

AiperView 440

User Manual



Welcome

Dear customer,

thank you for purchasing an Aipermon product and welcome to the setup and usage guide of the AiperView 440 software. You will notice how easy it is to keep track of your energy balance. Coaches now have a wide array of possibilities to help users reach their goals. Please take the time to read this user manual thoroughly before using your product for the first time.

Best wishes for an active and healthy future!

Aipermon GmbH & Co. KG

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1 Introduction

The AiperView 440 software is able to receive data from the AiperMotion 440 PC energy-balance coach and display it as summaries for daily, weekly and long-term evaluations. In addition, you can add entries and comments.

Use of the software is rather simple and straightforward.

For long-term observation of energy balance progress as well as weight reduction, it is based on three main evaluations:

1. Activity, as weekly or adjustable long-term evaluation
2. Energy balance, as weekly or adjustable long-term evaluation
3. Weight history, as long-term evaluation

AiperView 440 also includes a multitude of graphical analysis capabilities and command functions for learning, detailed analysis and fine adjustments. These can be helpful for users and coaches.

One software license can be used for multiple device users. Upon setting up a new user profile, the received data of an AiperMotion device is joined with the personal data of the user profile.

Within a user profile, data can be commented, supplemented and corrected. This allows private users to acquaint themselves with their energy balance and to add notes to their activity- and nutrition-habits with the help of the comment function.

In coaching concepts, the comment function provides documentation and creates the opportunity to give written feedback.

We invite you to familiarize yourself with the diversity of this new system using this manual.

2 Disclaimer

- The software is a program designed to display data and measured values and does not give any kind of diagnosis.
- Aipermon GmbH & Co. KG disclaims all responsibility and liability for conclusions drawn from any values, graphics or analyses generated by this program.

3 Purpose

AiperView 440 is a software intended to transfer, view, analyse and comment on data received from the AiperMotion 440 PC Energy Balance Coach device. This data is recorded in advance using the energy-balance-coach AiperMotion 440 PC.

4 Installing

4.1 System requirements

The AiperView 440 software requires Microsoft Windows XP® or Microsoft Windows Vista® with a unrestricted user account. The software is intended for single PC only.

4.2 Installation

To install the AiperView software, insert the CD into the CD-ROM drive. Follow the on-screen instructions.

If the CD does not start automatically, open the file labeled **Setup.exe** on the CD and then follow the on-screen instructions.

4.3 Starting

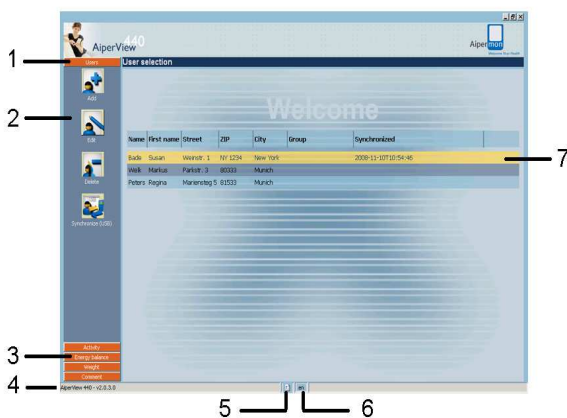
Start the program by clicking the 'Start' button and select 'AiperView 440' in your 'All Programs' folder.

Upon first startup, an empty window will appear, because no user is added. To add a new user see chapter 6.1.1.

5 Product description

5.1 User management view

Use this area to set up new users, to edit user data, to synchronize a device with the software and to delete users.



No	Description
1	User
2	Navigation bar
3	Analysis area
4	Current version number
5	Unit options
6	Language
7	User list. Yellow = already selected

5.2 General setup of analysis views



No	Description
1	Active analysis area
2	Graphics view
3	List view
4	Print
5	Period of analysis
6	Comments
7	Summary
8	Choose period of analysis

Evaluations contain a graphical illustration in the central area. To add and modify data you can switch to the list view mode.

In the yellow box on the right-hand side, you can enter comments. These will be saved automatically as soon as you leave this view. In the lower part of the yellow box you will find summaries, which contain various totals and averages for the currently selected day or period.

More detailed descriptions about the meaning of individual values can be found in the chapters on the individual evaluation areas.

The current view in each screen can be printed out for documentation.

5.2.1 Calendar function

Using the calendar function, you are able to set a day or longer range of time for analysis.

Setting a day



Within each field, use the arrow keys (1 and 2) to advance to the desired value.

