

DESK CONTROL

— PAMI —



Products



DPG1M

- Up/down drive
- 2 memory positions
- LED diode reminder
- Bluetooth®

DPG1C

- Up/down drive
- 4 memory positions
- Light strip reminder
- Bluetooth®
- Display



Desk Control™ Apps

- Up and down drive (if supported by the connected product)
- Displays actual height
- Displays error codes and links to LINAK website support
- Up to 4 memory positions
- Tracks usage of the desk
- Reminder notifications to get standing
- Possibility to enable automatic drive on memory positions (if supported by the connected product)
- Works via Bluetooth® Low Energy Technology
- Available in English, German, French, Spanish, Italian, Korean, Chinese and Japanese

Operation of the DPG series:

The desk panel is operated by tilting; Tilt and hold the DPG up to make the desk drive up, press and hold the DPG down to make the desk drive down. Release the DPG when you have reached your requested position.

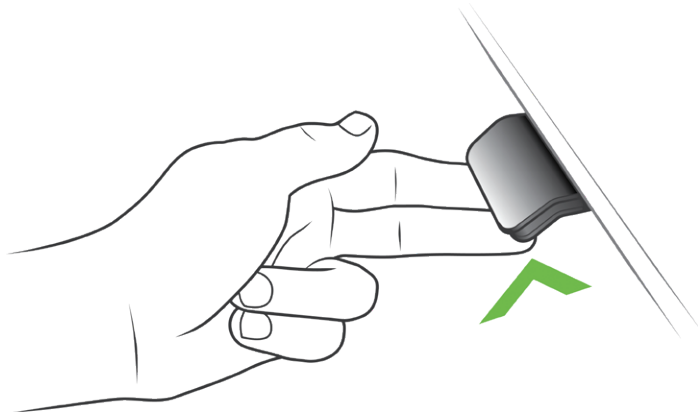


Figure 1: Tilt and hold the DPG to make the desk drive up

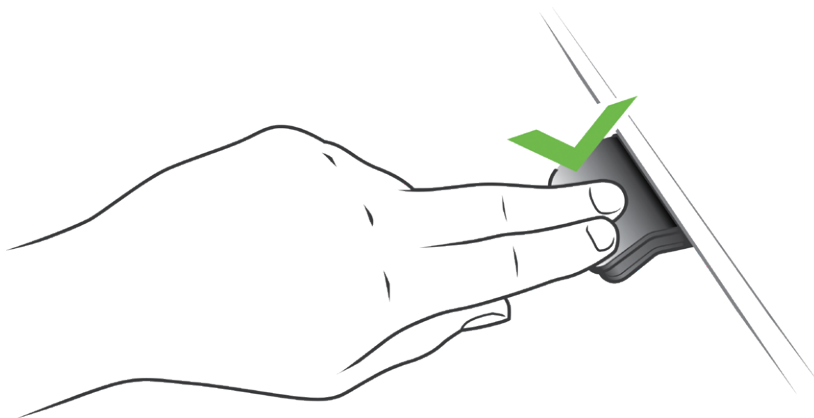


Figure 2: Press and hold the DPG to make the desk drive down

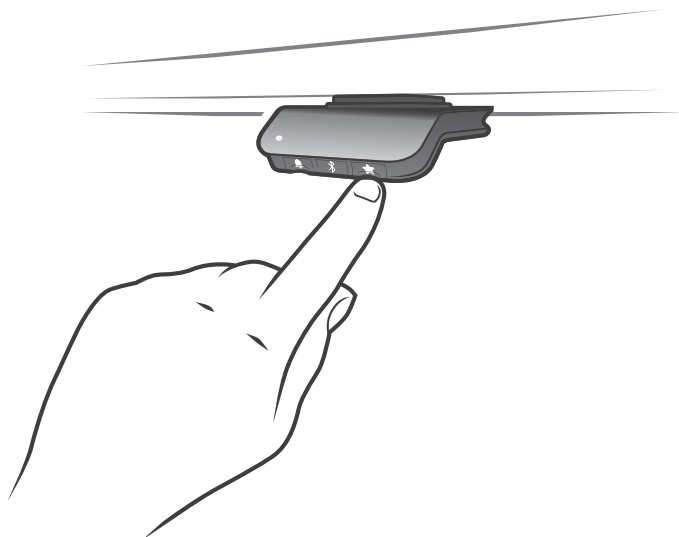
Operation of the DPG1M

Storing the memory positions

Memory positions

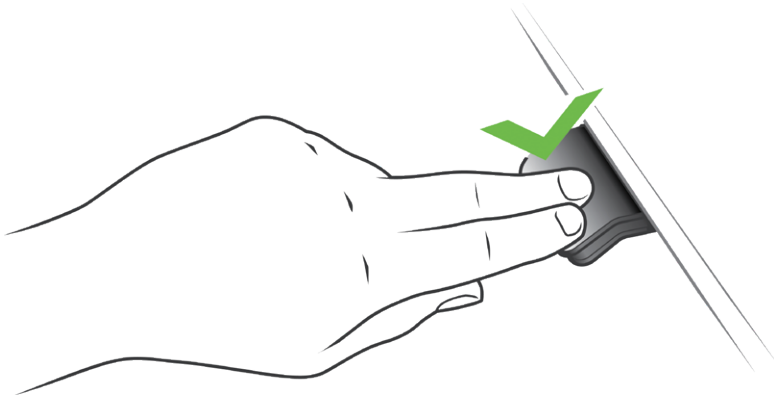
The DPG1M has a "store memory" button to the right symbolised with a star.

Adjust the desk to a preferred position and press the "Star"-button for 2 seconds. The LED will now blink white two times to indicate that saving the position is in progress. When the LED becomes static white, the position is saved. If the user adjusts the desk to another position and saves the position, it will overwrite the memory position closest to the current position.



Driving to memory positions

After storing the memory positions, the positions can be reached simply by tilting the DPG1M. Tilt and hold - when a stored position is reached, the desk stops. This way the user can easily change between sitting and standing position without looking at the DPG1M in the meantime. The DPG1M will stop at all stored memory positions. When the desk stops at a memory position, the user can continue to tilt the DPG1M for 1 second and the desk will move past the memory position and continue in the direction of the tilt. Furthermore, when the desk stops at a memory position, the user can release the DPG and tilt again immediately to move past a memory position.



Driving to memory positions (Automatic drive enabled, only possible for "Full version")

After storing the memory positions, the positions can be reached simply by tilting the DPG1M. Double tap on the DPG1M to let the desk adjust automatically to the first position in the direction of the double tap. Simply tap the DPG again to stop the driving of the desk.

