

## Desk Control

Desk Control is an app developed for users of sit/stand desks. The app allows the user to connect to the desk via Bluetooth® and will now motivate to use the desk efficiently. The app tracks the usage of the desk shown and helps the users reach their daily goal by sending reminder notifications on the smart device. By downloading the "Desk Control" app, the desk user comes one step closer to changing the prolonged sitting behaviour and the user gets the friendly reminder needed to build a healthy routine during the workday.

The app is available for 4 different platforms: iOS for iPhones and iPads, Android for Android smartphones and tablets, MacOS for MAC computers and Windows for PCs.



## Downloading the App

The apps are called "Desk Control" and have the following app logo in iTunes, Apple App store, Google Play store and Windows store:



## How to download the App for iOS

- Step 1:** Use your Apple device to log into App store
- Step 2:** Type "Desk Control" in the search column
- Step 3:** Select the "Desk Control" app
- Step 4:** Click install to download the app to your device

## How to download the App for Android

- Step 1:** Use your Android device to log into Google Play Store
- Step 2:** Type "Desk Control" in the search column
- Step 3:** Select the "Desk Control" app
- Step 4:** Click install to download the app to your device

## How to download the App for MacOS:

- Step 1:** Use your MAC to log into iTunes store
- Step 2:** Type "Desk Control" in the search column
- Step 3:** Select the "Desk Control" app
- Step 4:** Click install to download the app to your device

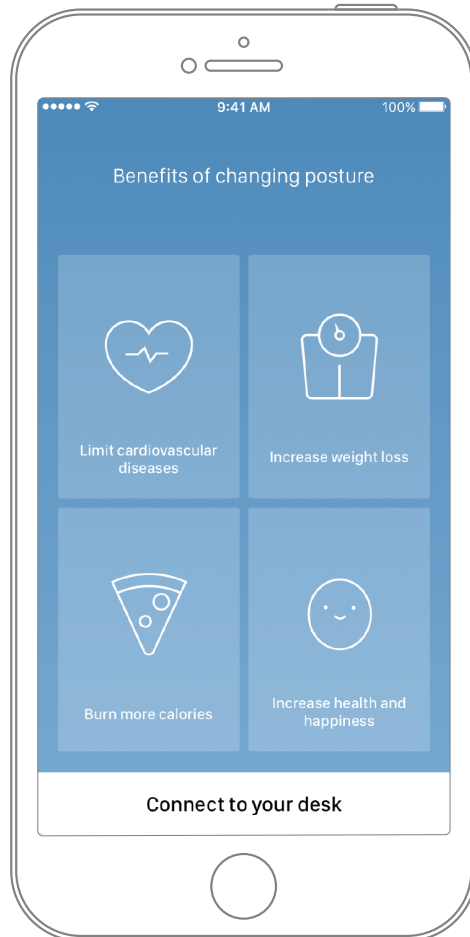
## How to download the App for Windows computers:

- Step 1:** Use your PC to log into Windows store
- Step 2:** Type "Desk Control" in the search column
- Step 3:** Select the "Desk Control" app
- Step 4:** Click install to download the app to your device

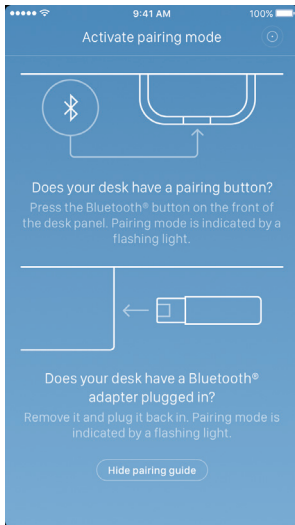
## Onboarding flow

The first time you start the Desk Control app; An onboarding flow will show to guide the user to the first-time use of the app.

The two main purposes of the onboarding flow is to inform the user of the benefits of changing posture during the workday and get the connection between the app and the device established. Pressing "connect to your desk" on the below screen will lead to the "Pairing Bluetooth®" guide.



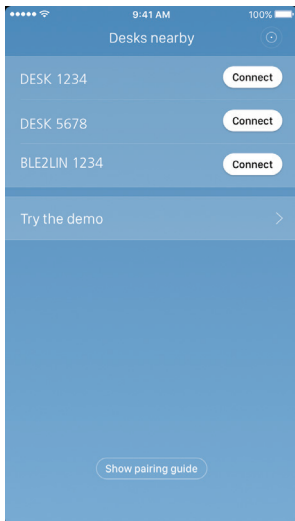
## Pairing Bluetooth®



To get a functional app, you must have the LINAK Bluetooth® Adapter or desk panel with integrated Bluetooth® such as DPG1M, DPG1B or DPG1C. The screen to the left informs the user how to get the product they received in pairing mode.

