



Importing TEST from CSV file

(Version 10/2014)

INTRODUCTION

This guide is intended to briefly show how to export and reuse data coming from a test executed using a lactic acid meter. We will refer to a **CERA-CHEK Lactate L400**.

Measurements collected during such a test will be exported with a standard file format, to be later imported to the database of SportPlusHealth (www.sportplushealth.com) as a common Mader test.

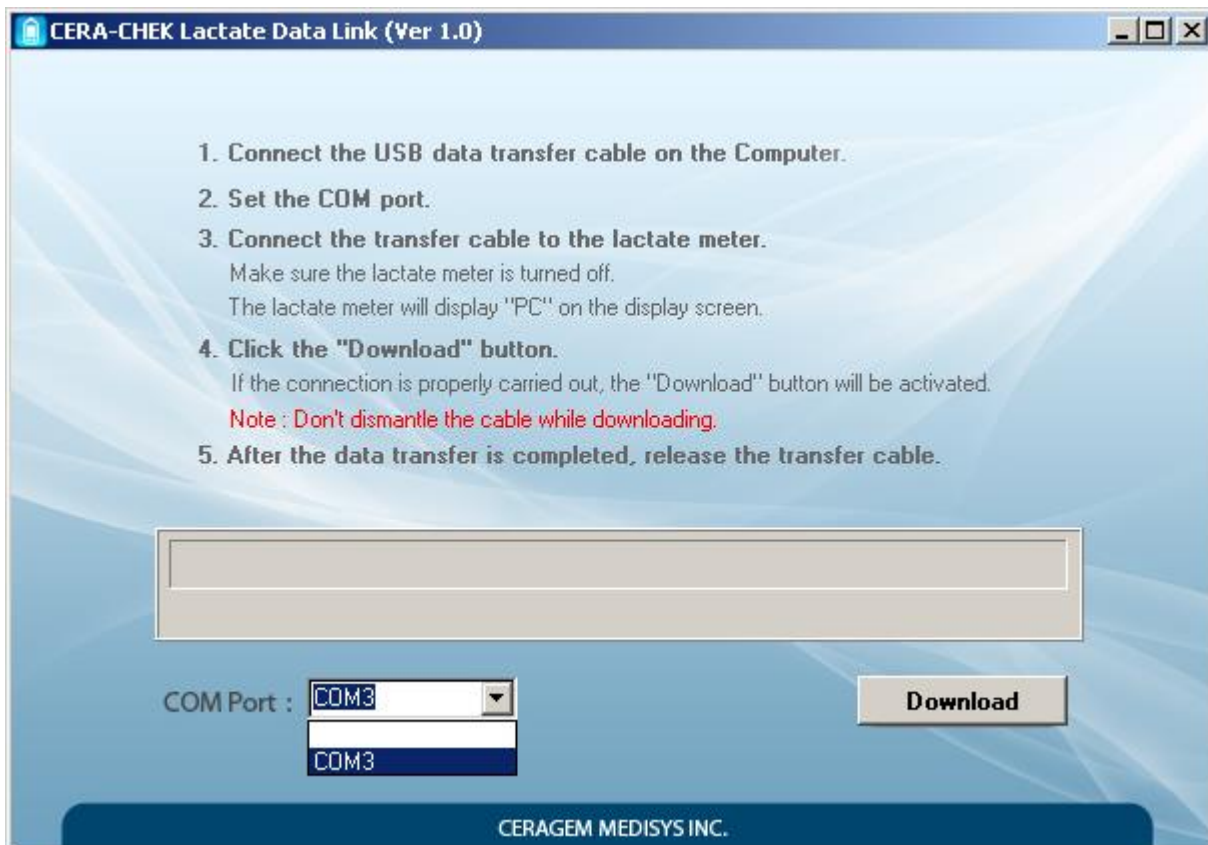
PROCEDURE

Below there is a list of steps to be followed, in order to correctly import the data:

