

Desk Control™ app instructions.

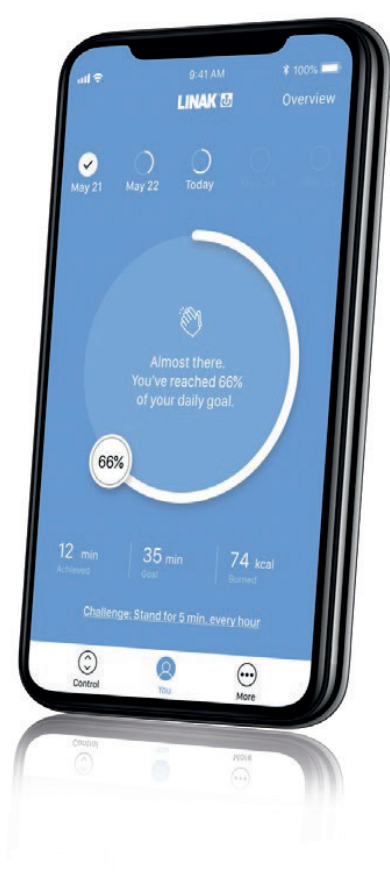
The Desk Control™ app

This innovative app was developed for users of sit-to-stand desks. The app allows users to connect to their desks via Bluetooth® wireless technology and has friendly reminders to change position during the day.

Statistics show that daily achievements help users build a healthy routine during the workday.

The desk can also be adjusted and the user can drive to pre-stored favourite positions via the app.

Desk Control™ is offered in 8 languages and is available for two different platforms: iOS for iPhones and iPads and Android for Android smartphones and tablets.



Installing the app

Downloading apps

The apps are called 'Desk Control™' and it has the following app logo in iTunes and Apple App store and Google Play store:



You can also scan the respective QR codes to reach the app in your app store.



Remember:

Turn on Bluetooth® on your smart device to use the Desk Control™ app.

Scan this QR code for the Apple iOS version:

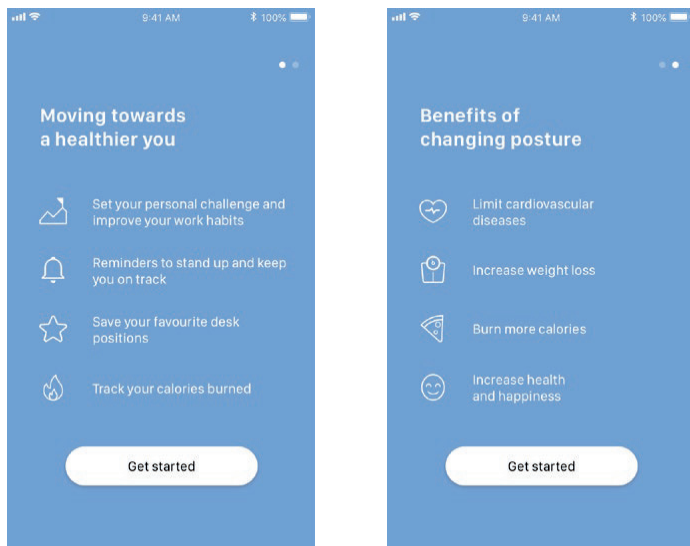


Scan this QR code for the Android version:



Getting started

When you open the app, the display shows a list of options available in the app. If you swipe to the left, a list of benefits of changing posture during the day will be displayed. Press **Get started** on either screen.



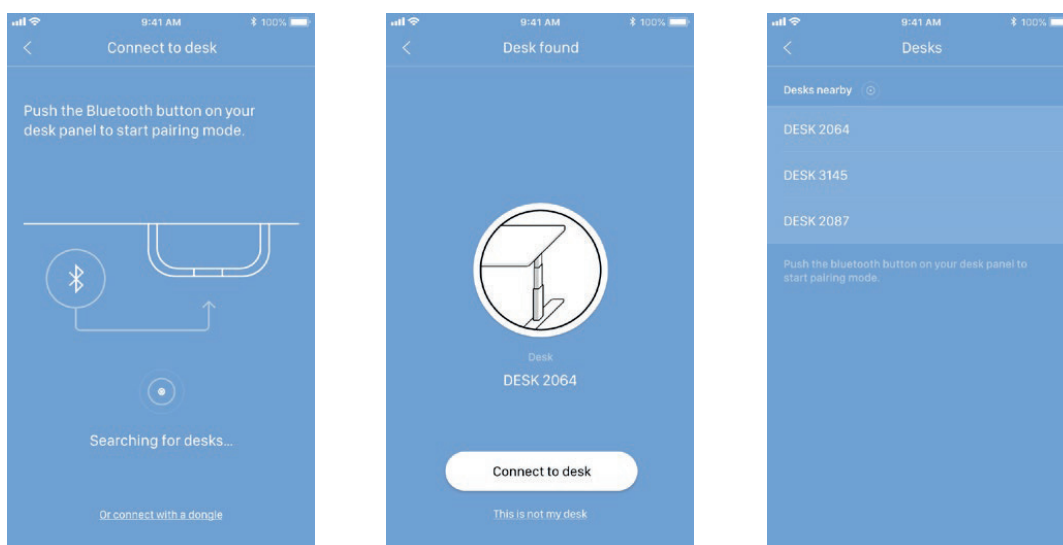
On-boarding flow

The app now automatically starts searching for desks in pairing mode nearby, and the ID of the first desk found will be displayed. If this is the desk you want to use, press **Connect to desk**. If not, press **This is not my desk** to view a list of desks nearby.