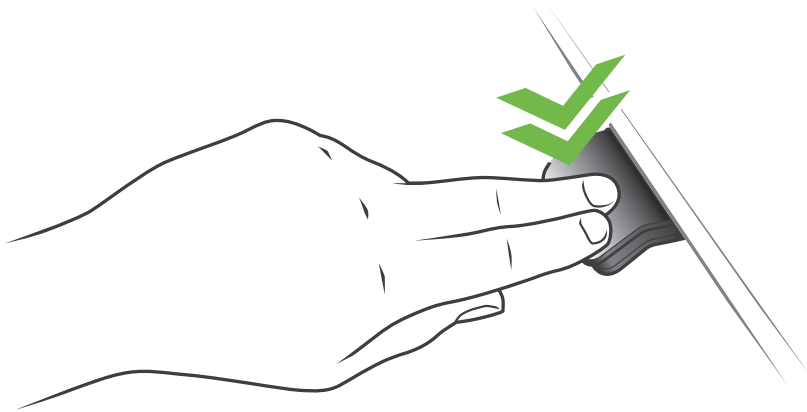


Figure 3: Double tap to adjust the desk to a memory position automatically

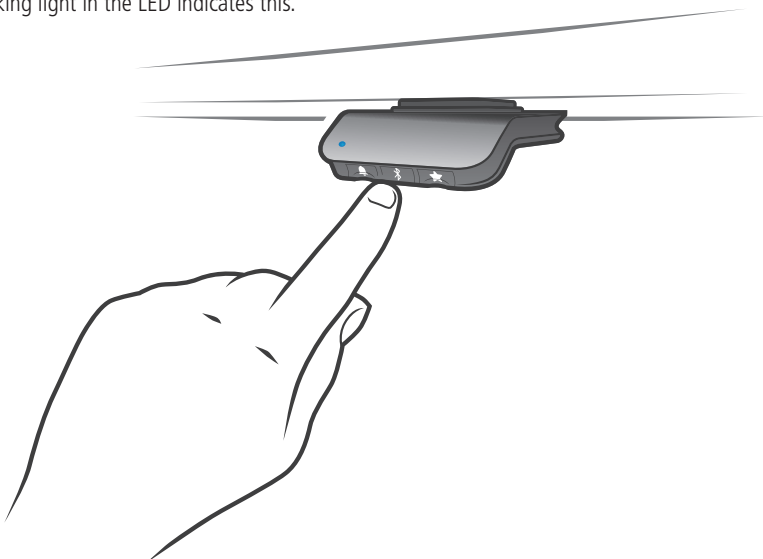
Erase memory positions

Pressing the "Memory" button for 8 seconds will erase all saved memory positions. The LED will blink red to indicate when the action is completed.



Connecting Bluetooth®

Pressing the Bluetooth® button in the middle for 2 seconds will enable pairing mode. A blue blinking light in the LED indicates this.



Download the Desk Control App suited for your device in App, Google Play or Windows store and pair the app and device.

Reminder

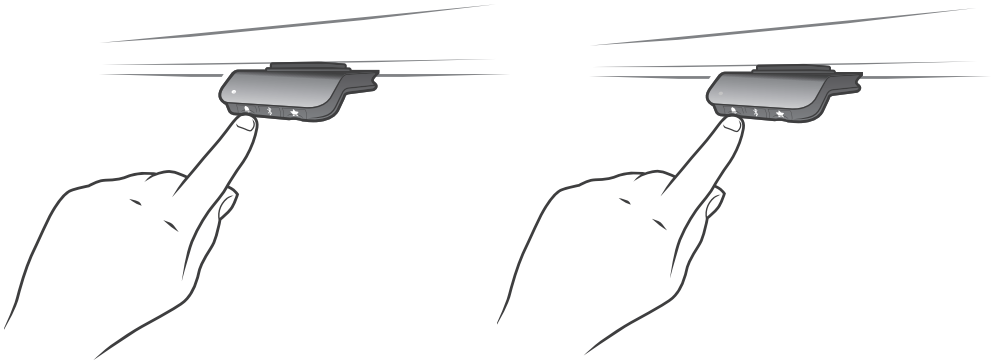
Setting the reminder interval

The DPG1M has a "Reminder" button to the left symbolised with a bell. Pressing this button will adjust the interval of how often to get reminders to change position. The LED will light up in 3 different intensities which each represents an interval and the 3 standards are:

- Interval 1: Reminder after 55 minutes sitting
- Interval 2: Reminder after 50 minutes sitting
- Interval 3: Reminder after 45 minutes sitting

The default interval chosen is reminding after 55 mins, which means the LED will be lit up white in the weakest intensity. Simply toggle through the intervals by pressing the bell button and notice the light intensity change. When the LED is not lit up, the reminder is turned off.

Through the apps, it is possible to personalise the three intervals to custom values.



Setting reminder interval.

Reminder off

Reminder reset

It is possible to reset the reminder to default values by pressing the "bell" symbol for 8 seconds. The LED will blink red to indicate when the action is completed.