Setting a range of time

from: Th, 2008-11-06 to: We, 2008-11-12

A longer range of time for analysis can be set in the field marked **Long time overview**. Click on the desired date and enter the period for analysis.

Calendar



You can easily select the day, month or the year using your keyboard.



1. To change the date, click on the date menu.
2. The date can be entered using the keypad or by using the calendar which pops up when the arrow button is clicked.
3. The date can be chosen in the calendar view.



By clicking the calendar year, you can change the year using the arrow buttons.

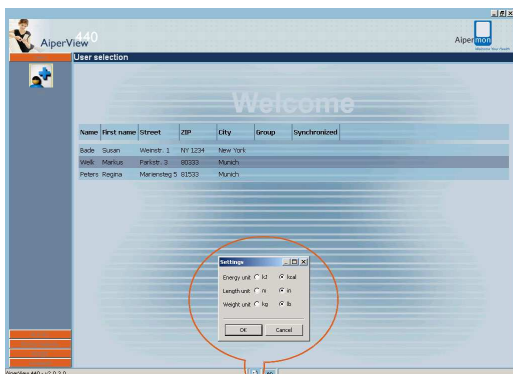
5.2.2 Change language

1. To change the language, click on the language button on the lower right.
2. Select the desired language.
3. Restart the software.



5.2.3 Change measuring units

In this view, you can choose between the metric and the imperial units-system, between kJ and kcal.

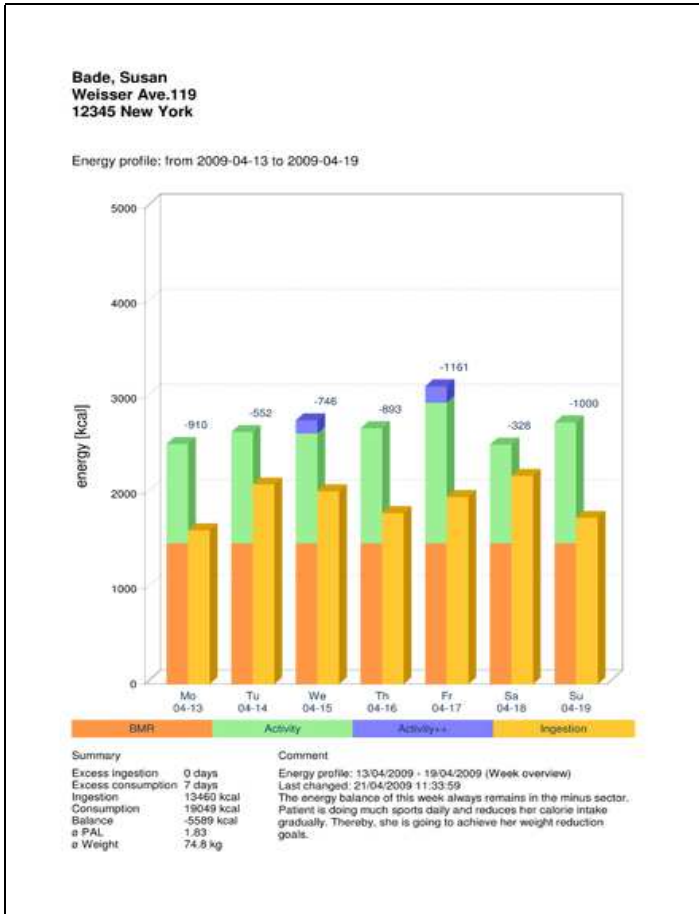


1. To customize this view to your needs, click on the list icon on the bottom.
2. Click each icon which you prefer for this view.
3. Confirm your choice by clicking **OK** or leave the menu by clicking **Cancel** if you want to discard your changes.
4. Restart the Software.

Hint:

- Changing the units in the software has no influence on the established units in the device. To alter the configuration in the device use the configurator or the setup option of the device.

5.2.4 The print function



You are able to print every depicted view from the evaluations screen. For each profile, the printout of an analysis contains the entered personal data as a letterhead, the central graphical area as well as the summary and the comment. Alternatively, you can create a PDF file of the current evaluation using a PDF-program, save it, print it out later or attach it to an e-mail.

6 Operation

6.1 User management

6.1.1 Adding a user

To add a user, please follow these instructions:



1. Click **Users** to open the user menu.
2. Click **Add** to add a new user.
3. When the user editor appears, enter all data which is needed for the user management.
4. Click **OK** to save the entered information.

The new user now appears in the overview window.

