

Health Monitor TANITA PRO

„INDICATE Health Risks – RATE professionally – REACT prophylactically“

Newsletter December/2022

The newsletter for the TANITA PRO software is our offer to make the use of the software even more interesting by providing further information about selected contents and functionalities. Today we would like to give an overview about the different possibilities of data backup, restore of a database and import of exported data within GMON.

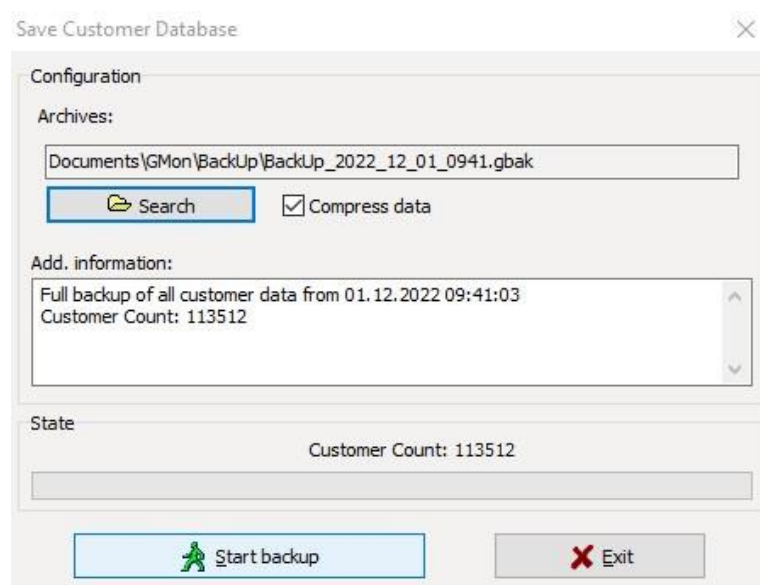
Safe is Safe - Securing Your Customer Data

Whether it is a new PC, a new operating system, computer relocation or simply for a regular data backup; a backup of the database with all related data of the customers is a necessity.

GMON offers an easy way to do this. Go to > **Extras** > **Backup database** in the administration window of the customer overview and then select the path and name for the backup file.

In addition, you can check in the overview which data should be saved.

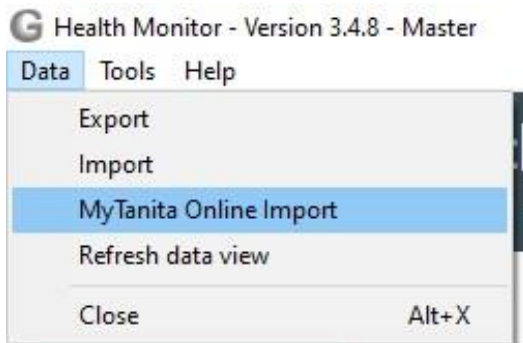
After completing the backup, the file can be safely archived or stored for later import, which is done analogously via > **Extras** > **Restore database**.



A more detailed description of the process can be found in our associated help file for [data backup](#).

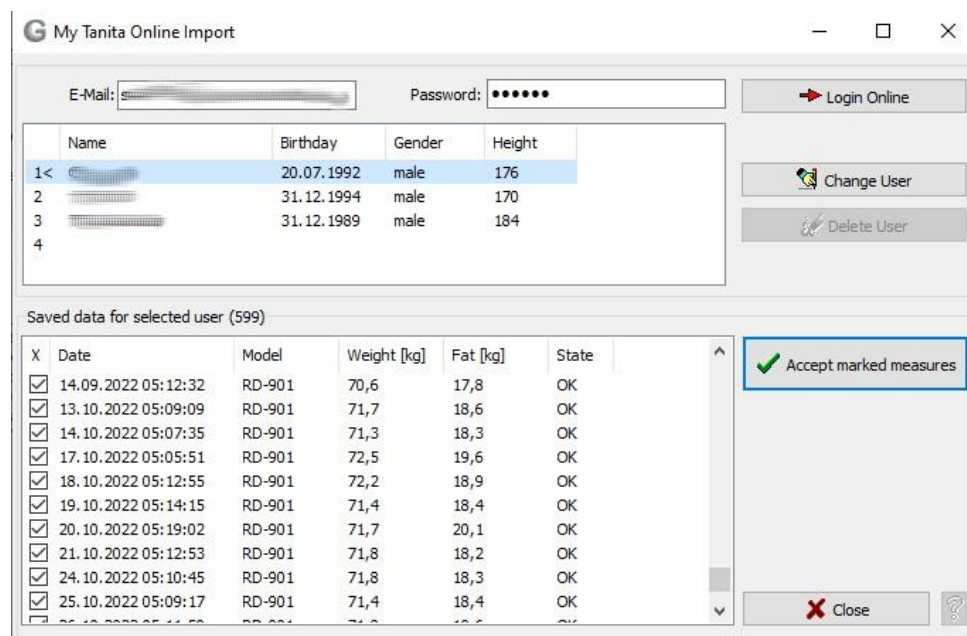
MyTanita - The Solution in the Cloud

After measuring with one of the numerous Tanita scales, GMON's unique functionality allows the data obtained to be transferred directly to the PC database for analysis, evaluation and display. This was previously not possible for popular scales with Bluetooth connection, such as the RD 545, RD 953 and BC 401.



