Welcome To IVI Publishing's
Taking Control of Your Health
Version 1.0

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General Notes

Customer Relations

IVI Publishing wants you to be informed and delighted with our products. If you want to be informed about future releases of this product or any other IVI product, please return the registration card. If you have comments about the current version of the *Taking Control of Your Health*, or suggestions for future versions, please send them to:

IVI Publishing, Inc.
Customer Relations
7500 Flying Cloud Drive
Minneapolis, MN 55344-3739

Fax: 612-996-6001
Phone (612) 996-6350

Customer Technical Support

This Readme file contains information about the most common problems users have experienced. As you might suspect there are no guarantees that any two computers are configured the same. Not even two from the same manufacturer. If you are experiencing problems we are committed to addressing your concerns in a timely and professional manner.

If you have questions about AT&T WorldNet (sm) Services, please call:

1-800-400-1447.

AT&T WorldNet Customer Service is available 24 hours a day, seven days a week.

If you are having problems installing or operating *Taking Control of Your Health*, and are unable to resolve your particular situation from reading this file, contact Customer Technical Support at:

612-996-6300.

Technicians are available for support calls Monday through Friday from 8 AM to 4 PM United States Central Time. Calls after hours, and on weekends, are handled by our automated Technical Support answering system. It contains an up-to-date, menu-driven, troubleshooting guide that provides more in-depth answers to difficulties you may be experiencing.

System Requirements

To access sound, animations, graphics and text you need:

A Multimedia PC 486/SX66MHz or Better.
Windows 95 or Windows 3.1 with MS-DOS 5.0 or later.
8 MB RAM.
Color monitor and video card supporting 256 colors at 640x480.
Double Speed CD-ROM drive.
Sound card and stereo speakers.
5 MB free disk space.
Mouse or compatible pointing device.
Modem (required for on-line feature only).

Installation for Windows 3.1 or 3.11

1. Installation for Windows 3.1 or Windows for Workgroups 3.11. Start Windows in enhanced mode (type Win or Win/3). The program will not run in standard mode.

2. Insert the *Taking Control of Your Health* disc in your CD-ROM drive. Pull down the File menu from the Windows Program Manager. Select Run.

3. In the Run dialog box click on the Browse button. In the Browse dialog box, open the Drives list by clicking on the list drop down arrow. Select the letter of your CD-ROM drive, usually D, E, or F.

(Your CD-ROM drive can be identified by the illustration next to the drive letter. The CD-ROM drive illustration has a small red light and it shows a disk part way out of the drive.)

4. In the File Name list select Setup.exe (click on it so it is highlighted) and click OK. The Browse dialog box will close and the Run dialog box will become active. Check to make sure Setup.exe is displayed on the Command Line (example - D:\Setup.exe) then click OK. An install program will launch, guiding you through the installation process.

5. The *Taking Control of Your Health* set-up program creates an IVI program group and a *Taking Control of Your Health* icon along with an Uninstall icon, a Readme icon and a Electronic Registration icon for running these programs.

6. To run *Taking Control of Your Health* make sure the *Taking Control of Your Health* CD is in your CD-ROM drive. Double click on the *Taking Control of Your Health* icon to start the program.

7. Click on *Taking Control of Your Health* Readme icon to review important installation information (the document you are reading now). The Readme file also contains the Customer Technical Support number and a troubleshooting guide. (You can also view the Readme file from the last screen of the setup program).

8. When you have completed reviewing the Readme file, click on exit to return to the Windows Program Manager.

Installation for Windows 95

1. Installation for Windows 95. Insert the *Taking Control of Your Health* CD in your CD-ROM drive, after Windows 95 is fully up and running. Click on the "Start" button and go to and click on "Settings", now click on "Control Panel". Once the "Control Panel opens, double click on Add/Remove Programs". Now just follow the directions on the screen. The installation wizard for the *Taking Control of Your Health* will be run automatically, and will guide you through the installation process. Just follow the direction on your screen.

2. The *Taking Control of Your Health* set-up program creates an IVI program group and a *Taking Control of Your Health* icon along with an Uninstall icon, a Readme icon and a Electronic Registration icon for running these programs.

3. To run *Taking Control of Your Health* make sure the *Taking Control of Your Health* CD is in your CD-ROM drive. Double click on the *Taking Control of Your Health* icon to start the program

4. Click on *Taking Control of Your Health* Readme icon to review important installation information (the document you are reading now). The Readme file also contains the Customer Technical Support number and a troubleshooting guide. (You can also view the Readme file from the last screen of the setup program).

5. When you have completed reviewing the Readme file, click on exit to return to Windows.

Internet Browsers

An Internet browser is an application that gives you access to the Internet. *Taking Control of Your Health* can link with a browser to give you access to AT&T HealthSite, an Internet web site created by Mayo Clinic and IVI Publishing. This web site contains information to supplement the contents of *Taking Control of Your Health*, as well as technical support information and information about IVI Publishing and our other products. To access our web pages, you need to install and configure an Internet browser, subscribe to an Internet provider and configure the *Taking Control of Your Health* for your browser.

Note: If you do not desire Internet access, you do not have to do any of the above mentioned steps.

The *Taking Control of Your Health* CD-ROM comes bundled with the AT&T WorldNet Service software including Netscape Navigator (tm) browser. If you would like to use AT&T WorldNet, you should select it to be installed during the installation of the *Taking Control of Your Health* disc. (If you did not, you can always go back and install it at a later time.) If you have another browser that you prefer to use, do not install it at this time.

If you have questions about AT&T WorldNet Services, please call:

1-800-400-1447.

AT&T WorldNet Customer Service is available 24 hours a day, seven days a week.