By clicking **Cancel**, the process is aborted without saving any information. All entered information will be lost.

Hint:

- The date of birth can be changed using the arrow button. See chapter 5.2.1.
- It is not necessary to complete all fields; there is no minimum information required. Please enter a user alias at least.

6.1.2 Editing a user

To change user properties, please follow these instructions:



1. Click **Users** to open the user menu.
2. Select the user whose properties you would like to change.
3. Click **Edit** to open the user editor. Make any necessary changes.
4. Click **OK** to save the entered information.

By clicking **Cancel**, the process is aborted without saving any information. All information entered will be lost.


 A screenshot of a 'User editor' dialog box. It contains several input fields for user information:

User editor	
Name	First name
Bade	Susan
Date of birth	Street
25.01.1970	119 Weisser Ave.
ZIP	City
NY 12345	New York
e-Mail	Phone
susan.bade@yahoo.com	212.123.4567
Group	Device mapping
	Edit...
Comments	
Ok Cancel	

6.1.3 Deleting a user

To delete a user, please follow these instructions:



1. Click **Users** to open the user menu.
2. Select the user to be deleted.
3. Click **Delete**.
4. A confirmation request will appear. Confirm that the user should be deleted by clicking **Yes** to remove his information from the system completely.

6.2 Device management

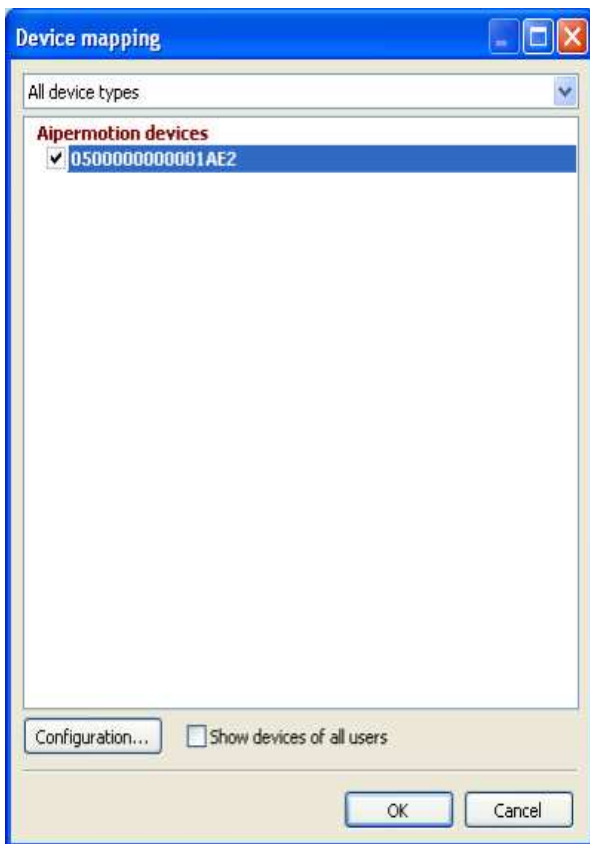
Device management is handled using the user menu.

6.2.1 Adding a device

To assign an AiperMotion device to a specific user, follow these steps:



1. Click **Users** to open the user menu.
2. Select the user whom you would like to assign an AiperMotion device.
3. In the menu bar, click **Edit** to open the user editor.
4. Click **Device mapping/Edit...** to display devices which were already assigned. If no AiperMotion has been assigned so far, the window will be empty.
5. Connect the AiperMotion to the computer using the included USB cable.
6. Wait until the AiperMotion is recognized by your computer.
7. To assign an AiperMotion device, set a check mark in front of the serial number.
8. Save the addition of the device by clicking **OK**.



It is now possible to transfer data from the device to the computer using the **Synchronize (USB)** option, see chapter 6.2.4.

By clicking **Cancel**, the process is aborted without saving any information. All information entered will be lost.

Hint:

- If you transfer an AiperMotion from one person to another, please follow the necessary transfer procedures.
- Assigning several AiperMotion devices to one person can lead to an overlap of activity and event data and should be avoided.

To transfer an AiperMotion to another user, please follow these instructions:

1. Delete the AiperMotion from the former user's device list (see 6.2.3).
2. Reset the AiperMotion to its default settings and configure it for a new user. Instructions on how to reset to the default settings and configure the device can be found in the AiperMotion 440 PC user manual.
3. Add a new user to the device or choose the new user's profile from the list of added users. Assign the AiperMotion device to the new user (see 6.2.1).