Now GMON also offers an uncomplicated way to import the data from the MyTanita app. You start the process after selecting a customer with **> Data > MyTanita Online Import**. Then you can connect to the cloud with your MyTanita login data via **Login Online** and get an overview of all your stored data. With **Accept marked measures** all data in the local GMON database will be updated and can be used as usual for further analysis and display.

It is important to note that the date of birth and gender must match between the MyTanita profile and the customer. The exact procedure is described in our [help](#).

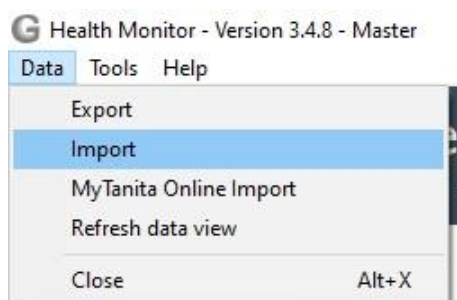
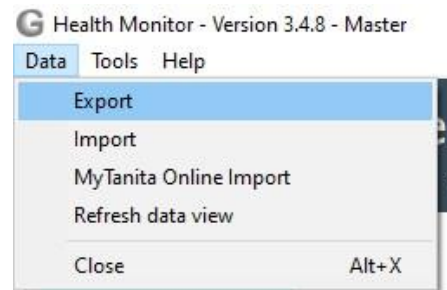


Different scales? - No Problem for GMON

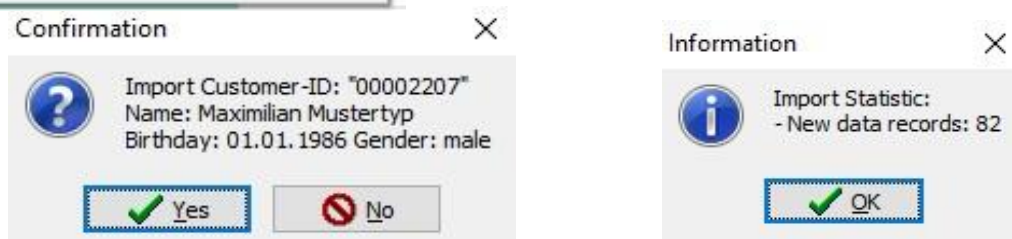
There are many cases where data from other Tanita scales should be combined with the data from your own scale, for example

- if the gym you visited has a different scale than the one you have at home and you want to exchange the data for progress monitoring,
- the nutritionist or personal fitness trainer wants to collect the weekly recorded data for consultation,
- if in larger facilities with many scales from individual stations the data should be merged.

Then the exchange format **.gmon** provided by GMON is a good choice. It combines the data from professional and home scales and adapts them to the GMON you are using. To prepare the information for exchange, select the corresponding customer and go to **> Data > Export**. Then give a name to the file and your customer can take his personal database on a suitable medium of his choice home.



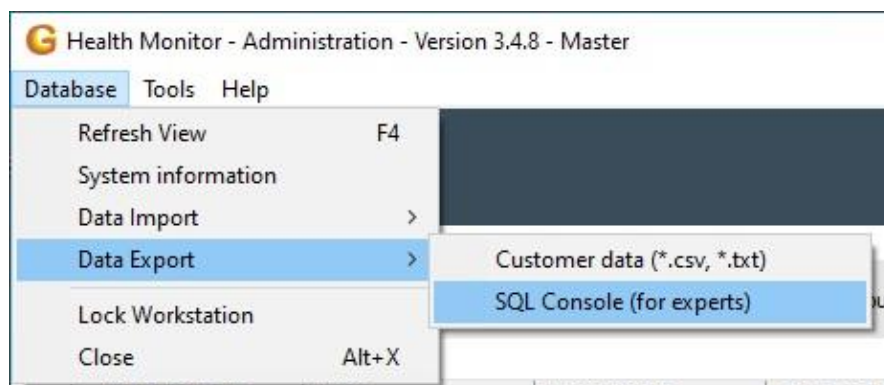
Accordingly simple, the import is done via **> Data > Import**. After selecting the database, a query and control of the data about date of birth and gender follows, as well as an overview of the data to be imported. After confirmation, the import takes place and an output is shown about the new data records in your extended database.