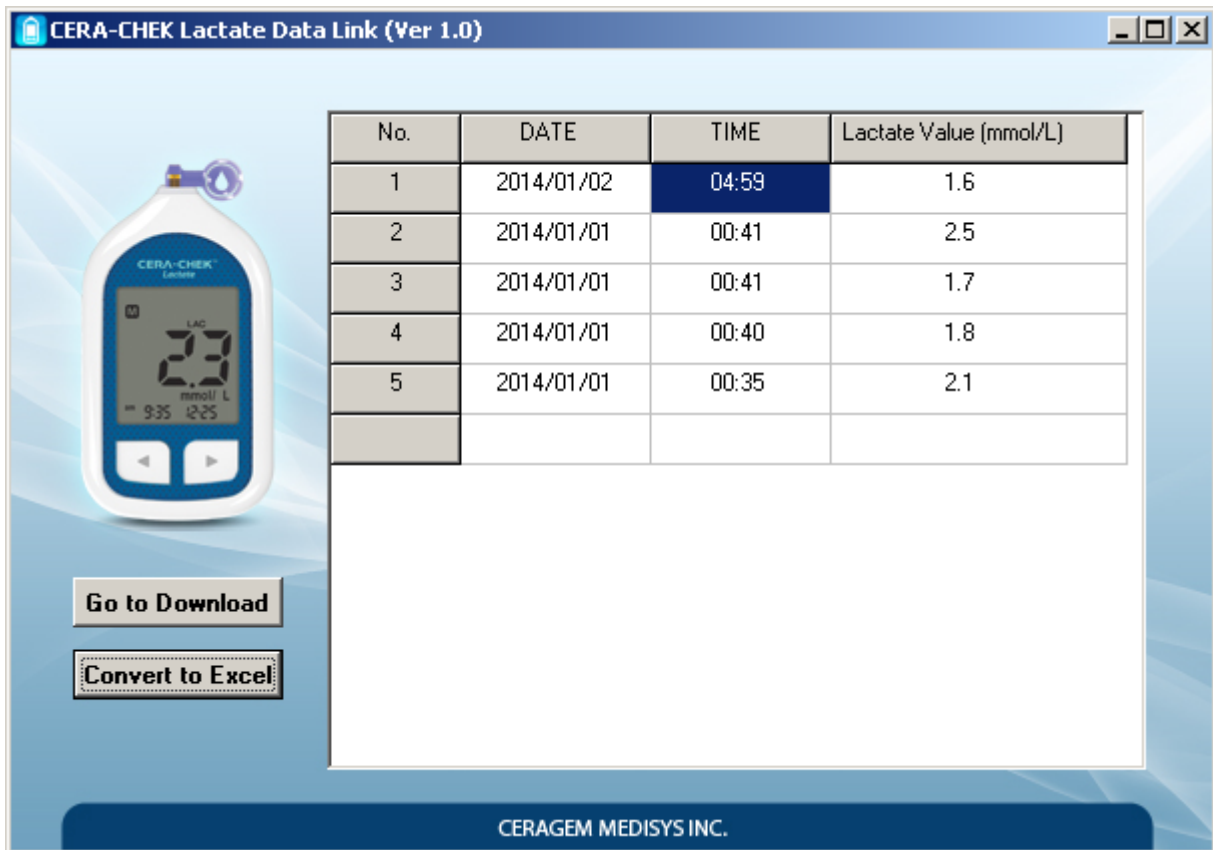
- 1) Download and install on your PC the support tool called **CERA-CHEK Lactate Data Link**, you will need it in order to access the data contained in the measuring device.
- 2) After completing the test with its sampling, connect the PC to the measuring device.
- 3) Open the support tool just installed, its icon is shown below.