The Bluetooth® Adapter must be plugged into the DESKLINE® control box and it will blink blue and be in pairing mode for 3 minutes.

To set a DPG1M/B/C in pairing mode, the Bluetooth® button in the front of the desk panel must be pressed for 2 seconds and the light strip or light LED will blink blue to indicate that it is in pairing mode.



When pressing "Hide pairing guide" the screen with the list of devices in pairing mode will appear. Press the "connect" button to the right of the device to pair.

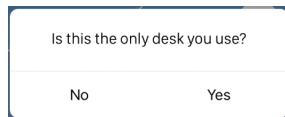
All Bluetooth® Adapters Bluetooth® IDs are named BLE2LIN followed by a 4-digit number.

All DPG desk panel Bluetooth® IDs are named DESK followed by a 4 digit-number.

Demo: By selecting "Try the demo", you will get access to explore the functionality of the Desk Control App but without connection to a product.

After pressing the "connect" button and the connection has been established successfully, the user will be lead to the "Control" page of the app.

The following question pops up on the screen, which the user have to answer.



If the user only uses one desk with this app; Press yes  
If the user uses this app for multiple desk; Press no

## How to use the app

The Desk Control App consists of 3 different tabs to navigate between; "Control", "You" and "Settings"



Control

Adjustment of the desk (if supported by connected device)



You

Statistics of the usage of the desk

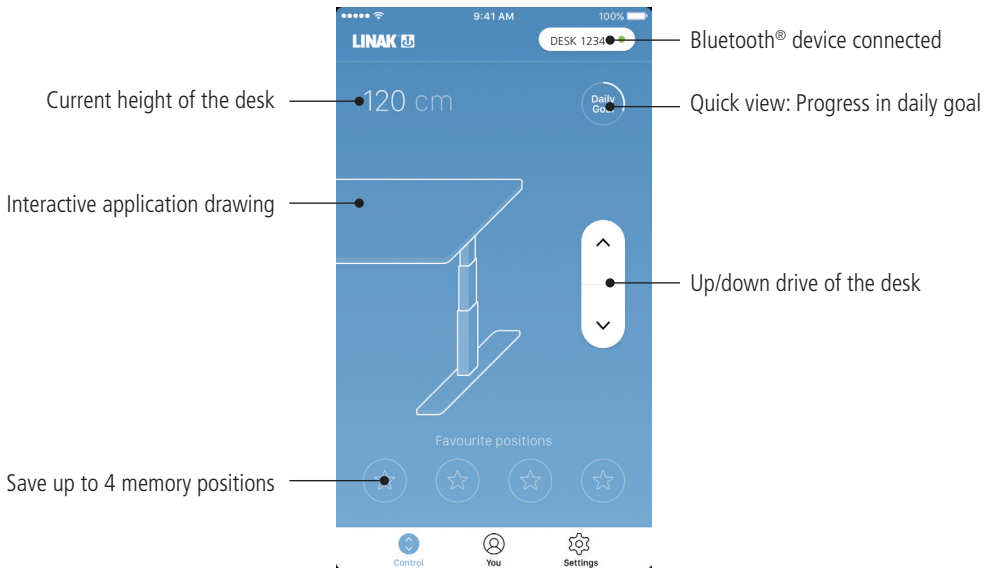


Settings

All settings

## Control

This is the landing page after the Bluetooth® connection is established. The functionality of the control page depends on the product to which app is connected. The screen below is when the app is connected to a "full version" of a DPG or Bluetooth® Adapter. When the connection is with a "Limited version" of the DPG or Bluetooth® Adapter; The adjustment of the desk through the app will not be possible and the memory positions will only be for saving the positions not adjusting to them via the app. The graphics will adjust to the possibilities.



## Up/down drive

Moves the application upwards/downwards while pressing and holding the button.

## Bluetooth® device

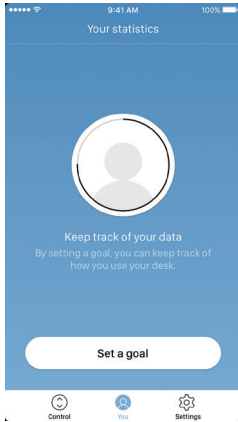
Leads back to "Desks nearby" and lets the user connect to another product in pairing mode

## You

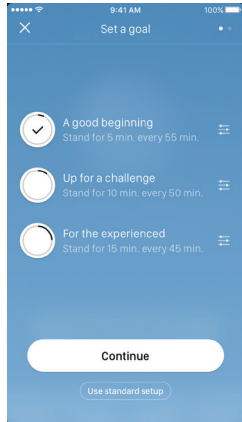
"You" is the page for setting the daily goal of standing at the desk.