LED reminder

The LED is placed in the lower left corner of the DPG1M. The LED is intended to indicate the status of the desk user. The status depends on the reminder interval chosen. When the user is in position in an appropriate amount of time according to the interval, the LED calmly pulsates green. When the sitting interval runs out, the calm pulsating green turns into fast pulsating orange for 1 min hereafter static orange – this is an indication to the user to adjust the desk to standing height. In standing height, the LED will pulsate green until a potential time out. When the desk is adjusted back to sitting position, the LED will pulsate green until the reminder goes off again.

After 4 hours without any action, the LED will time out. When the DPG1M is tilted, the green light will come back on.



Please be aware; When the LED is enabled for reminders, the DPG1M is no longer in ZERO mode as long as the light is on/active.



Figure 4: Pulsating green LED indicates everything is okay



Figure 5: Pulsating orange LED indicates the user needs to change position

Factory reset

Pressing and holding the “Memory” and “Reminder” for 8 seconds will set the DPG1M to factory default. The LED will flash red 3 times.

Operation of the DPG1C

The desk panel is operated by tilting; Tilt and hold the DPG up to make the desk drive up, press and hold the DPG down to make the desk drive down. Release the DPG, when you have reached your requested position.

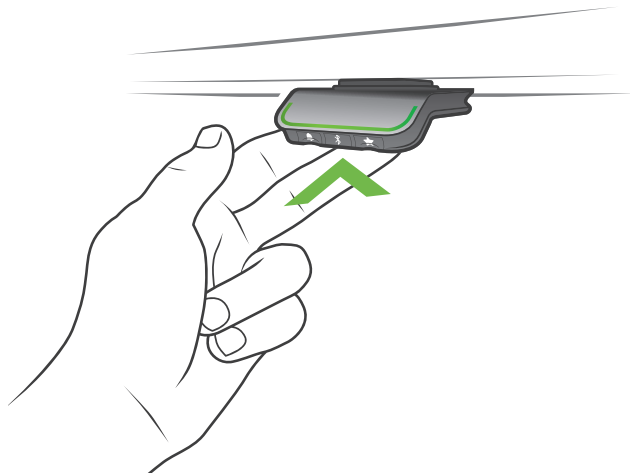


Figure 1: Tilt and hold the DPG to make the desk drive up

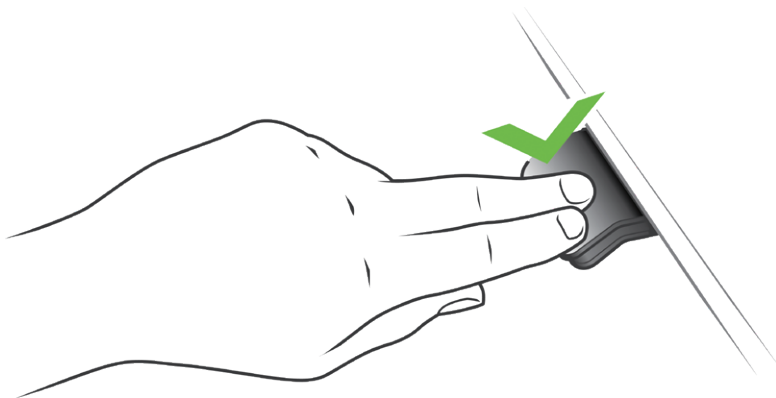


Figure 2: Press and hold the DPG to make the desk drive down

Storing the memory positions

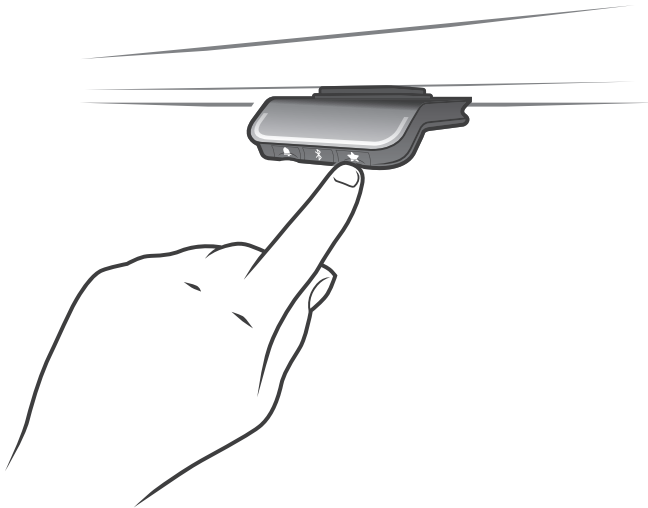
Memory positions 1 and 2

The DPG1C have a "store memory" button to the right symbolised with a star.

Adjust the desk to a preferred position and press the "Star"-button for 2 seconds. The light strip will now blink white two times to indicate that saving the position is in progress. When the light strip becomes static white, the position is saved. In the DPG1C: The display will indicate the saved position with a star and a number of the position. The number inside the star is according to in which order the positions are saved; First position saved; A star with a "1" inside. This is how to save the 2 memory positions "1" and "2". If the user adjusts the desk to another position and saves the position, it will overwrite the memory position 1 or 2 closest to the current position.