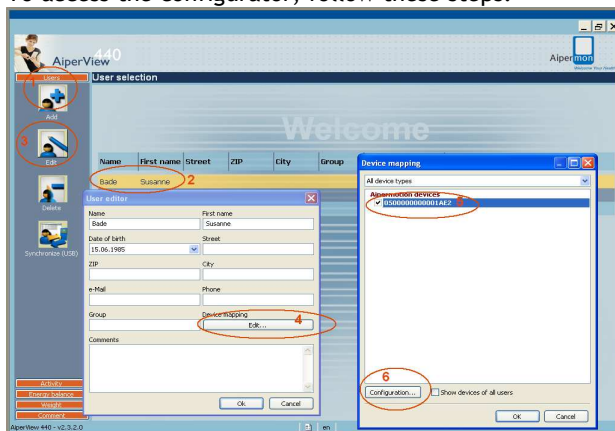
Hint:

The subsequent transfer of data from one user to another user is not possible.

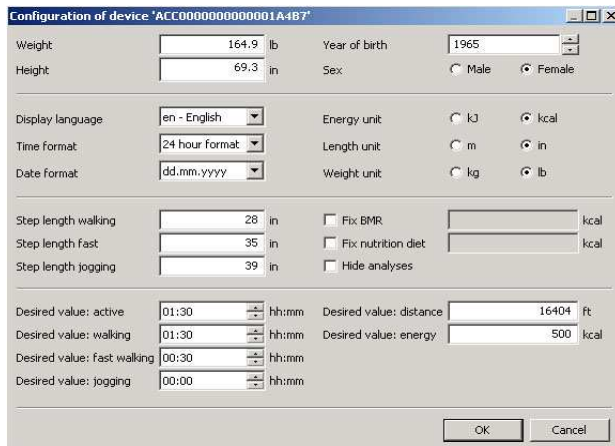
6.2.2 Device configuration with AiperView

With AiperView, you can configure the AiperMotion device directly using the software if the device is currently connected via USB.

To access the configurator, follow these steps:



1. In the navigation pane on the left, click the red button **Users**.
2. Choose a user whose device you want to configure from the list.
3. Click **Edit** in the left navigation pane.
4. This will open the editor window. Select **Device-mapping / Edit...**
5. In the Device-mapping window, click the serial number of the currently connected AiperMotion device.
6. The Settings button is enabled if a device is connected. Click this button to open the configuration window. In this window, you can now put in or change all settings of the device.



If you have finished setting up the device, save your entries with **OK**. Leave the configurator with **Cancel**, if you do not want to make any changes.

Hints for Coaches:

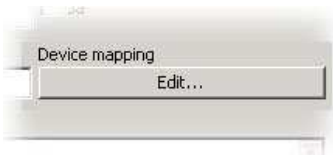
- **Fix BMR** allows you to enter a measured basal metabolic rate. This overrides the calculated value in the device.
- **Fix nutrition diet** will enter a set energy value for each day's nutrition intake. This is useful if the user is on a fixed nutrition diet plan.
- **Hide analyses** leads to the hiding of all activity data evaluation on the device. A running man shows the current measurement. This is used by research to obtain unaffected measurements. Also, this is useful to recognize current activity states. To show the analyses again, simply



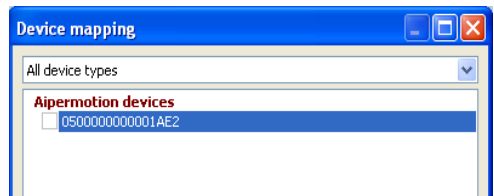
uncheck the button again in the configurator menu.

6.2.3 Removing a device

To remove an assigned device from a user's profile, please follow these instructions:



1. Click **Users** in the user menu.
2. Select the user whom you would like to remove the AiperMotion device from.
3. In the menu bar, click **Edit** to open the user editor.
4. Click **Device mapping/ Edit...** to display devices installed on the computer.
5. Remove the check mark in front of the serial number. You will find the device's serial number on the back of the device or at Menu/System/System Info in the third line from the top.
6. Save the changes by clicking **OK**.



By clicking **Cancel**, the process is aborted without saving any information. All entered information will be lost.

6.2.4 Synchronize (USB)

To transfer data from the AiperMotion to the computer, please follow these instructions:



1. Connect the AiperMotion device to the computer using the included USB cable.
2. Click **Users** to open the user menu.
3. Select the user whose AiperMotion data you would like to synchronize.
4. Click **Synchronize (USB)**. The data will be transferred from the device to the computer.

