

Starting *Getting the Most Out of Your BackChecker™*

Thank you for choosing the BackChecker™ to help correct your slumping posture!

Knowing how to use and care for your BackChecker™ is critical to making your training safe and effective. To help you, we have created *Getting the Most Out of Your BackChecker™*, your computer-based training course and detailed reference for your BackChecker™.



Accessing the course

You can access *Getting the Most Out of Your BackChecker™* from

- Our website: use this method if you have a high speed internet.
- The USB flash drive included in your kit: use this method when you have low speed internet or no connection.



Computer requirements

To run the course, your computer must have the following:

- major internet browser
- Adobe® Flash Player®
- Adobe® Reader® (for the course certificate only)
- speakers or headphones
- high speed internet connection or free USB port
- printer (for course certificate and course quiz and survey results)

Copies of Adobe® Flash Player® and Reader® are included on the USB flash drive.



Skill level

To navigate the course, you must be able to use your computer at a basic level. To participate in the physical activities of the course, you must be able to put on and adjust your BackChecker™ and handle small parts. Alternatively, have someone assist you.



Running the course from our website

To run the course from our website, go to

www.activeposturedevices.com/backchecker_training



Running the course from the USB flash drive

To run the course from the USB flash drive

1. Insert the USB flash drive in a free port.
2. Open the folder.
3. Install Adobe® Flash Player® and Reader® (if required). Select the icons and then follow the on-screen instructions.
4. Select *Getting the Most Out of Your BackChecker*. The course opens automatically.



Contact us

If you have any questions about running the course, contact us at

Active Posture Devices™ Customer Support
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