DPG1C: Memory positions 3 and 4

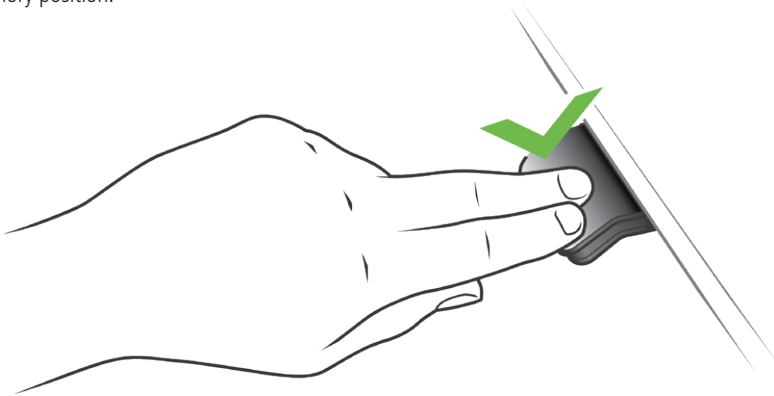
The DPG1C features 4 memory positions. Pressing the "Star" shortly will make the display show the 4 memory positions: A "star" with the number next to it. Now the user can toggle through these 4 memory positions in the display and choose which one to save the current position as. E.g. a user wants to store the current position as memory 3: Press the "star"-button and toggle to the "star" with "3" next to it. Now use the same storing procedure as described above: Press the star for 2 seconds and the memory position is saved.



Driving to memory positions

After storing the memory positions, the positions can be reached simply by tilting the DPG. Tilt and hold - when a stored position is reached, the desk stops. This way the user can easily change between sitting and standing position without looking at the DPG in the meantime. While driving the display in the DPG1C will show the height of the desk. When a position is reached, this will be indicated in the display by the star and the memory number.

The DPG will stop at all stored memory positions, which means up to 4 different positions (in DPG1C) during the stroke length of the desk. When the desk stops at a memory position, the user can continue to tilt the DPG for 1 second and the desk will move past the memory position and continue in the direction of the tilt. Furthermore, when the desk stops at a memory position, the user can release the DPG and tilt again immediately to move past a memory position.



Driving to memory positions (Automatic drive enabled, only possible for "Full version")

After storing the memory positions, the positions can be reached simply by tilting the DPG. Double tap on the DPG to let the desk adjust automatically to the first position in the direction of the double tap. Simply tap the DPG again to stop the driving of the desk.

