

# Simtrak™ News

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## TECH TALK

### WIRELESS HEALTH HAZARDS?

In its recent December 2007 issue, *PC Magazine* reported (p.23) there have been 2,000-3,000 studies in the past three decades on the effects of electromagnetic fields on our bodies. About half found some risk, and half did not. Professor A. Laszlo and colleagues of Washington University, St. Louis, have studied such things for 13 years, and their work has included radiation ten times the maximum of today's mobile phones, with always negative results.

### SMALLER AND SMALLER LAPTOPS

Fujitsu's LifeBook® U810 Mini-Notebook is touted as one of the world's smallest convertible notebooks. It fits the palm of your hand, weighs only a pound and a half, and sports a 5.6 inch screen. It runs Windows Vista® and has the functionality of a traditional notebook. Pricing has been about \$1000.

### TOP 10 MOBILE PHONE MAKERS

Data for the 4th quarter of 2007 shows Nokia remains the world leader for mobile handsets, 40% of units sold, up from 36% a year earlier. Motorola dropped from second place at 21% last year to third place at 12%. New to the top 10 list are Apple iPhone and RIM BlackBerry, with small but growing positions. (*Financial Times*, 28 Feb 08)

**True Mobility with USB.** An Athletic Trainer is often on the move, and taking sports medicine records along during these moves can be inconvenient if not problematic. Now it's as easy as pocketing a USB drive from one location to another. Premier Software, Inc. has recently begun shipping its popular Simtrak™ Mobility sports medicine documentation software on USB drives. The software and all data files are kept on the removable USB drive providing true mobility, complete security, and unlimited flexibility in choosing when and where to do data entry and record-keeping. No data files are placed on or left to remain on the host computers that are used.



## Simtrak™ Mobility

### USB USER TIPS the Simtrak™ Help Guide series

Whether you obtained Simtrak™ Mobility software already pre-installed on a USB drive or whether you installed the software on a USB drive yourself (see our "Operation from USB Removable Drive" Implementation Recommendation document at our web site on the Help page at the bottom), there are a few special practices to follow when using a USB drive:



1. Exit Software Before Removing USB Drive.

Be sure you exit the software before you remove the USB drive from the computer. Failing to do so is like turning the computer off in the middle of writing a report. You will lose information and likely get error messages when you re-start your computer and the software you were using.

2. Removing USB Drive From Computer. Follow your computer's procedure for stopping a USB drive before removing it. Usually that means clicking on the USB drive icon in your computer system tray (at bottom of screen) and then selecting the drive to stop. Remove the USB drive only after your computer displays a message that it is OK to remove it. (continued on back page)

## SPORTS TRIVIA

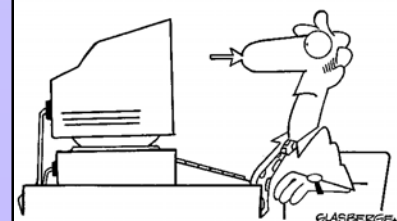
The letter

S

Eight major league teams in the NFL, NBA, NHL and MLB have names that do not end with the letter "s". How quickly can you name them? Have a contest in your athletic training room.

Upon receipt of a statement by a head athletic trainer of a winner's name out of a group of three or more contestants, we will ship one of our popular pull-apart pocket pens to the winner (limited time offer). Use contact information at top of newsletter.

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Tired of being pushed around his whole life, the Brave Little Cursor finally rebelled.

## Next Year Budget high school and collegiate

When submitting your budget for software for athletic training record-keeping, here are some facts you can use:

a) the cost of the software is about one cent per day per student athlete in the year of purchase

b) users report that switching from paper to digital records frees up hours per week of each athletic trainer's time

c) from our experience, when there are disputes and differences of opinion, well kept digital records usually prevail over paper trails

## Competitive Upgrade

If you already use software for sports medicine records, but not Simtrak™ Mobility, we have competitive upgrade discounts of \$50, \$100, and \$200.

## Use Your School Health® Account

Now you can use your School Health Corporation account to buy Simtrak™ Mobility software.

## Academic Version for faculty

If you teach in an Athletic Training degree program, you can obtain the comprehensive Simtrak™ Mobility Academic Version for your students' classroom or clinical setting. It is a full software package, no reduced features, that costs you nothing. For our simple order form, send a note to [ernie@simtrak.com](mailto:ernie@simtrak.com).

**DID YOU KNOW?** Simtrak™ Mobility has expanded to a customer base that spans 6 countries. Most professional athletes in the U.S. are on a Simtrak™ system. Simtrak™ Mobility is now the data collection software of choice for three unrelated, major, and ongoing injury research efforts. And, Simtrak™ Mobility is used in 5 world-watched pro sports leagues, each a different sport.

## USB User Tips

(continued from front page)

3. **Backup Your Data.** When using a USB drive, make regular backups to the USB drive using the backup utility that comes with Simtrak™ Mobility software. Browse to the USB drive letter when running the backup utility, and choose the main simtrak folder and then the backup folder inside that main simtrak folder as your location where you place your backup. (You must be in the backup folder, not simply in the main simtrak folder.)
4. **Backup Your USB Drive.** Because the USB drive contains your software installation, your data, and your data backup, it is very important that you also backup your USB drive. One easy way to do this is to copy the entire simtrak folder from your USB drive to another drive such as a hard drive on a computer (right click on the simtrak folder on the USB drive, select "copy", right click on the other drive at the place where you want to save your backup, select "paste"). Another way is to do another backup using the Simtrak™ backup utility, but this time browse to another location to place the backup (not the backup folder in the main simtrak folder on the USB drive).
5. **Institute Guidelines for Control of USB Device.** The primary benefits of a USB removable drive device are small size, portability from one computer to another, and security of information since data is not written to the host computer hard drive. Two of them, size and portability, make it inherently easy to misplace the USB drive. It is important to institute procedures that fit each user's way of doing things, so that the user minimizes any chance of loss of the USB device. Among the ideas to consider are 1) using lanyards for neck or wrist attachment when the device is not installed, 2) strictly observing a checklist every time entering or leaving a location where the USB drive will be or could be used, 3) establish a specific physical location where the USB drive is stored when not being transported or used, and 4) ensuring there is at least one recent backup (two highly recommended) of the USB drive simtrak folder on another storage device.
6. **Known Issue.** If you use the USB drive with multiple computers, you may encounter a Fatal Error message due to variances in Windows operating systems. If you experience that, go to our web site at [www.simtrak.com](http://www.simtrak.com), select the Help tab, and read the document entitled *USB Implementation* at the bottom under Implementation Help for the fix.

## THIRD PARTY PROVIDER PROGRAM

- HOSPITALS
- CLINICS
- OUTREACH

Standardize your documentation at each outreach location with Simtrak™ Mobility.

Maintain a master database of all locations consolidated at your main office using the Simtrak™ Premier Synchronizer.

Provide outstanding reporting to your client management and their parent constituents.

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