The message “**1 new record received**” will appear to confirm a successful data transfer. During synchronization, date and time on the computer and the AiperMotion will also be put in sync.

An attempt to synchronize the AiperMotion with a user who does not currently have an assigned device will bring up the message “**No matching device found!**”. In this case, please verify that the selected user is the correct one or add the device to the user’s profile.

After Synchronization, it is now possible to analyze and edit data.

Hint:

To avoid loss of data, please back up all data on an external storage device from time to time. See chapter 8 for help.

6.3 Activity analysis



In order to view and analyze transferred activity data, please click the red button labeled *Activity* within the left navigation area. In the centre area, the graphical view of the data will appear.

Now you can choose the calendar day you want to analyze.

6.3.1 Day overview

Summarized activity

The activity summary appears at the top level of this overview. It contains the graphical representation of all activity classes.



Using the date navigation button, you can navigate forward and backward to the desired day.

The diagram shows a cumulative view of duration and percentage of total time for each different activity class during the time the device was worn.

Summary displays a brief outline of the shown analysis.

Device worn	Displays the total amount of time the device was worn in the given time period (HH:MM:SS).
Device moved	Displays how long the user moved during the given time period.
Energy consumption	Displays the total energy-consumption (calories burned) of the given time period.
Activity++	Displays kcal/kJ values which were entered additionally.
Distance	Displays the total distance covered during the given time period.
PAL	The Physical activity level (PAL) per day. Explanation: see “Background Information PAL” chapter 6.3.3

Single evaluations

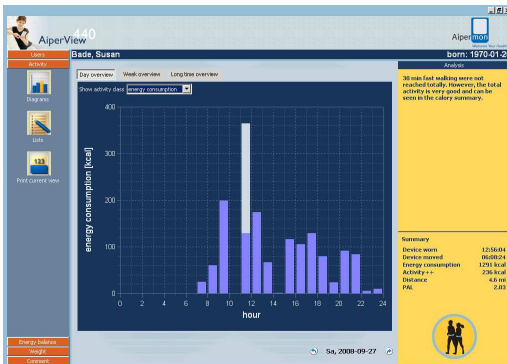


For more detailed analyses of your activity-behavior, there are several individual per-day-evaluations available.

These evaluations show more detailed views, e.g. energy-consumption by activity.

Via the selection box, you can use the mouse to access the desired individual evaluation.

Example of an interpretation:



The analysis of the energy-turnover shows that the user has worn the device for a long time and had a very active day. In addition to the high activity in the afternoon, she had a very active hour in the morning from 9 to 10 o'clock. Additionally, she entered exercise around midday. According to her, the entered motion data (represented in light blue) is from her training at a gym.

6.3.2 Week overview

The week overview is one of the main evaluations for medium and long-term use of the AiperMotion device. Here, the overall-movement-turnover per week is displayed. You can find the corresponding amount of days and the calculated average values in the summary.



Using the date-arrow-keys, you can navigate through the week-by-week data and compare the results. The bar-diagram displays the individual activity classes stacked per day. Above each day's bar, total distance traveled and the energy-turnover recorded by the AiperMotion device are displayed.

The **Summary** contains the following values:

Device worn	Displays the total amount of time the device was worn in the particular week.
Device moved	Displays how long motion data was gathered during the time the device was worn.
Energy balance	Displays the total energy-consumption (calories burned) during the week.
Ø Energy balance	Displays the average energy-consumption (calories burned per day) of the given time period.
Distance	Displays the total distance covered during the week.
Ø Distance	Displays the average distance covered during the given time period.
Ø PAL	Physical activity level average of chosen week. See chapter 6.3.3 → Background Information on PAL.

6.3.3 Long-term overview

The long-term overview is a flexible main evaluation for medium and long-term use of the



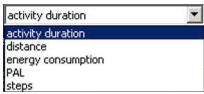
AiperMotion device. The total motion-turnover gathered from a freely adjustable period is displayed here. You can find the corresponding amount of days and the calculated average values in the summary. The graph shows each activity class as curve progressions.

Each class can be hidden or shown to make detailed analyses possible. In addition, distances, energy consumption, PAL and the steps taken during a given time period can be viewed here.