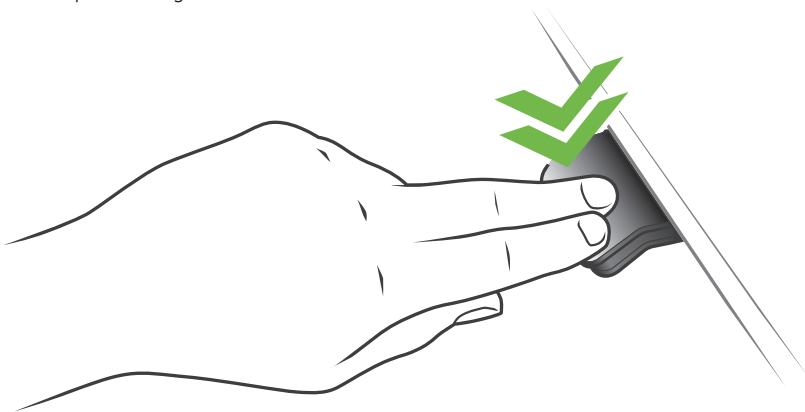
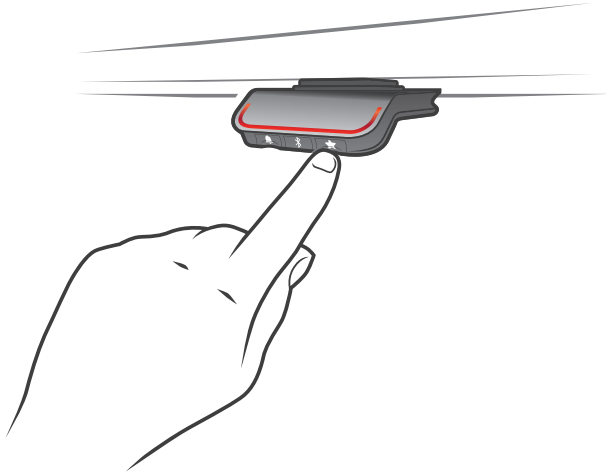


Figure 3: Double tap to adjust the desk to a memory position automatically

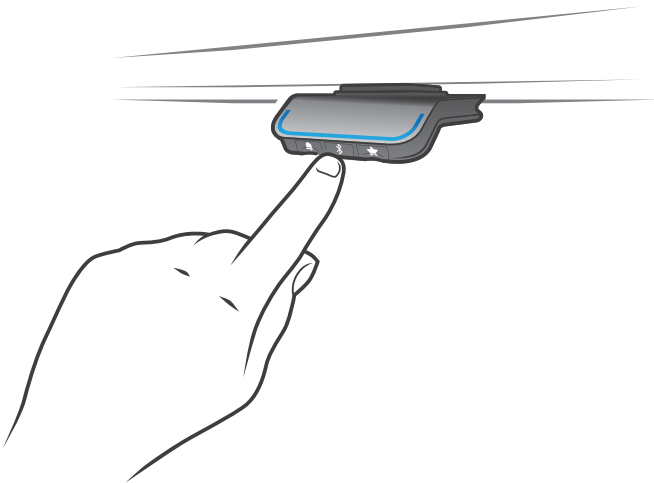
Erase memory positions

Pressing the "Memory" button for 8 seconds will erase all saved memory positions. In the DPG1C: The display will make a countdown and the light strip will blink red to indicate when the action is completed.



Connecting Bluetooth®

Pressing the Bluetooth® button in the middle for 2 seconds will enable pairing mode. A blue blinking light in the light strip indicates this.



Download the Desk Control App suited for your device in App, Google Play or Windows store and pair the app and device

The display on the DPG1C will inform about the Bluetooth-ID of the desk, which is "DESK" followed by a 4-digit number – look for this ID in the list of "Desks nearby".