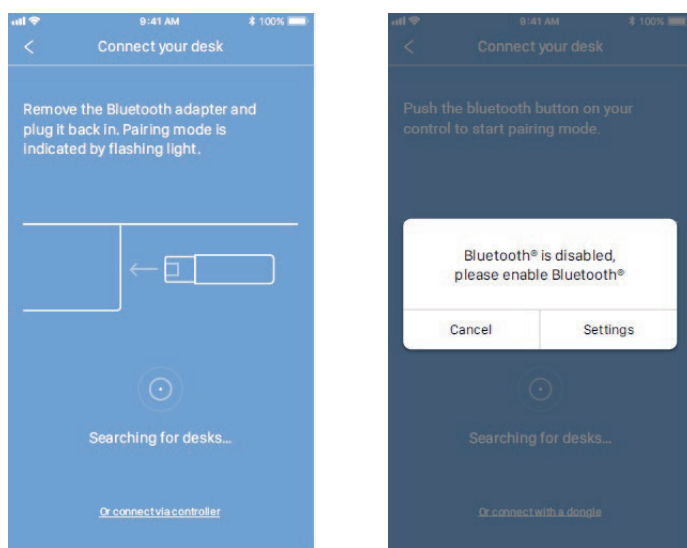
If the desk is not on the list, set the desk panel in pairing mode to get the desk added to the list. Press the Bluetooth® button on the front of the desk panel for two seconds. The LED light or LED light strip flashes blue to indicate that the desk panel is in pairing mode.

All DPG desk panels have IDs named 'DESK' followed by a four-digit number. All Bluetooth® adapters have IDs named 'BLE2LIN' followed by a four-digit number.

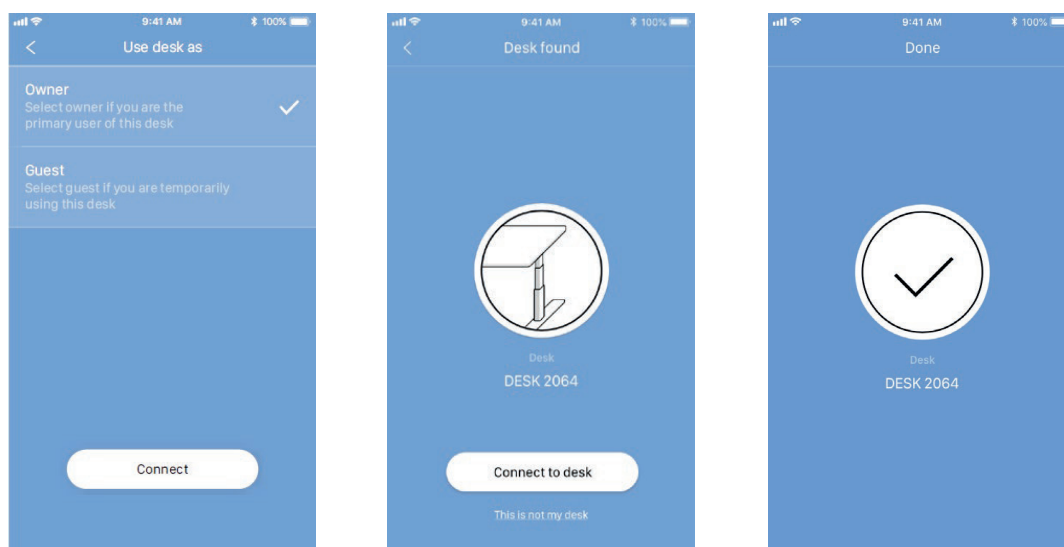
Press on any desk ID to connect to that desk.



In case the desk panel does not have integrated Bluetooth®, press **Or connect with a dongle** to use a Bluetooth® adapter for pairing. Please remember to enable Bluetooth® on your smart device. Plug the Bluetooth® adapter into the DESKLINE® control box. The adapter flashes blue and will be in pairing mode for three minutes.



Before the app is connected to the desk selected, you must select whether this is your primary desk (select **Owner**) or if you use this desk temporarily (select **Guest**). Press **Connect** to connect your smartphone to the desk.



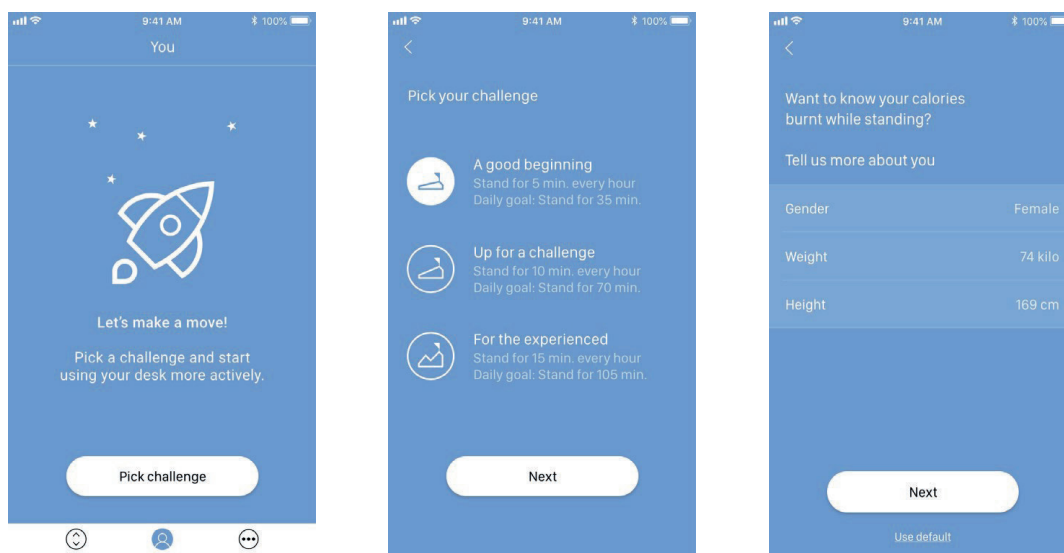
You can connect to several desks, either as **Owner** or as **Guest**.

