

Cardiac Rehabilitation — Audio Delivery System

## How to Install and Manage Audio Tracks

To install and manage audio tracks, from the Start Menu 🚱, open the Audio Server Settings link from the Texas Health program group. A window will appear that allows you to add, remove, and modify the lessons and categories uploaded to the iPod Touch devices. When you have finished making updates, press the OK button and restart the Audio Server.

category such as Exercise, Nutrition, Prevention, or Stress. Click the Add Audio link to add new audio tracks to the selected category. Only MP3 files are supported. - - × Cardiac Rehab - Audio Server Settings Click the Move Up or Move Down links to Lessons: reposition the selected category or Add Category Exercise audio track within the list. Add Audio 01 - Getting Started 02 - Guidelines to Promote Safe and Effective Exercise Move Up 03 - Adding Strength Training Move Down Nutrition Click the *Rename* link to change the 04 - Eating Right for Heart Health and Fitness Rename name of the category or audio track as it 05 - Know What You're Eating - Food Labels Delete appears in the Audio Server and iPod. 06 - Let's Reduce the Sodium 07 - Meal Planning 08 - Facts About Fat and Fiber 09 - Weight Management Click the *Delete* link to remove the selected item. Deleting a category will also delete the audio tracks it contains. OK Cancel Click the OK button to save the settings and close the window. Clicking the *Cancel* button will discard any changes.

Click the Add Category link to add a new

Note: The Audio Server must be closed before opening this window.