Reminder

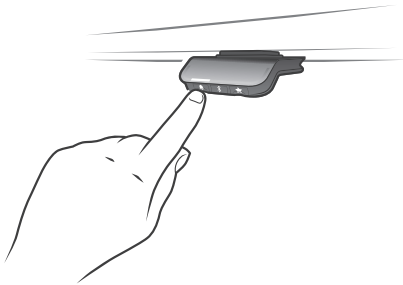
Setting the reminder interval

The DPG has a "Reminder" button to the left symbolised with a bell. Pressing this button will adjust the interval of how often to get reminders to change position. Each white block represents an interval and the 3 standards are:

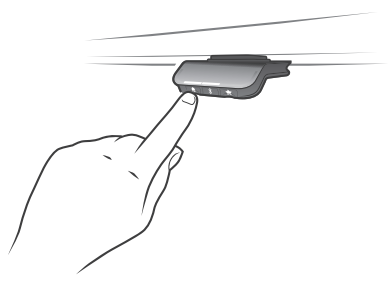
- Interval 1: Reminder after 55 minutes sitting
- Interval 2: Reminder after 50 minutes sitting
- Interval 3: Reminder after 45 minutes sitting

The default interval chosen is reminding after 55 mins, which means one white block will be lit up. Simply toggle through the intervals by pressing the bell button. When no white blocks are lit up, the reminder is turned off.

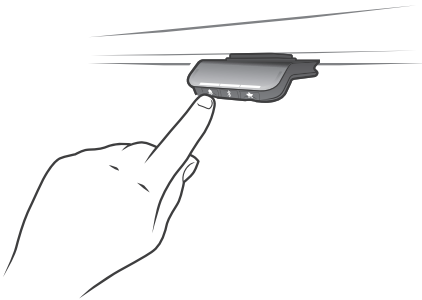
Through the apps, it is possible to personalise the three intervals to custom values.



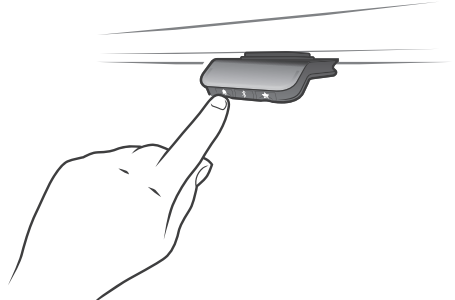
Interval 1: Reminder after 55 minutes sitting



Interval 2: Reminder after 50 minutes sitting



Interval 3: Reminder after 45 minutes sitting



Reminder off

Reminder reset

It is possible to reset the reminder to default values by pressing the "bell" symbol for 8 seconds. The display will make a countdown and the light strip will blink red to indicate when the action is completed.

Light strip reminder

The light strip is a thin line of LED light shining through the surface of the DPG. The light strip is intended to indicate the status of the desk user. The status depends on the reminder interval chosen. When the user is in position in an appropriate amount of time according to the interval, the light strip calmly pulsates green. When the sitting interval runs out, the calm pulsating green turns into fast pulsating orange for 1 min hereafter static orange – this is an indication to the user to adjust the desk to standing height. In standing height, the light strip will pulsate green until a potential time out. When the desk is adjusted back to sitting position, the light strip will pulsate green until the reminder goes off again.

After 4 hours without any action, the light strip will time out. When the DPG is tilted, the green light will come back on.



Please be aware; When the light strip is enabled for reminders, the DPG is no longer in ZERO mode as long as the light is on/active.



Figure 4: Pulsating green light strip indicates everything is okay



Figure 5: Pulsating orange light strip indicates the user needs to change position

Factory reset

Pressing and holding the "Memory" and "Reminder" for 8 seconds will set the DPG to factory default. The light strip will flash red 3 times. In the DPG1C: After 3 seconds of the command, the display will light up: It has an arrow with a countdown [seconds] to the factory reset and it says RESET.

DPG1C

Display

The DPG1C has an OLED display, which shows the height during drive of the desk and many other texts to guide the user.