- If you connect as **Owner**, your reminder and favourite settings are stored in the DPG on the desk and your app will automatically connect to this desk when you arrive, and track the statistic sit/stand data throughout the day.
- If you use the Bluetooth® adapter, your reminder and favourite settings are stored in the control box/dongle.
- If you connect as **Guest**, your reminder and favourite settings are stored on your smart device, and when you connect to a desk, these settings will reflect in the DPG. You need to pair your smart device with the desk every morning. When your smart device has been disconnected from the desk for two hours, the DPG will go back to the settings it had before you connected, however, the rest of the day the app will automatically connect to this desk and send standing notifications as well as keep track of sit/stand data.

Setting your challenges

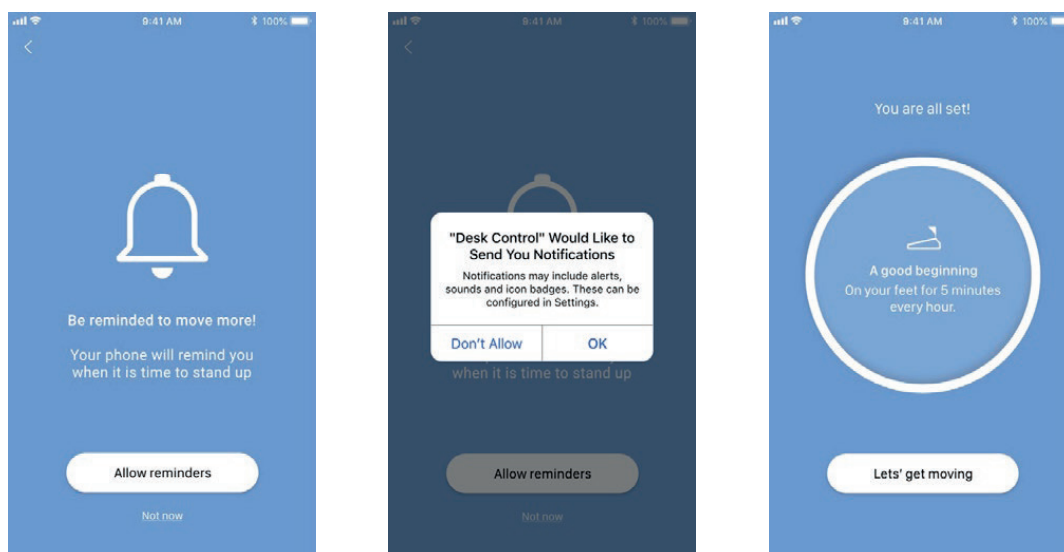
Once your smart device is connected to the desk, you are prompted to pick a challenge and start using your desk more actively. You can choose between three standard challenges. Select one and press **Next**.

If desired, you can enter your gender, weight and height and find out how many calories you burn while standing during the day. If you choose the default settings you will still see the calories burned, however, they will be based on a default gender, weight and height.



Please note that if an interval for standing/sitting has already been chosen via the DPG, these settings will be shown in the app. Either keep these or select a new challenge.

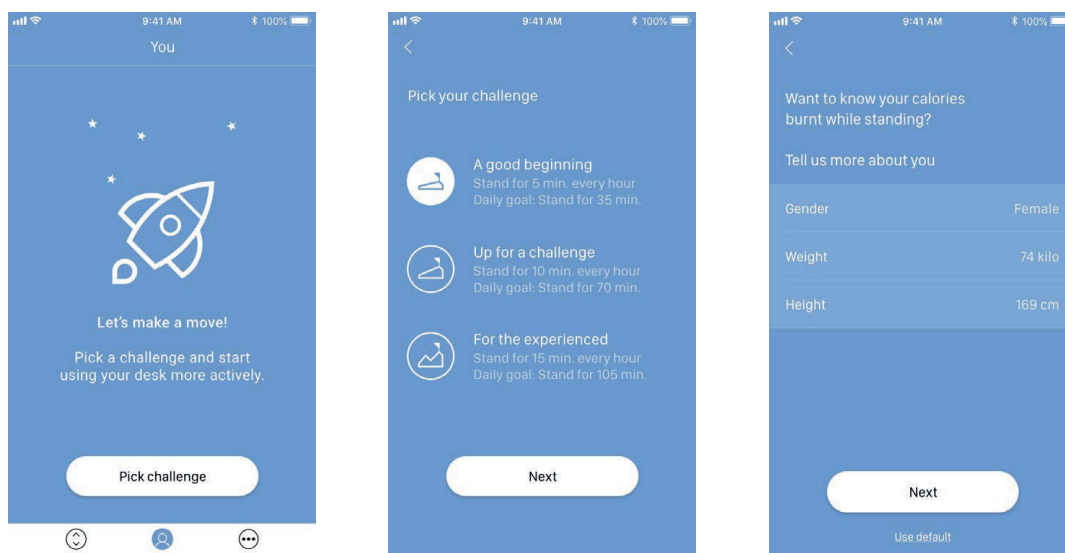
Once you have set your challenge, you can choose to get reminders when it is time to stand up. To receive reminders, you need to allow the Desk Control app to send notifications.