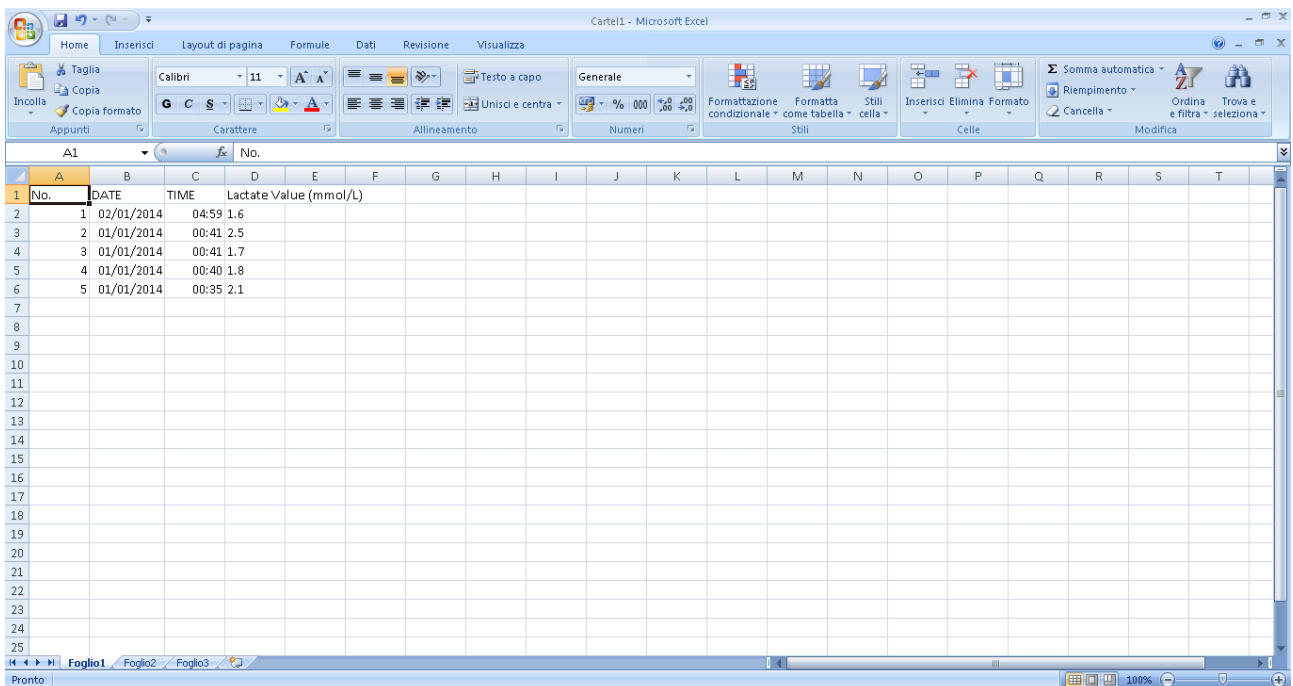
- 4) If the measuring device is successfully connected, the voice **COM Port** will show a new communication port available (**COMn**). Select it and press the **Download** button.



5) In the page that opens, select **Convert to Excel**.



6) The command just launched will open a window of Microsoft Office Excel (or an equivalent program, if installed) similar to the one shown below.