The **Summary** contains the following values:

Period	Displays how many days you have selected for the current view.
Device worn	Displays the total time the device was worn during the given period.
Device moved	Displays how long motion data was gathered during the time the device was worn.
Energy consumption	Displays the measured energy consumption by activities during the given period.
Ø energy consumption	Displays the average value of measured energy consumption per day during the given period.
Distance	Displays the calculated distance during the given period.
Ø distance	Displays the average value of distance per day during the given period.
Ø PAL	Physical Activity Level (PAL) average of chosen period For further information, see “Background information to PAL” on the next page.

Single evaluation using PAL



For more detailed analysis of motion behavior, several individual per-day-evaluations are available. These evaluations show detailed views, for example the reached PAL-value via motion.

Using the menu, you can access your desired evaluation data.

PAL background information:

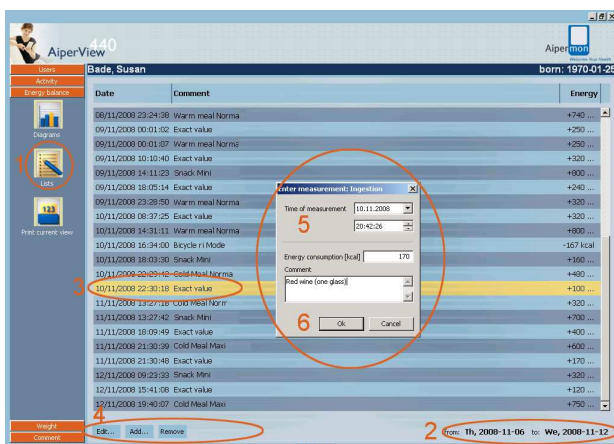
- The Physical Activity Level factor (PAL-factor) is a measure unit to express the energy consumption a person consumes by activity, on top of the basal metabolic rate (BMR). Basal metabolic rate is set as factor 1.0; calories consumed by activity are added. To keep healthy in the long term as well as keep weight at level, an adult should consume 50-60% of his BMR additionally by activity, setting his PAL-factor to 1.5 - 1.6, according to the World Health Organisation (WHO).
- Example: With a basal metabolic rate of 1.500 kcal (6.280 kJ) (Woman, 40 y, 69", 165 lb (75 kg) 750-900 kcal (3.140-3.770 kJ) should be consumed additionally by activity.
- If AiperMotion is regularly worn all day, the device allows a good estimation of the PAL-value.



6.3.4 Adding, editing and deleting activity entries

Activity entries can be supplemented. Also, entered activities in the device can be corrected with the software. AiperView receives entered activities from the AiperMotion device with the type of input or as energy value, displaying the exact time the command "exact value" was used.

To supplement or correct activities, follow these instructions:



1. Open the **List** view.
2. Choose a time period within you would like to make additions or changes on the lower right.
3. Select an entry which you would like to change or delete and click **Edit** or **Remove** below.
4. **Add** will enable you to add an entry.

5. The edit window will appear. Here you can enter the date and time, add or change a kcal / kJ value or add a comment, for example keep track of the achieved energy consumption by activity.
6. Save your entry by clicking **OK** or exit without making changes by using the **Cancel** button.

Your entries will immediately be displayed in the graphs.

Hints:

- Lists showing the calorie consumption in various sports over definable periods can be found on the internet, for example:
http://www.weight-loss-center.net/activity_calorie_counter.html
- Activities measured by the device can not be changed afterwards.

Tips:

- If you prefer to use the device for measuring motion and nutrition notes, it is more comfortable to use the editing function for nutrition and physical activity in the energy balance area.
- Should you have skipped a day in wearing the device during long-term use, you are able to use this function to add average or estimated values for this day afterwards.

6.4 Data evaluation of energy-balance

6.4.1 Day overview

Daily overview of energy balance is displayed at the top part of this analysis area. It shows the energy ingestion and energy consumption for the selected day.



On the lower right you can choose the desired day of the evaluation using the calendar feature.

With the help of the two date-navigation-buttons you can navigate back and forth through the days.

Shortly after the start of each day, the basal metabolic rate for your current weight transmitted to the AiperMotion 440 PC is entered as a negative value into the graph.

The graph will run straight if the device has not been worn. Once the first motion

data is gathered, the green graph will move lower into the *consumed* area (negative value). Each nutrition entry will be displayed as an orange-colored graph. Manual energy consumption entries are marked blue.