Setting your challenges

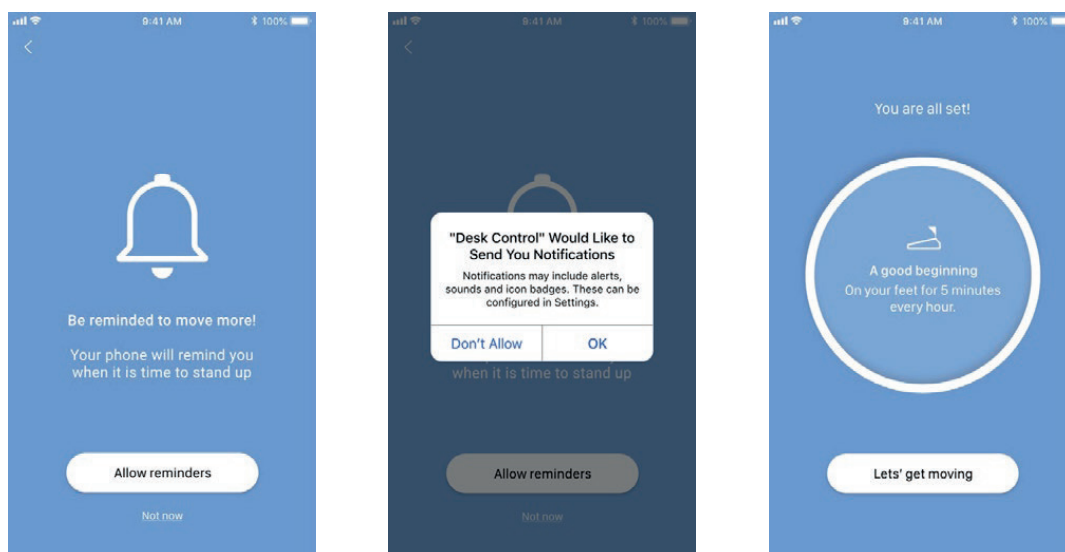
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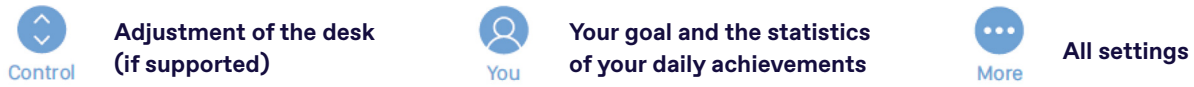
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Operation

How to use the app

The Desk Control app consists of three different tabs to navigate between: **You**, **Control** and **More**.

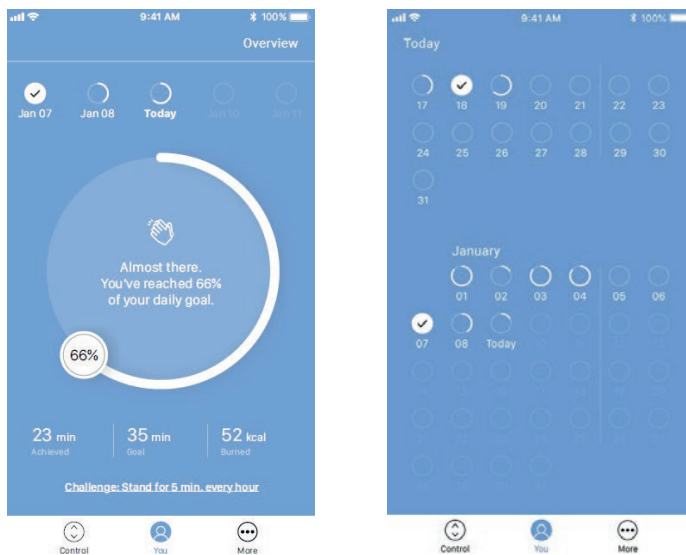


You

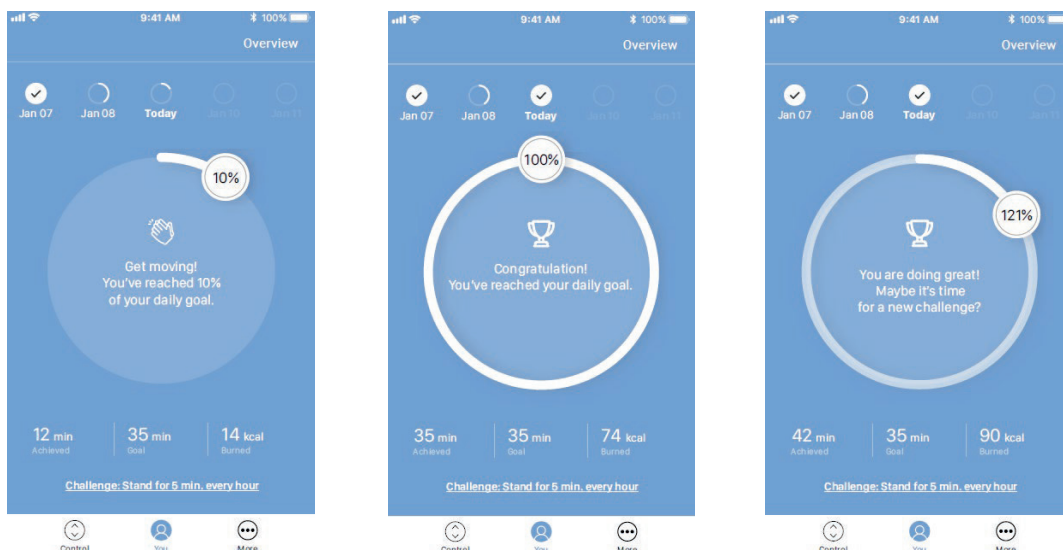
When your settings are done, you will see the main page, 'You', giving you a fast overview of today's statistics together with a motivating text and icon to keep you going.

Press **Overview** to get a calendar overview of your daily achievements. Press **Today** to get back to the main page.

