

Note: If you wish to start fresh without importing your old data, then install the new software as usual and skip the following instructions. If you wish to Import your existing data from eTouch version 1.x, please read the following instructions completely BEFORE Installing your new software.

UPGRADE INSTRUCTIONS

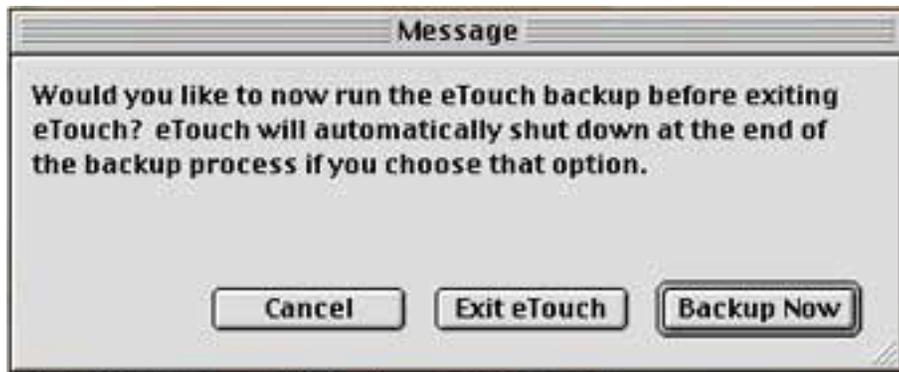
Do these steps BEFORE installing your new copy of eTouch!

The eTouch Upgrade process is partially Automated and partially a Manual process that requires the following computer skills:

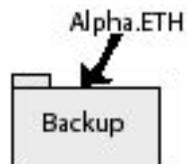
1. Copying files from folder to folder
2. Making a Backup CD/DVD
3. Copying files from the Backup CD/DVD back to your hard disk.

If you are uncomfortable performing any of these actions, please seek the assistance of someone experienced with computers to assist you.

Step 1: Run the eTouch Backup Routine from your current copy of eTouch. Upon exiting eTouch, you are always reminded to do this.

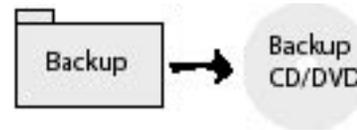


Step 2: Move a copy of Alpha.ETH from your current eTouch folder to the **Backup** folder that is inside the eTouch folder.



The **Backup** folder is inside the eTouch for Health folder which is located in your Programs or Applications folder

Step 3: Burn a Copy of Your Backup Folder to CD or DVD

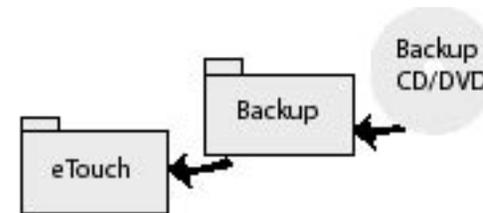


The **Backup** folder contains your Personal and Session records. It is very important to backup this folder to a safe place.

Step 4: Install your new eTouch for Health version 2.0

****** DO NOT OPEN eTouch at this time! *****

Step 5: From the Backup CD/DVD you made in Step #3, copy the Backup folder to your just installed eTouch for Health version 2.0 folder. You will replace the Backup folder when prompted.



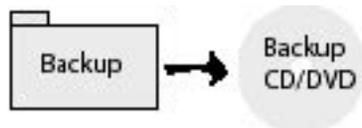
Step 6: Open eTouch for Health

Step 7: Select: Upgrade and click Continue



Step 8: The Upgrade is automated from this point. Follow the directions when prompted.

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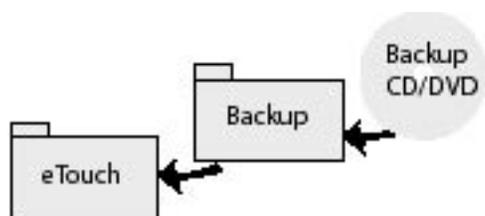


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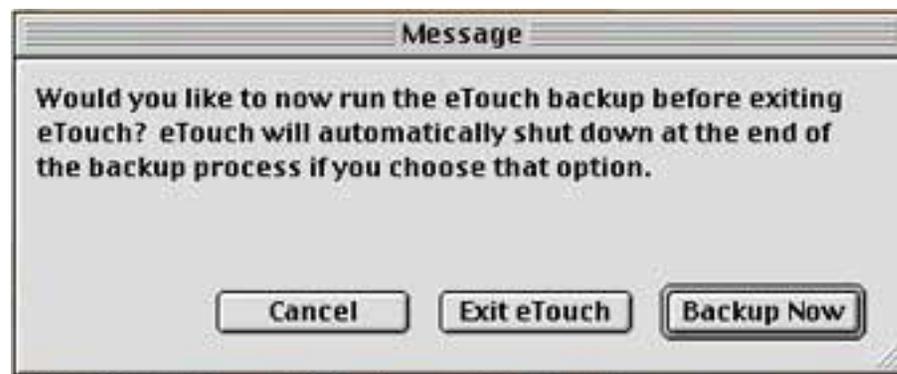
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