The first time you press the "You"-tab will require following input:

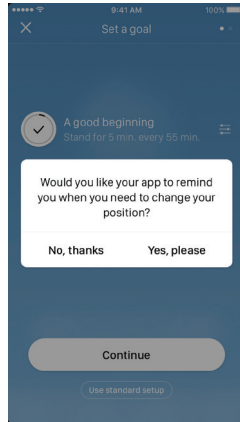
- Choose a goal of sitting and standing. Choose a predefined one or customise it by pressing the symbol to the right.
- Choose if the smart device should remind via pop-up notifications when it is time to change position
- Type in height and weight of the user to calculate the calories burned.



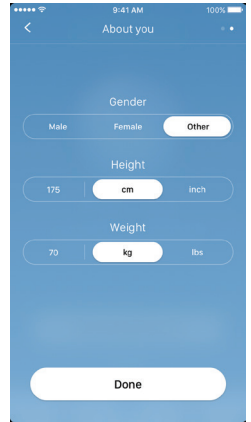
First time setup view



Choose the sit/stand interval

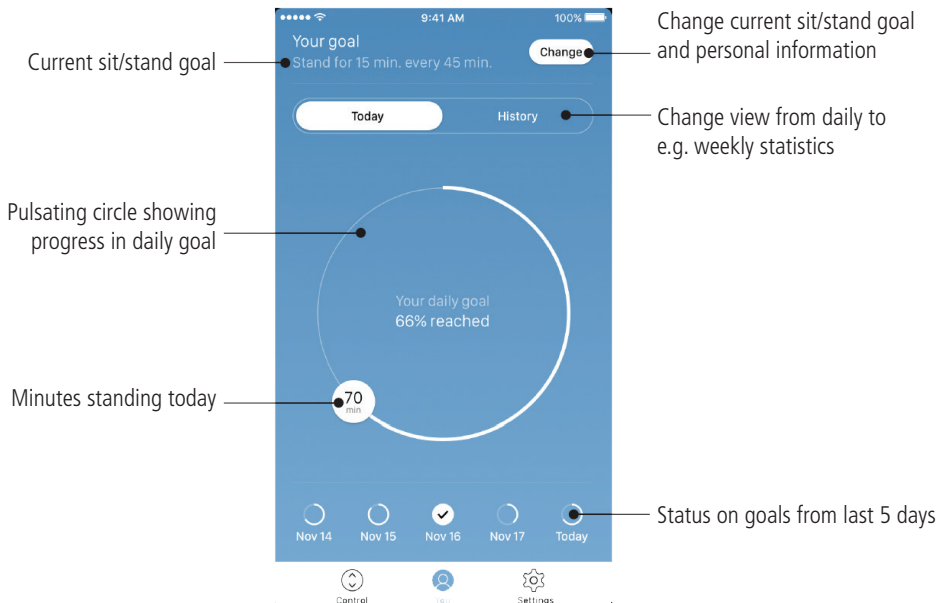


Choose to have reminder notifications



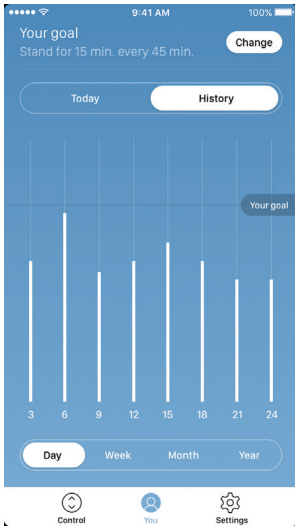
Type user data in

With these input given the statistics page is ready for use, see the screen below for features:

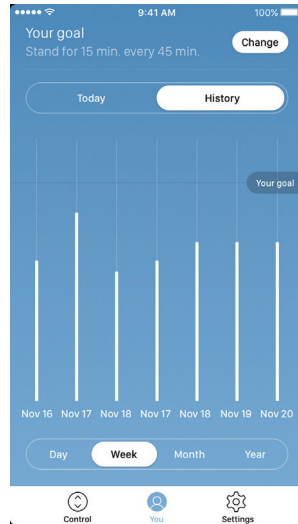


## History

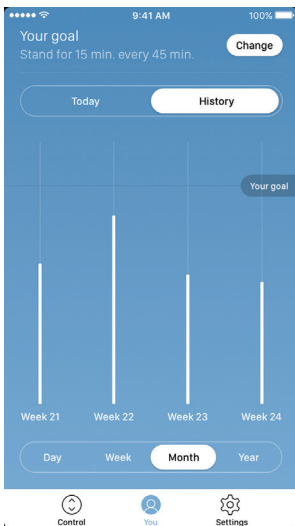
When sliding the slider from “Today” to “History”, the complete statistic of the app will be shown. The bars show the statistics according to the horizontal line, which represents the goal. It is possible to get daily, weekly, monthly and yearly views by using the slider below the graphs. When mousing over on computers or pressing the bar on phones, a small window will inform about the amount of standing time and the corresponding calories for the chosen period.