Taking Control of Your Health must be configured to use your browser. This is also an option during the *Taking Control of Your Health* installation procedure. This involves a few steps to select the browser you are using and to let the *Taking Control of Your Health* program know where to find it on your computer system. (As above, you can always go back and re-configure your system.)

At the time of this writing the *Taking Control of Your Health* will work with the following Internet Browsers; However, HealthWatch will only operate with Netsape Navigator browser or AT&T WorldNet Services software including Netscape Navigator.

AT&T WorldNet Services software including Netscape Navigator
Netscape Navigator
NETCOM Netcruiser
Quarterdeck Mosaic
Microsoft Internet Explorer
SPRY Mosaic
GNNworks
Please consult your Browsers documentation and your Internet provider for technical assistance.

HealthWatch

HealthWatch searches AT&T HealthSite for new information on any of 244 conditions and 33 alternative practices found in *Taking Control of Your Health*. The HealthWatch icon-a pair of binoculars- appears in any area where new information exists. Clicking on the icon launches the Netscape browser and brings you the results of the HealthWatch search. This search list of one or more items links you to additional resources throughout AT&T HealthSite. After you've read the new information, the icon will change: a red box will enclose the binoculars.

You'll find the HealthWatch feature in two sections of this CD-ROM: Ailments and Options and the Alternative Therapies Overview.

HealthWatch does not update automatically. You'll need to update the HealthWatch database on your hard drive and the icons displayed in your CD-ROM manually. To update this information, simply chose the Refresh HealthWatch option in the File pull-down menu of this CD-ROM. You will be prompted to launch HealthWatch daily, weekly or monthly, depending on the preference you chose while installing the disk.

The HealthWatch database is stored automatically on your hard drive in the same location as this CD-ROM.

General Operation

You can skip over introductory screens by clicking the left mouse button.

On some machines, particularly with older CD-ROM drives, the CD can take a few seconds to come up to speed. If this is the case, the program won't recognize it right away and the same message box will come up again. If this happens, continue to hit 'OK' several more times, as needed; when the CD is fully mounted the program will move on. Windows 95: The program can recognize when the CD is removed during operation. It will refuse to go on until the CD is returned to the drive. When you return the CD, a similar situation may occur. Once again, keep trying to click OK' as the CD comes up to speed, and the program will move on when it is ready.

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Troubleshooting Guide

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In this section you will find solutions to the most common problems experienced in setting up and running the *Taking Control of Your Health*.

Autoexec.bat File

The *Taking Control of Your Health* does not modify your Autoexec.bat file.
Installing WorldNet will add lines to your Autoexec.bat file.

Config.sys File

In your Config.sys file you should have the following lines.

Files=60   (60 is the minimum number you should have)
Buffers=10   (10 is the minimum number you should have)
Stacks=9,256

Installing WorldNet will add lines to your Config.sys file.

Virtual Memory

For Windows 3.1:
Taking Control of Your Health requires that Virtual Memory or a Swap File is set up on your hard drive.

To set up a swap file open the Control Panel (usually in the "Main" program group of Program Manager), and select the icon "386 Enhanced." Then selecting the "virtual memory" button will bring up current settings of your swap file. It is best to have a permanent swap file, but if you are running any type of compression program such as Double-space or Stacker you must have a temporary swap file. To change the settings, click on the change button. Under new settings, check the hard drive setting, the type setting and the new size setting. Windows will give you a recommended size in the 'New Size' edit box. This is the size that you should use. NOTE: Windows may not be able to accurately determine a recommend size if your hard drive is fragmented. You may need to run a hard drive de-fragmentation utility. If you need further information look at the Help menu of the Windows Control Panel.

For Windows 95:
We recommend that you allow Windows 95 to adjust the Swap File. To set the virtual memory, open up the Control Panel (usually under the "Setting" menu on the "Start" menu button). Select the "System" icon. Then selecting the "Performance" tab will bring up your current settings. Selecting the "virtual memory" button will let you change the settings. "Let Windows manage my virtual memory settings" is the first option. Select this and hit the "OK" button.

Temporary Directory

The *Taking Control of Your Health* disc also requires that a temporary directory be set and it should have at least five megabytes of free space available to write temporary files. You can check to see if you have a temporary directory set up by typing set at the DOS prompt. Within the information that comes up you should see a line similar to the following:Temp=C:\TEMP. If that line does not exist, temporary files are stored in whatever directory is current. Go to that location using either DOS commands or the File Manager in Windows. If you find any files with the extension of .tmp or .~mp these may be deleted from your system. They are only temporary files that should have been deleted by the program that created them. They take up space and cause you system to run slower. If your hard disc is nearly full, with less than five megabytes of space available, your temporary directory may not have enough space left for writing temporary files. At this point you would need to remove some unused files or programs from your hard drive

in order to free up hard drive space for the temporary directory.

Color & Screen Resolution

Taking Control of Your Health will run in different resolutions, but looks best in 16 million color mode. If you are unsure of the mode your video card is set to, consult the instruction manual for your video card or computer system.

No Sound

Taking Control of Your Health uses .WAV files for sound. If you do not have a sound card, you will not be able to hear sound. Make sure the master volume and the volume for .WAV files is turned up in your software mixer settings for your sound card.

UnInstall

The UnInstall icon is used to remove *Taking Control of Your Health* from your computer. It will remove all executables, icons, .INI files and Registry entries associated with the *Taking Control of Your Health* program. It will NOT remove anything installed by the AT&T WorldNet installation program or QuickTime for Windows installation program. Also, it is not capable of undoing any changes made while configuring *Taking Control of Your Health* for your Internet browser.