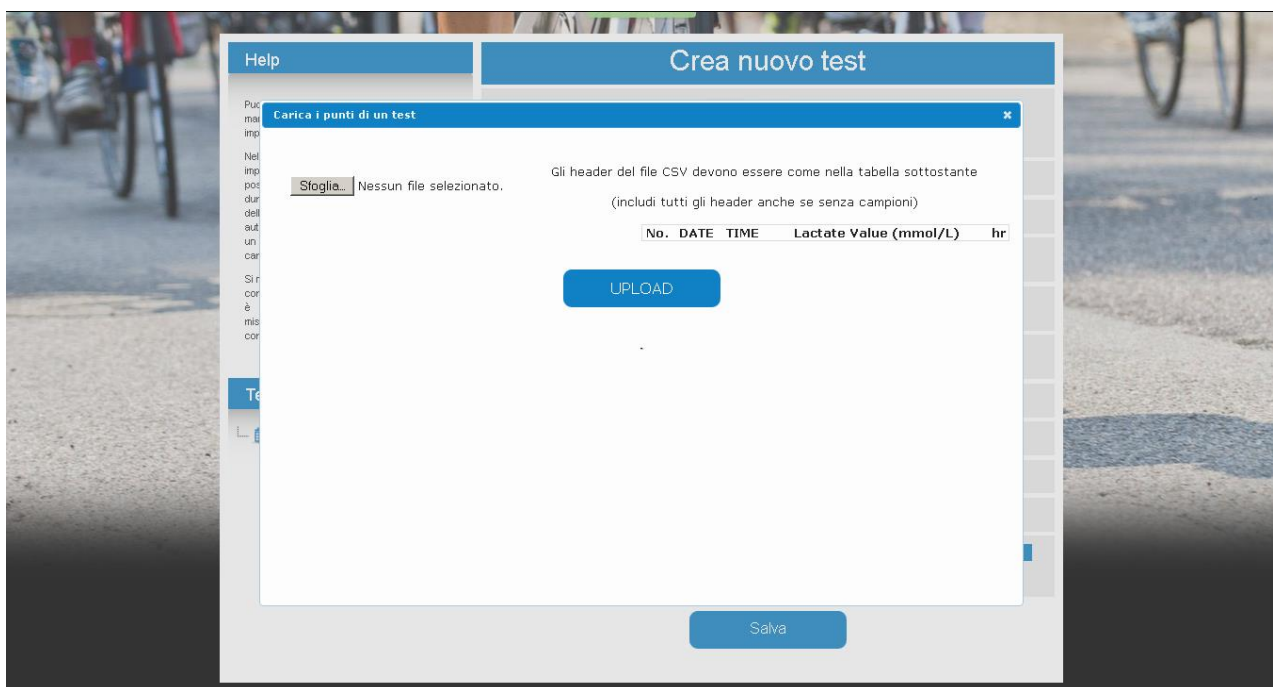


6) All that remains is to export the file just opened in Excel, using the CSV format. To do so, we must press on **Save As...** and choose from the list of formats the **.csv** extension. You can ignore any error messages about the incompatibility of the format with some feature within the file, which does not affect in any way the success of the procedure.

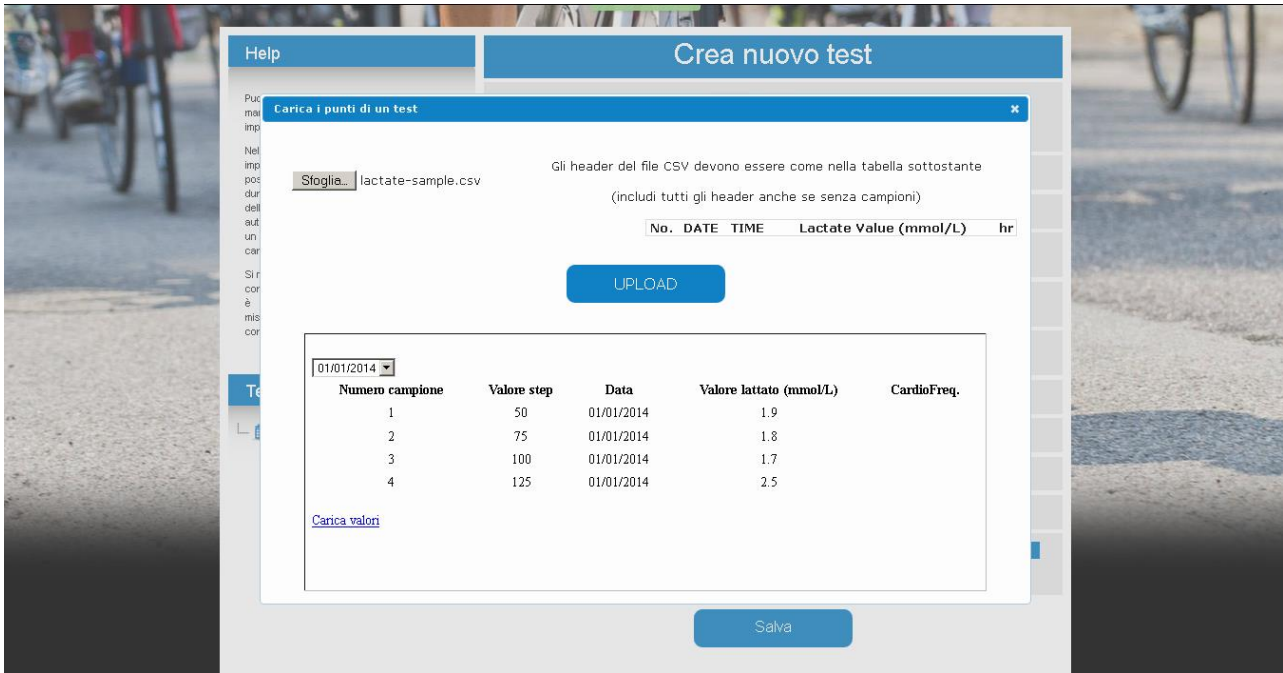
7) You now have to import. You need to open, using a common browser, the specific page on the SportPlusHealth website. The direct address is as follows (you may be prompted for login credentials): <http://www.sportplushealth.com/sport/tests/test/add>