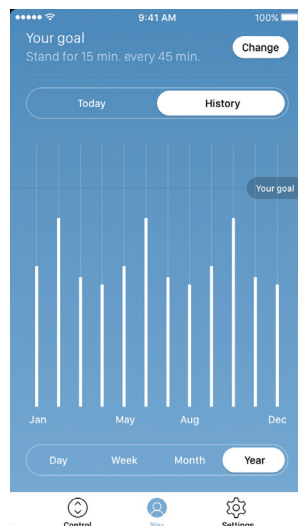
*Daily view: Hourly divided*



*Weekly view: Daily divided*



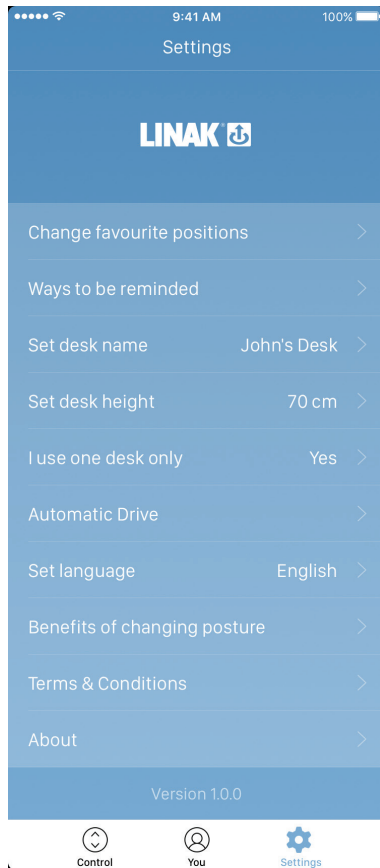
*Monthly view: Weekly divided*



*Yearly view: Monthly divided*

## Settings

Pressing the “Settings” will provide a list of choices:



### Change the favourite positions

The favourite positions are stored through the control page. If the user wants to change the height of the stored positions, it can be done through this menu.

### Ways to be reminded

Enable or disable reminder notifications as pop-ups on computers and smartphones.

If supported by the connected product, e.g. the DPG1B, enable or disable the light strip as a reminder function.

### Set desk name

Change the name of the connected product. The renaming will only affect the local name in the smartphone or computer - not in the DPG or Bluetooth® Adapter.

### Set desk height

Set the current height of the desk. An illustration guides the user on how to measure. Choose in which units the height is shown: cm or inches.



## **I use one desk only**

Choose between “Yes” or “No”.

Yes: This is the only desk, you use and to which you connect your app. Your reminder and memory settings are stored in the DPG on the desk.

No: You connect to several desks. Your reminder and memory settings are stored on your smart device and when you connect to a desk, the settings will reflect in the DPG. When you are no longer connected, the DPG will go back to the settings it had before you connected after 2 hours

## **Automatic drive**

Enable automatic drive on memory positions. The user has to accept the terms in the pop-up, before this feature can be enabled. This feature can only be enabled in the “full versions” of the DPG1M/B/C and BLE2LIN, not the “limited versions”. An animation shows the user how this feature works.

## **Set language**

Choose between 8 different languages in the app. This change does not affect the language in the display of a DPG1C.

## **Benefits of changing posture**

An overview of some of the benefits by using a sit/stand desk and changing posture.

## **Terms & conditions**

Terms & conditions for using the Desk Control app.

## **About**

### Use your desk

Link to “Made to Move”; Get guidance on how to use a sit/stand desk correctly.

### Product information

Link to LINAK website with information about this app.

### Support

Link to LINAK website with troubleshooting videos on the DPG products.

## Reminder notifications

When reminder notifications are enabled on the smart device, pop-ups will occur to help guide the user when there is a need to change position. Below are examples on the notifications that will pop up on your screen when it is time to adjust your desk again. The reminders will appear based on your settings. Remember that the program goes in standby mode if you do not use your computer and therefore it will not remind you until you start using your computer again.

The notification will tell the user to change position. There are 3 notification options:

- Snooze the reminder: The notification will pop up one hour later.
- Disable reminders for today: The notifications will stop for the day, but they will be enabled again the next day.
- Open app: Opens the app allowing the user to adjust the desk. (If supported by the connected product)