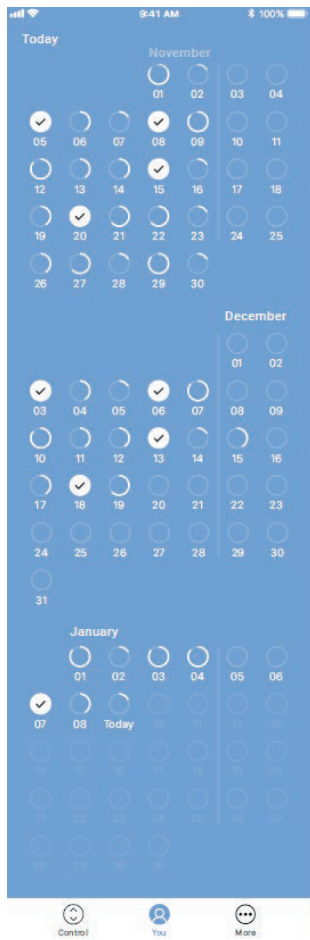
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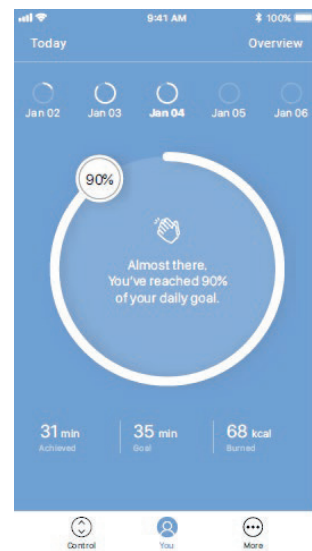
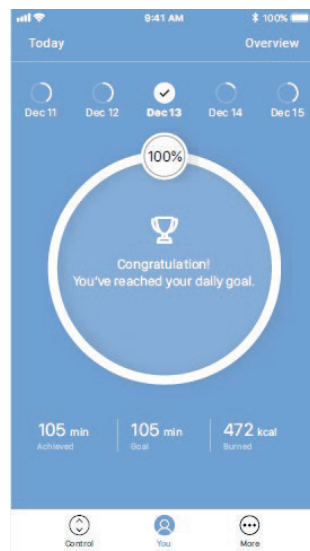
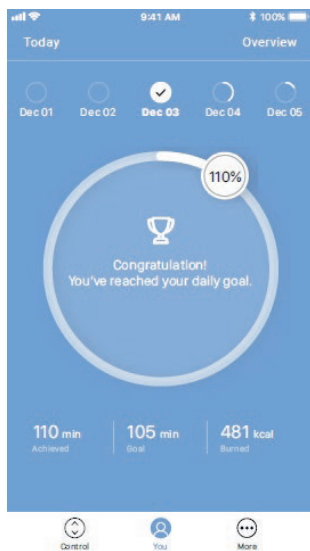
'You' is the page where you can view how close you are to reaching your daily goal. The progress is shown in percentage of your set goal and you will also see an incentive text and an icon. Should you stand more than your set goal, you will see an encouragement to pick a new challenge.



If you press **Overview**, you will see your daily achievements in a calendar overview. You can scroll to see older data.



Press any of the dates to see your achievement for that day.



Control

The screen below shows when the app is connected to a 'full version' of a DPG or Bluetooth® adapter.

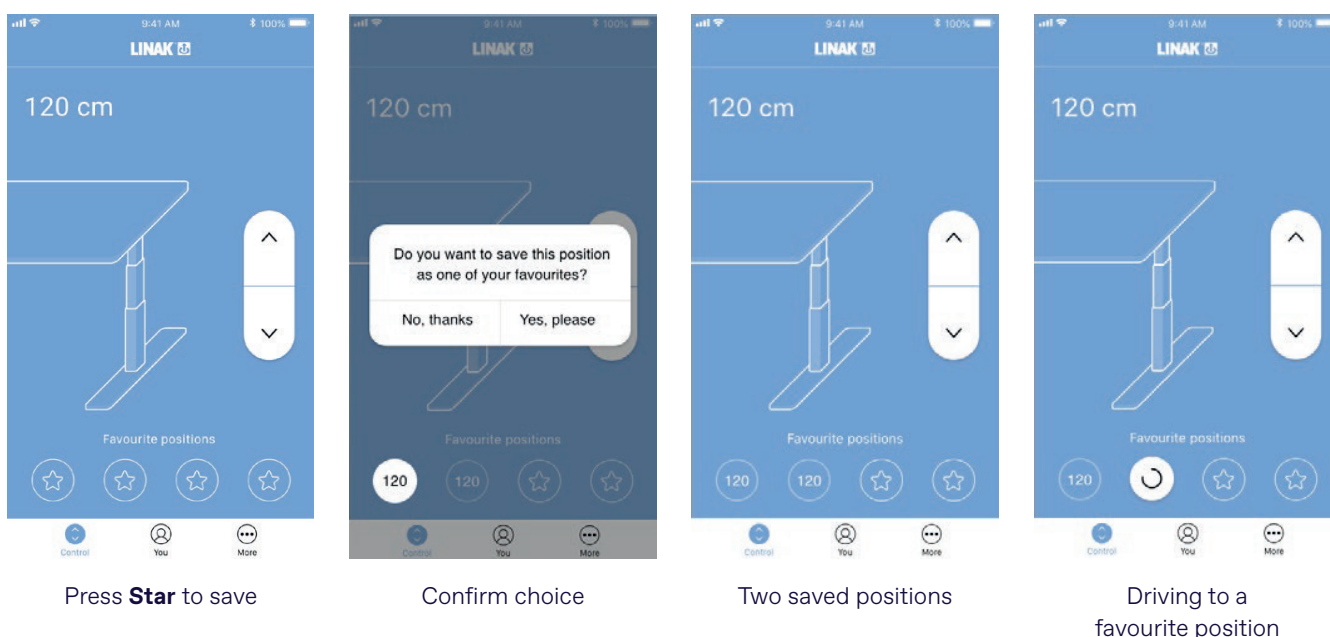
If the connection is with a 'limited version' of the DPG or Bluetooth® adapter, adjustment of the desk height via the app will not be possible and it is not possible to save any favourite positions.