8) Complete the fields for the configuration of the test to import, paying particular attention to select the type **Mader** to consider the values of lactic acid properly. Other areas of particular importance are the starting value, the increment, and the duration of the sample.

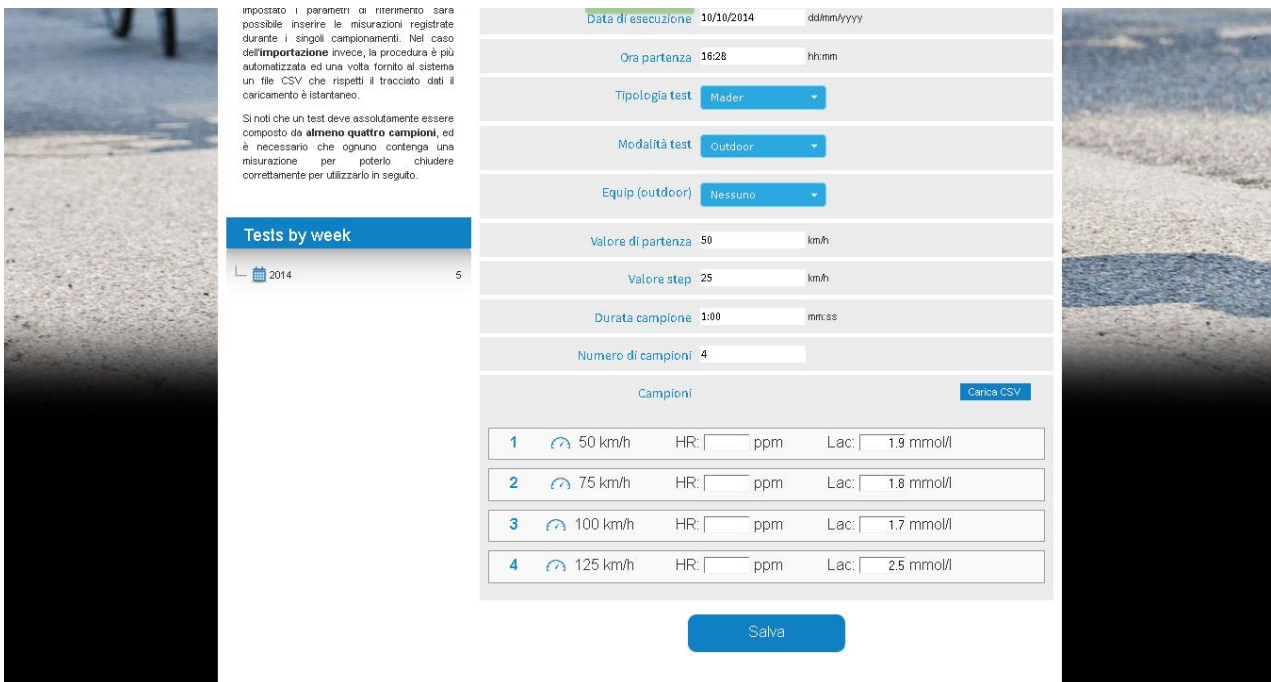
9) Finally, click the **Upload CSV** button and select the CSV file just created.



10) From the next page, click **Upload** to upload the file. Select the date of different samples from those in the file (there must be at least 4 to be valid) and then click **Load values**.



11) Once closed the popup you will get this screen.



12) If required you can enter the heart rate data too, and then press **Save** to complete the process.