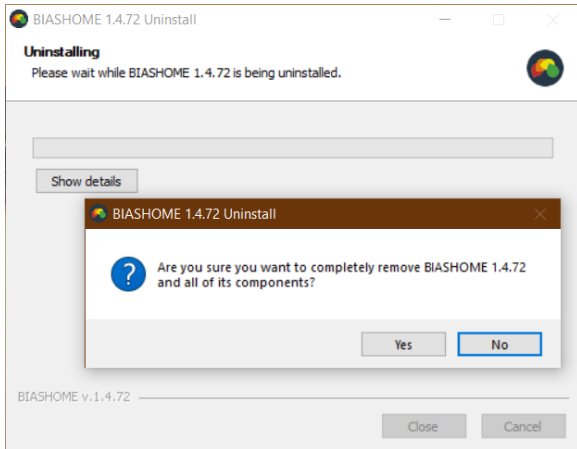
If this is a trial license and it has not expired, a window opens showing how many days of the trial period are left.

If it is expired, a respective message will be shown on the screen.

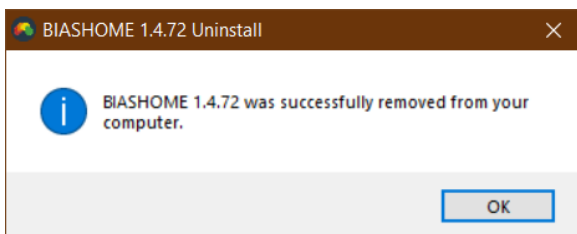
6. UNINSTALL THE STRESS & RECOVERY ANALYZER

To uninstall the Stress & Recovery Analyzer:

1. Click the Windows **Start** button.
2. Scroll down and select the **BIASHOME** menu folder.
3. Click on this folder to open.
4. Right-click the Stress & Recovery Analyzer, then select **More**, then **Run as administrator**.



5. The uninstall window opens (as seen in the image to the left).
6. Click YES.



7. Once the software uninstallation finishes, a message window opens (as seen in the image to the left).
8. Click OK.