The graphics will adjust to reflect the possibilities.



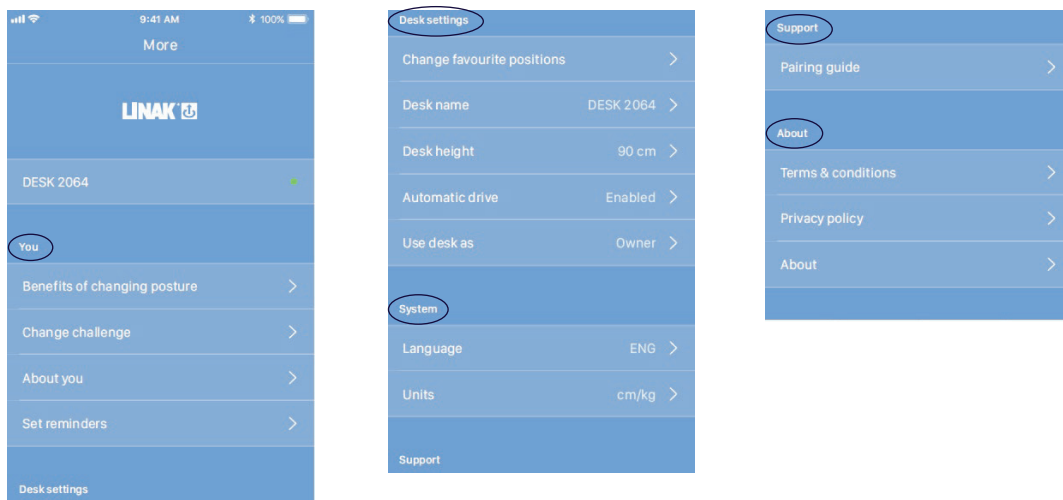
Setting a favourite position

1. Drive desk to preferred position
2. Press one of circles with star inside. A pop-up notification asks if the position should be saved as a favourite position, press **Yes, please** to save the position. The circle now shows the height of the favourite position.
3. Drive desk to a favourite position by pressing and holding the button. The DPG will reflect the favourite positions saved through the app, so you can change desk height via the desk panel instead of using the app.



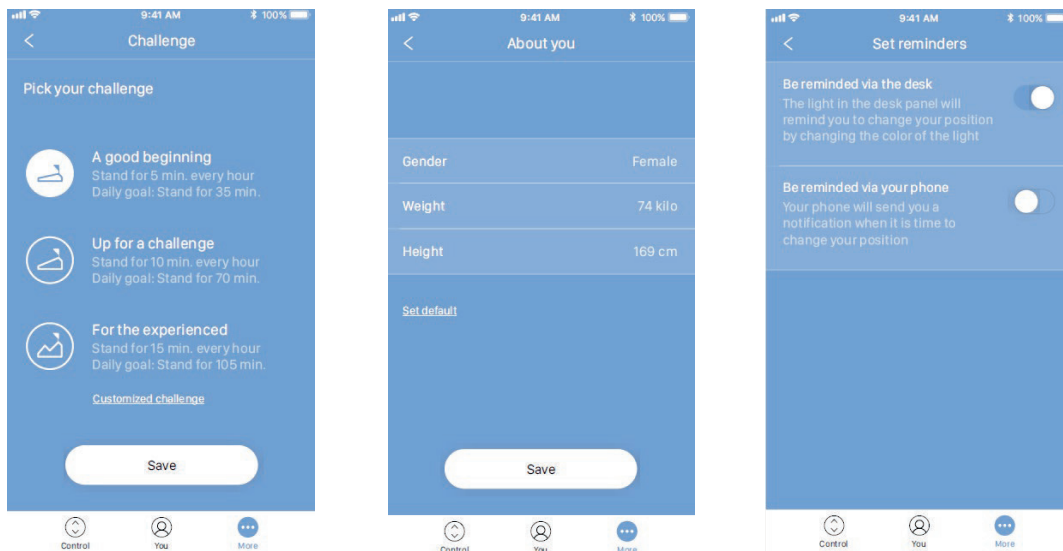
More

Press **More** to get access to a list of setting options and information arranged in five groups (the graphics below show a split view).



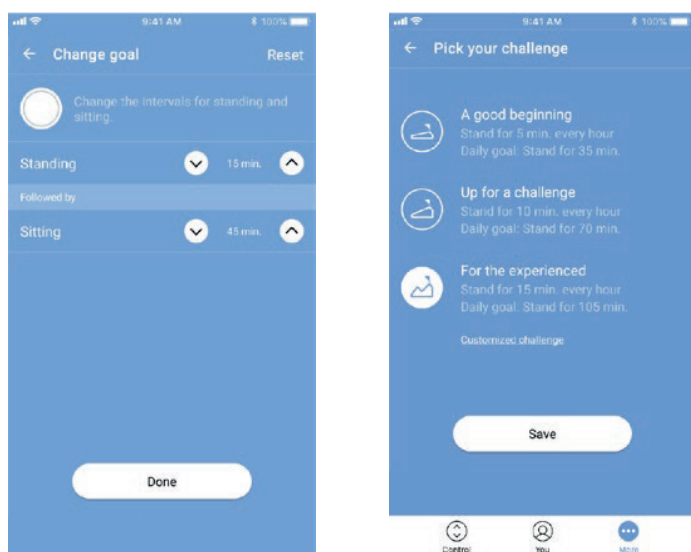
You

In the 'You' section you can learn more about the benefits of changing position during the workday, or you can pick a new challenge. You also have the possibility of changing your personal information and your reminder settings.