Summary displays a brief outline of the shown analysis:

Ingestion	Displays the entire energy-ingestion of the day.
BMR	Displays the transmitted basal metabolic rate (BMR) for the day.
Activity	Displays the activity in kcal/kJ for the day as sum of the entered and measured activities.
Total	Displays the total balance for the day: energy-ingestion - (BMR + Activity).
PAL	Displays the calculated PAL for the day (see chapter 6.3.3).
Ø Weight	Displays the average weight for the day (if more weight values for one day are present, the average value is determined. Otherwise, the currently valid value is shown. Only the latest value is valid).

6.4.2 Week overview

The week overview of the energy balance summarizes each calendar week. On the lower right, you can choose a desired day to display the desired week using the calendar function.



On the right, you can choose a desired day to display the desired week using the calendar function. With the help of the two date-navigation-keys (arrows), you can scroll back and forth through the weeks. In the bar diagram, the basic metabolic rate value per day (orange) and activity-turnover (green) and manually entered activities (blue) are stacked. On the right-hand side, you will find the energy ingestion (yellow) for the day. Above the bars, the total daily value displays if the energy-balance is in the positive or negative area.

Summary displays a brief outline of the shown analysis.

Excess ingestion	Displays how often the energy-ingestion was higher than the energy-consumption in this week.
Excess consumption	Displays how often the energy-consumption was higher than the energy-ingestion in this week.
Ingestion	Displays a sum of the energy-ingestion in this week.
Consumption	Displays a sum of the energy-consumption in this week.
Balance	Displays the weekly balance: energy ingestion minus energy-consumption.
Ø PAL	Displays the average calculated PAL value for this week (see chapter 6.3.3).
Ø Weight	Displays the average calculated weight value for this week.

Hint:

- To loose 1 kg (2.2 lb) of weight you have to consume about 7000 kcal (29.300 kJ) more than you have ingested.¹
- Because many users of the AiperMotion device happen to at least occasionally forget to keep track of food ingestion, a higher value must be displayed before an actual decrease of 1 kg (2.2 lb) of weight is reached.

6.4.3 Long-term overview

The long-term overview of the energy balance sums up a specific period of time, defined by yourself.



On the lower right, you can first of all choose a start and end date for your evaluation by using the calendar function.

This graph will display how often and to which extent the energy balance moved in and out of positive/negative values.

1 source: Prof. Dr. rer. nat. Volker Pudiel, Dr. med. Klaus-Dieter Kossow: Urteile und Fehurteile zu Diagnostik und Therapie der Adipositas. (www.ifap.de)

Summary displays a brief outline of the shown analysis.

Period	Displays the number of days the summary contains.
Excess ingestion	Displays how often the energy-ingestion was higher than the energy-consumption.
Excess consumption	Displays how often the energy-consumption was higher than the energy-ingestion.
Ingestion	Displays the sum of energy ingestion for the given period.
Consumption	Displays the sum of energy consumption for the given period.
Balance	Displays the balance of the given time span: energy ingestion minus energy consumption.
Ø PAL	Displays the average calculated PAL value for the selected period (see chapter 6.3.3).
Ø weight	Displays the average calculated weight value for the selected period.

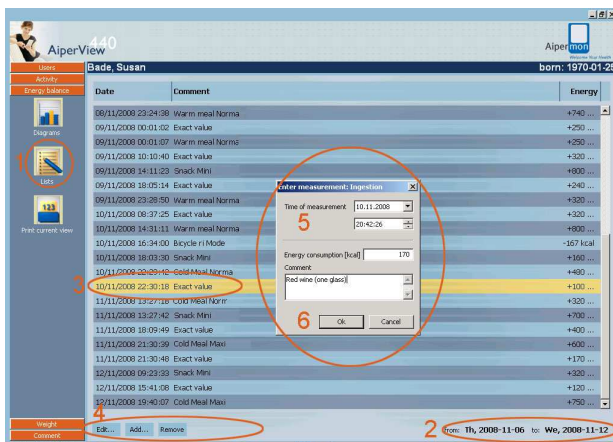
Tip:

- Using these possibilities of evaluation, it is simple to compare different periods. Based on the sums and average values, keeping track of changes is easy.

6.4.4 Adding, editing and deleting of nutrition- and activity-entries

In the Energy Balance area, nutrition and activity entries can be supplemented and edited. AiperView receives entered activities from the AiperMotion device with the type of input or as energy value, displaying the exact time the command "exact value" was used.

To supplement or correct these entries, proceed as follows:



1. Open the list view in the **Energy balance** area.
2. Choose a time period in which you would like to make additions or changes on the lower right.
3. Choose an entry that you would like to change or delete and click **Edit** or **Remove**.
4. If you want to add an entry, click **Add**. A pop up menu prompts you to choose if you would like to add **Ingestion** or **Activity++**.

