

## acMedic™ Backup

The best way to protect your data is to back it up daily. MacMedic™ Backup is a flexible, powerful utility for securing your valuable data. You should use MacMedic™ Backup at least weekly to be certain that you will not lose more than a week's worth of data. While MacMedic™ is very effective at repairing and recovering data problems, you still risk data loss from a physical crash or other mechanical problem.

### Backing Up A Disk

Use the backup feature any time that you want to backup data from your source disk to another device such as an optical drive or other HFS volume. To begin the backup process, select "Backup" from the Main Menu or type <Command>-<B> on your keyboard.

Once you have invoked the backup feature, the main screen will prompt you to pick a volume to be backed up.

### Performing a Fast Backup

A fast backup can be done by simply clicking on the disk that you want to backup, then clicking on <Backup>. The full contents of the disk you have selected will be backed up to the destination of your choice.

### Selective Backup

You can also choose exactly what files or folders you want to back up from your destination. By highlighting a volume and pressing the <File Selection> button, MacMedic™ will scan the selected volume and present a list of files and folders that exist on your volume. The files that are contained within a folder can be displayed by highlighting a folder. The files within that folder will be displayed on the right side of the File Selection screen. By double-clicking on a folder in the left side of the screen, all the folders that are contained within it will be displayed in the list, and a second double-click on the folder will hide them. To exclude a

folder (and thus all the folders and files inside of it), highlight the folder and click the <Exclude> button. Individual files can be removed from the back up in the same manner. Only those files and folders which exhibit a small red checkmark will be included in the back up.

## Backup To

Once you have selected the volume to backup, choose where you want the data backed up to. You can double-click or highlight the destination volume and select <OK>.

## Backup Progress

Once you select your destination volume, MacMedic™ Backup needs to scan the backup volume. Once this is complete, the actual backup will begin. You can cancel at any time by clicking <Cancel>. When the backup is finished, you will be presented a dialog box with details about the backup. If the backup was completed to a single destination volume, MacMedic™ will automatically access the StuffIt Engine™ extension (if it is installed) and compress your backup. If you don't have the StuffIt Engine™, download a copy of DropStuff™ from Aladdin's website (<http://www.aladdinsys.com/>). Backups that have been automatically compressed with StuffIt™, can be restored by simply expanding the

compressed archive. If the backup required the spanning of multiple volumes, MacMedic™ will automatically create its own non-compressed archives in order to split the data across multiple destinations. In order to restore the data from this kind of backup, MacMedic's <Restore> function must be used.

## Optional Settings

### elect Files By Date

#### Ignore Date Range -

Files are scanned with no attention given to the creation date. This setting will backup all files regardless of creation date, backup date, or modification date.

#### Files Modified Since Last Backup

This setting will only backup the files that have been modified since the last backup performed in the the date range that has been specified. Be sure to verify the date range to make sure that the correct files are going to be backed up.

#### Files with Backup Date Within

Includes backed up files within a specific period

#### Files Created Between

Selects files with a creation date within a time frame

#### Files Modified Between

Selects files that have been changed within a time frame

#### Unattended Backup

Backs up your selected volumes at a specific time each day.

#### Overwrite Current Data

This option will overwrite all existing data on the source volume or tape. Be sure that this is what you want to do, this choice deletes all existing data on the destination media.

#### Verify Backup

Verifies that the backup data matches the data on the source volume. We recommend that you verify all backups!

#### Save Progress Info

This option provides an audit trail of the backup progress so that you can review the log at a later date to determine/review any backup errors.

#### Shutdown When Finished

MacMedic™ Backup will shutdown your computer when the backup is complete. This is especially useful when using the unattended backup feature.

#### Don't Backup Applications

Useful for backing up data files only. No applications will be included in the backup set.

### Restoring your backup

The restore function of MacMedic™ backup is only available for backups that required the spanning of more than one volume. If the backup to be made is larger than its destination, MacMedic™ will automatically archive the data so that it can be split across more than one volume (i.e. backing up a hard drive onto Zip™ disks). In order to restore the data to its original state, MacMedic™ Backup's <Restore> function must be used.

nce the restore has been chosen, MacMedic™ will prompt the user to find the first archive from a previous backup.

nce the correct archive has been chosen and a destination for the restore has been specified (through the same dialog that was used to specify the backup destination), MacMedic™ will proceed with the restore operation, prompting the user with the above dialog every time the next archive segment in the operation is required. Once the restore has finished, the archives are left untouched, and the the data is restored to its original state.