Change challenge

Here you can select between the three standard challenges, or you can define a personal challenge. Press **Customised challenge** and set your goals for standing/sitting by pressing the **Up/down arrows**. When finished, press **Done** and then **Save**.



About you

Here you can set or change your gender, weight and height. The default settings are Male, 83 kg, and 181 cm.

Set reminders

Enable or disable reminders as pop-up notifications on smart devices.

If it is supported by the connected product, e.g. the DPG1B, you can enable or disable the light strip as a reminder function. See also 'Reminder notifications'.

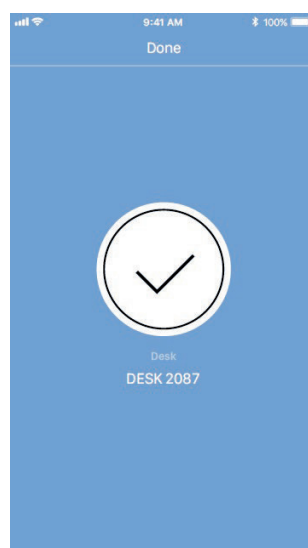
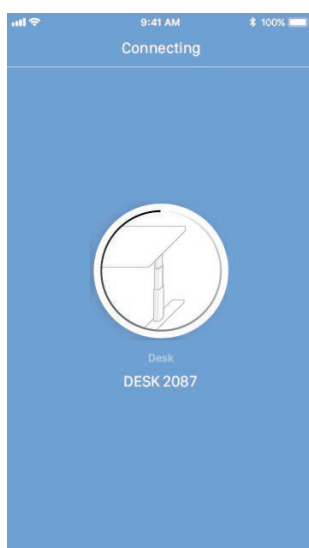
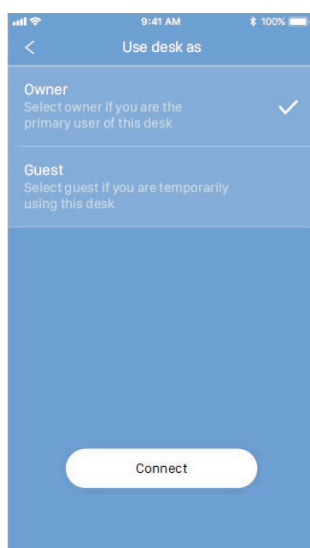
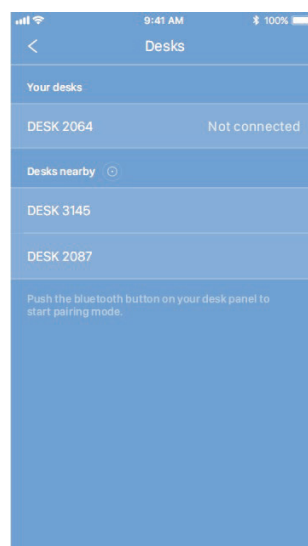
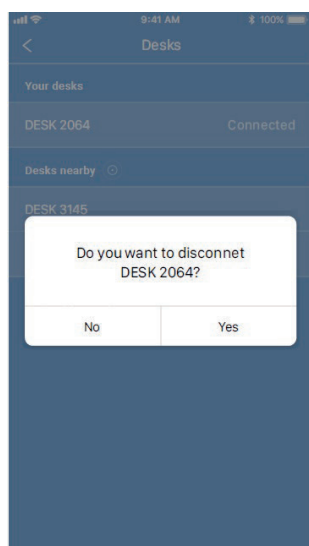
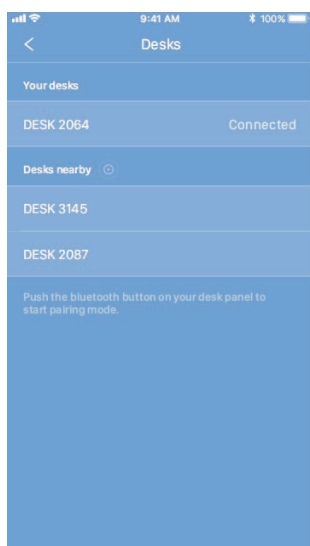
Desk settings

In the 'Desk settings' section you can change your favourite positions, change the desk name, connect to another desk, set the actual desk height, enable/disable 'Automatic drive', and switch between 'Owner' and 'Guest'.

Connecting to another desk

Steps 1 and 2 are only to be performed if the app is already connected to a desk.

1. Press on desk connected to disconnect.
2. Confirm that you want to disconnect.
3. Press on new desk to connect.
4. Choose between **Owner** and **Guest**.
5. Wait until app is connected to desk.



Set desk name

Change the name of the connected product to personalise the user experience of the app. The renaming will only affect the local name in the smart device – not in the DPG or the Bluetooth® adapter.

Set desk height

Set the actual height of the desk. An illustration guides you on how to measure. Choose height units (cm or inches).

Automatic drive

If 'Automatic drive' is enabled, you can make the desk adjust non-stop to any favourite position by just pressing the relevant button once. This function is called 'one-click drive'. It is only possible to enable 'Automatic drive' if the app is connected to the 'full version' of the DPG1M/B/C and BLE2LIN, not the 'limited version'. An animation shows you how this feature works.



You have to accept the terms, i.e. accept the responsibility of any danger that can occur under these circumstances, in the pop-up notification before this feature can be enabled.

