



SYSTEM REQUIREMENTS FOR PERSONAL HEALTH MANAGEMENT

Full functionality of this system is best achieved by using a Windows-based PC running Microsoft Internet Explorer version 5.5 or 6.0. An Internet connection of at least 56 Kbps and a screen resolution of 1024 x 768 or higher are recommended.

Please see the System Requirements table below for more recommendations.

System Requirements Table

FEATURE	MINIMUM	RECOMMENDED
Processor	Pentium II 600 MHz	Pentium IV 1GHZ or higher
Memory/Hard Drive	1 Gig/2 Gig	2 Gig or higher/5 Gig or higher
Operating System	Microsoft Windows 98, 98 SE, ME, Windows 2000, Mac OS 9 or higher	Microsoft Windows XP Family Windows Vista
Internet Browser	FireFox Internet Explorer 6 or higher.	Internet Explorer 7.0
Screen Resolution	1024 x 768	1024 x 768 or higher
Pop up blocker	OFF	ON and set to allow Personal Health Management site
Internet Connection	56 Kbps	128 Kbps or higher
Cookies	Enabled	Enabled

Please note that browsers other than Internet Explorer, such as AOL, Safari and Opera are not compatible with this application.

Popup Blockers

Turn off your popup blocker for the Personal Health Management site. The software should inform you if a popup has been blocked, and allow you to change the settings for the current site. If not, see your software's documentation or web site for details on allowing popups on a per-site basis.

Screen Resolution

To check this, click on the Start button, go to Settings/Control Panel/Display/Settings and make sure that the desktop area is set to at least 1024 x 768 pixels. If your monitor doesn't go that high, you may have trouble seeing some parts of the screen and scrolling will be necessary.

(continued)

Firewall Requirements

To access the application remotely each physical node or workstation must have access to each web and vice versa. Make sure that the DNS or WINS servers are setup properly for access to the servers and the Personal Health Management workstations connecting to the servers.

Enable Cookies

Microsoft Internet Explorer 6.0+ and 7.0+

1. Select "Internet Options" from the Tools menu.
2. Click on the "Privacy" tab.
3. Click the "Default" button (or manually slide the bar down to "Medium") under "Settings".
4. Click "OK".

Microsoft Internet Explorer 5.5+

1. Select "Internet Options" from the Tools menu.
2. Click on the "Security" tab.
3. Click the "Custom Level" button.
4. Scroll down to the "Cookies" section.
5. Set "Allow cookies that are stored on your computer" to "Enable".
6. Set "Allow per-session cookies" to "Enable".
7. Click "OK".