5. An edit window will appear. Here you can specify date and time, add a kcal/kJ value or add a comment, for example the type of ingestion or energy consumption.
6. Save your entry by clicking **OK** or close the window without any changes by clicking **Cancel**.

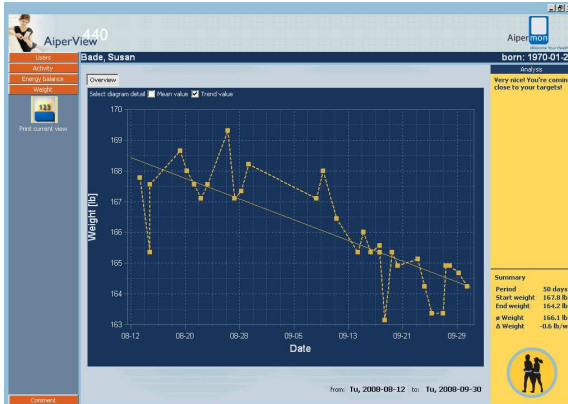
Your entries will immediately be displayed in the graphs.

Tips:

- To improve the nutrition entries, use a calorie guide or relevant lists from the internet. Once you know the energy value of, for example, your favorite drink, you are always able to enter the correct values.
- Lists showing the calorie consumption in various sports over definable periods can be found on the internet, for example:
http://www.weight-loss-center.net/activity_calorie_counter.html

6.5 Data evaluation of the weight progress

In this evaluation, you can keep track of the progress of your entered weight values within a customizable period of time.



1. Click **Weight** on the navigation bar on the left hand side.
2. Choose a start and end date at the bottom of this view to select a desired time-span.
3. Additionally, a **mean** line and a **trend** line are drawn in the chart, which contain the selected span. You can show/hide these lines by enabling/disabling the check boxes at the top of the chart.

Hints:

- Weighting data cannot be altered afterwards.
- The weight of a person is subject to natural variations. These can vary from up to 2 - 4 lbs (1 - 2 kg) from day to day.
- Check your weight once or twice a week at at the same time of day and under similar circumstances to document your weight loss success.

Tip:

- Check your weight once or twice a week at at the same time of day and under similar circumstances to document your weight loss success.

Summary displays a brief outline of the shown analysis:

Period	The timespan, that the current evaluation contains.
Start weight	Displays the first weight value within the selected period.
End weight	Displays the last weight value within the selected period.
\emptyset weight	Displays the mean weight value within the selected period.
Δ weight	With a drawn trend line displayed, this shows the change in weight for the selected period.
σ weight	With a drawn mean line, this shows the standard deviation of your weight for the selected period.

6.6 Displaying and printing the comment history

In this area, you can view entered comments and print out comments made in a specific time period.



1. Click **Comment** on the lower left side.
2. Select a start and end date of the period that you wish to view or print.
3. Click **Print current view** in the navigation bar on the left to print the accessed comment history.

Hint:

- If you would like to change comments, open a day or period of time and take apply the desired changes.

7 Troubleshooting

Problem	Description	Solution
A connected AiperMotion is not displayed in device mapping.	The AiperMotion is already assigned to a different user.	Check the device mapping for all Users. Therefore activate Show devices of all users Remove the AiperMotion from the former user and assign the AiperMotion to the desired user.
The message “No matching device found!” appears.	The AiperMotion being used to synchronize does not match with the selected user.	Verify that the selected user is the correct one or add the device to the user’s profile.
AiperView does not start.	AiperView has been installed using a different user account.	Log on with a user account without restrictions (Administrator). Note that AiperView can only be used by the user who installed the software.

8 Backup / Recovery

8.1 Backup

To avoid loss of data, please make sure to back up all data on an external storage device from time to time.

You will find the data folder at this default location:

C:\documents and settings\USERNAME\application data\Aipermon\AiperView 440.

8.2 Recovery

Hint:

Any users added and data synchronized after a new installation will be lost in a restore process.

To view saved data after a new installation follow these instructions:

Copy these files:

- **AiperViewBase.db**
- **AiperView.config** and
- **ActivityData**

to your computer into the following directory:

C:\documents and settings\USERNAME\application data\Aipermon\AiperView 440

The saved data is available again upon the start of the AiperView program.

9 Used Licenses

The register of used licenses and complete terms of licenses can be found on the CD-Rom in the root directory.

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