If you press any button, close the app or tilt the DPG during this automatic drive, you will interrupt the drive of the desk.

System

In the 'System' section you can switch language. The language is by default set to the language of the operating system of your smart device. Choose between eight different languages in the app.

The available languages are:

English, Korean, Japanese, Chinese, French, Italian, German, and Spanish.

This change does not affect the language in the display of a DPG1C.

You also have the possibility of changing the units between the metric and imperial systems. Switch between 'cm' and 'inch' for height and 'kg' and 'lbs' for weight.

Support

In the 'Support' section you can find a pairing guide which helps you pair your smart device to a desk.

Support

[Link](#) to the LINAK website with troubleshooting videos on the DPG products.

About

The 'About' section contains the terms and conditions for using the Desk Control™ app as well as the LINAK privacy policy.

About

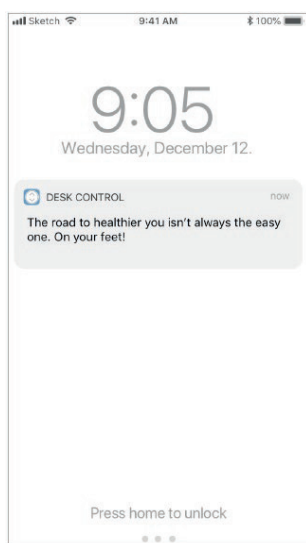
Use your desk: [Link](#) to the 'Made to Move' site where you can get guidance on how to use a sit-to-stand desk correctly.

Product information: [Link](#) to LINAK website with information about this app.

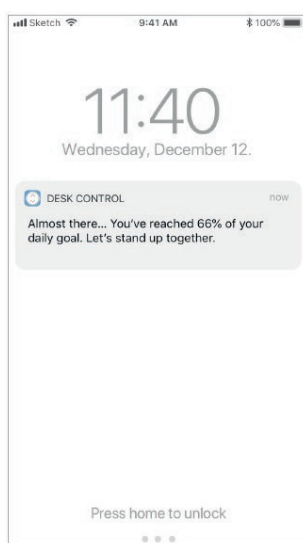
Reminder notifications

When reminder notifications are enabled on your smart device, pop-up notifications will occur to remind you when you need to change position. The reminders will appear based on your settings.

The notifications depend on two types of data. They pop up as a result of either time-based data or data-based data.



Time-based notification



Data-based notification

The time-based notifications are available for all and pop up based on the time the desk has been in sitting position.

Press on the notification to open the app, or slide to the left to see the three options:

- Snooze for 10 minutes
- No more reminders today
- Open app

Press **Snooze for 10 minutes** to be reminded again in ten minutes. Press **No more reminders today**, and neither your smart device nor the DPG will show any reminders for the rest of the day.

Press **Open app** or use the DPG to adjust the desk height.

The data-based notifications are personalised and pop up based on your set challenge.

Achievement	Notification
0 %	Let's get started. On your feet and move it a bit.
1 to 66 %	Get moving! You've reached X% of your daily goal.
67 to 99 %	Almost there. You've reached X% of your daily goal.
100 to 115 %	Congratulations! You've reached your daily goal.
>115 %	You are doing great! Maybe it's time for a new challenge?

The notifications are based on your challenge set under 'You'. If your challenge is set to 10 minutes standing and 50 minutes sitting, the notification will be sent after your desk has been in sitting position for 50 minutes.

If you have saved two favourite positions, these will count as sitting and standing heights. If you have saved no favourite positions, the trigger point is the desk's minimum height plus 30cm (adds up to approximately 95cm).

When the desk is moved above the trigger point, the DPG and the app will see the desk in standing position until it is moved down again. When the desk reaches sitting position (below the trigger point), the notification is reset and a new notification will appear after 50 minutes.



Notifications ONLY appear when you are sitting – not when you are standing.

Timer reset

The notification timer will automatically be reset when:

- the desk is driven from standing to sitting position
- the smart device connects to the desk in the morning
- you reconnect to the desk after having been away from the desk for more than one hour
- you start a new challenge
- you adjust a challenge
- you have been connected as 'Guest' (the reset will take place at midnight)

Statistics

The Desk Control app collects data in the background while connected to your desk. Each time you enter the app, the data is updated within 30 seconds.

As long as the app is connected to your desk, it registers the desk height even though you are not at your desk. This means that the statistical data is not always exact.

Recommendations on how to use Desk Control™

Overriding a learned sedentary behaviour is a true behavioural challenge. We have put together a guide to learn how to break up with your chair during your workday.

If you are not used to standing up to work, start with short intervals that focus on learning and getting into a habit. When this behaviour starts to become habitual, continue to stand for longer periods e.g. using the guide below or simply testing what feels comfortable for you.

How to vary between standing and sitting while you work

The most important thing is to vary your position and to move around, preferably three times an hour. Instead of sitting for too long at one time, you can switch between standing and sitting positions.

Remember good posture and to stand with your body weight evenly distributed on both legs.

- Start by raising your desk and stand for 5 minutes each hour before you go to lunch.
- Raise your desk just before your lunch break. Then your desk will be in the right position when you get back from lunch.
- Just after lunch, stand for 5 minutes before lowering your desk to sit for 55 minutes.
- Raise your desk again every hour so that you stand up working for 5 minutes each hour for the rest of the day.
- Raise your desk before you leave for the day – then it is ready for the next day.

Important reservations when varying between standing and sitting position:

If you are pregnant, have varicose veins or have a health condition that may prevent you from standing for 5 - 15 minutes at a time every hour, you should contact your doctor to make sure that this will not be detrimental to your health.

If you are not used to standing, start with a few minutes at a time and extend this standing period as you get used to working standing up.

