

# Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically“

## Manual GMON - Functionality under macOS

### The GMON software is optimized for Windows computers

Our GMON software has been optimized for Windows operating systems from the very beginning and currently cannot be ported to macOS with insignificant effort. Nevertheless, we would like to present a small workaround on how Mac users can also benefit from our software. The keyword is virtualization, where nowadays it has become possible to comfortably run another operating system virtually thanks to powerful hardware. For this purpose, we would like to introduce the procedure with the well-known program Parallels®:

### Using GMON with the help of a Windows under Parallels®

For Mac users, there is a virtualization program from Parallels® to virtually run different versions of Windows. A Windows license is required in addition to the Parallels® license. The manufacturer offers a 14-day trial version, where an (unlicensed) Windows can also be downloaded. More information can be found at the manufacturer:

<https://www.parallels.com/products/desktop/>

After installing Parallels® you can install your Windows (Windows license is required). For more information about the product and installation, please visit the manufacturer website:

<https://www.parallels.com/products/desktop/resources/>

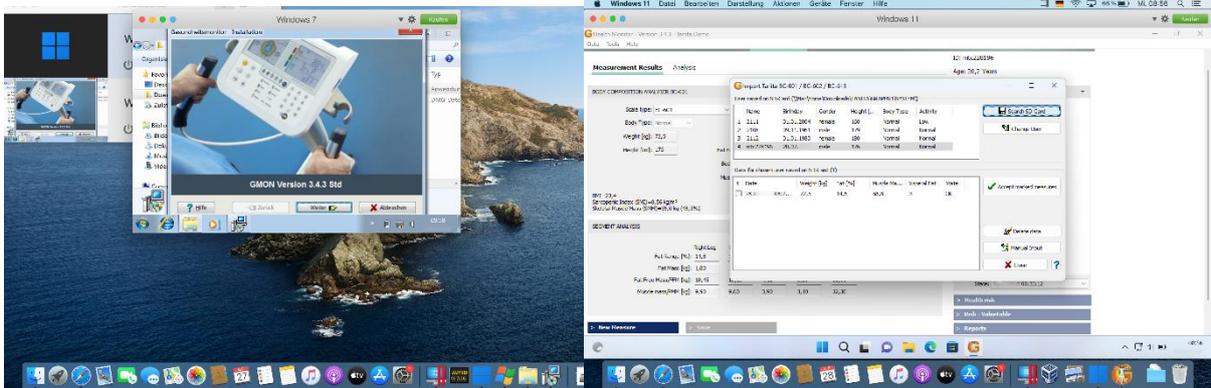


Therefore you choose from which data source you want to install the Windows (DVD, ISO image or from USB drive). After entering your Windows license key, the Windows system will be installed automatically and already preconfigured with your credentials from your Mac. After the installation you can start the Windows from the desktop. There you can install the GMON according to the [installation instructions](#) in the classical way.

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### Potential issues

#### System compatibility

Please note that not all functions may be transmitted correctly, as the connection must pass a circuit from scale - computer - hardware - Mac - Parallels® - Windows - GMON and this may lead to communication difficulties. In the test, the connection via USB interface worked well.

#### SD memory card is not recognized

When transferring data from an SD card, it can occur that the SD card is not correctly recognized by the guest operating system. In this case, you can simply disconnect the card from the computer via "eject" and insert it again. A possible alternative is to copy the data from the SD card to another path and then select this path in GMON for importing.

### Tested under the following settings

Apple MacBook Pro Late 2013 with Intel® processor

Mac OS 10.15.7 Catalina

Parallels Desktop 18 for Mac 18.0.2

Windows 11 Pro

GMON Tanita Home BCM 3.4.3 with SD card connection to Tanita BC-601

GMON Pro 3.4.6 with SD card as well as USB connection to Tanita DC-430

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#### [Overview about GMON modules](#)

general operation instruction, using goals values, other relevant parameters for health  
[Index](#) for GMON program

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