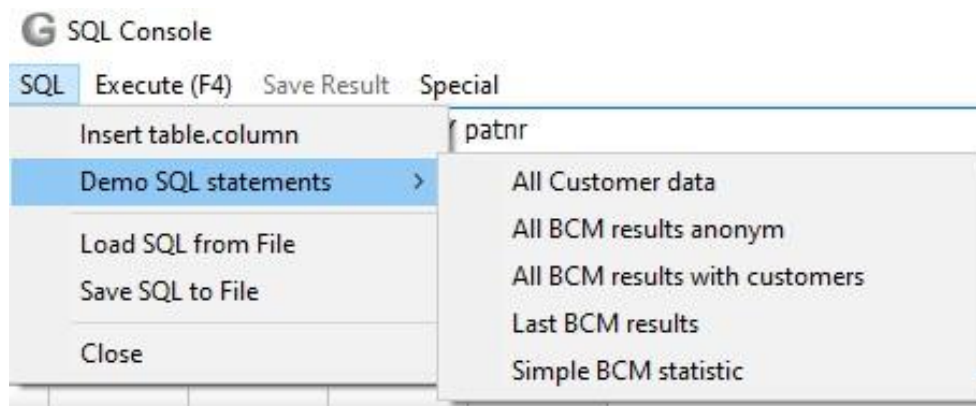
This data exchange also works between different GMON versions (V2.x and V3.x) and between GMON Pro and GMON Home.

Special, More Special, SQL - The Individual Export for You

A special case of exporting data from GMON for many other programs for further processing, presentation or editing is the SQL export via the corresponding implemented console which you can access with **> Data Export > SQL Console**.



There, the corresponding syntax can be written according to the conventional SQL rules, executed and then exported to the common .csv, .txt or .xls formats. Corresponding standard syntaxes for frequently used exports can be found under **SQL > Demo SQL statements**. Of course, all rules can be saved and loaded, so that your personally created routines are available again at any time.



A typical example of exporting all body values of all customers with their names and gender, but without other customer data would look like this:

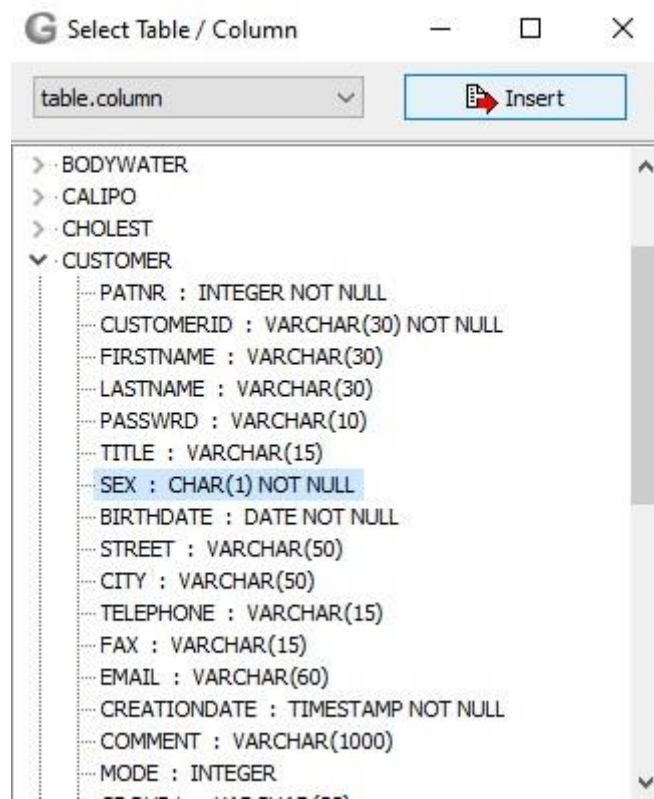
```
SELECT customer.customerId,customer.sex,tabc.*
FROM tabc INNER JOIN customer ON tabc.patnr=customer.patnr
ORDER BY 1,2,3
```

The first line specifies which tables are to be considered. The second line describes that all customers are taken from these tables whose patient numbers match and the third line only defines the order.

For example, to display only the female customers over 30 years of age, the command is adapted as follows:

```
SELECT customer.customerId,customer.sex,tabc.*
FROM tabc INNER JOIN customer ON tabc.patnr=customer.patnr
WHERE customer.sex = 'F' and tabc.age >= 30
ORDER BY 1,2,3
```

The command **Where** defines the conditions according to which the entries are to be filtered. In order to find certain columns and entries in the database by name, there is a complete overview of the database under **> SQL > Insert table.column** with the possibility to transfer the selected columns into the syntax.



If you have little to no experience with SQL and still need an appropriate customized export of your data, we will be happy to help you create a representation that is customized to your needs.

Written by GMON-Team (December 2022, see also www.gmon.eu/news_en)

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www.medizinservice-sachsen.de,

Chemnitz Local Court HRB 4875, Managing Director: Andreas Schröcke

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| Nr. 2022_2 (Apr.) | Measured values for the analysis of body composition – the variety brings it |
| Nr. 2022_1 (Jan.) | What you have in black and white ... Design options for GMON reports |
| Nr. 2021_4 (Oct.) | The importance of the 10 basic rules when using TANITA body composition monitor |
| Nr. 2021_3 (July) | The use of goal values to promote motivation in the training and therapy process |