Adjust initial height of the desk

If the height shown in the display is not correct the height can be adjusted. When pressing the "Reminder" and the "Bluetooth" button on the DPG1C at the same time in 5 seconds; the height in the display starts to blink. When tilting the DPG1C the height in the display changes without moving the desk. Tilt up to increase the height, tilt down to decrease the shown height in the display. Pressing any button will confirm the choice or wait for 10 seconds and the confirmation happens automatically.

Switching between centimetre and inch

Pressing the "Memory" and the "Bluetooth" button on the DPG1C at the same time for 5 seconds; the current measurement unit blinks. When e.g. CM is blinking and the user wants to change to inch; Tilt the DPG once and it now says "Inch" in the display. Pressing any button will confirm the choice or wait for 10 seconds and the confirmation happens automatically.

Error codes

The DPG1C shows error codes in case of errors in the system. The most common errors loop between the error code (EXX) and the cause, check the code below:

Error codes in CBD6S	Cause
E01	INITIALISATION

Desk Control™ App

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 the following platforms: iOS for iPhones and iPads, Android for Android smartphones and tablets.



Downloading apps

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



How to download the App for iOS

- Step 1:** Use your iPhone or iPad to log into Apple 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

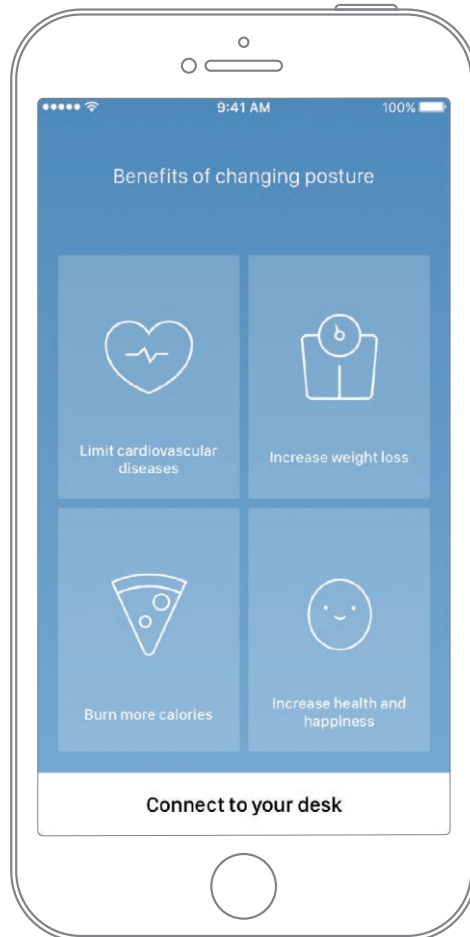
How to download the App for Android

- 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

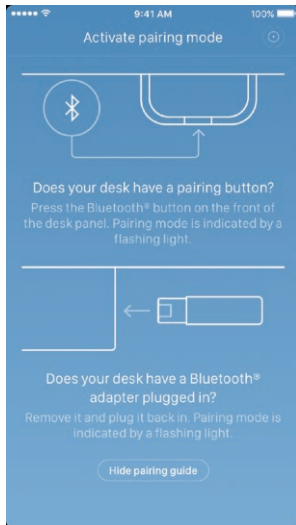
Onboarding flow

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.



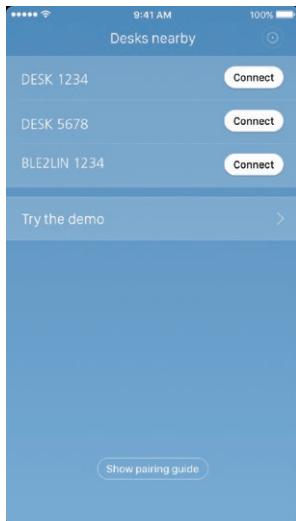
Pairing Bluetooth®



To get a functional app, you must have the LINAK Bluetooth® Adapter or desk panel with integrated Bluetooth® such as DPG1M 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/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.

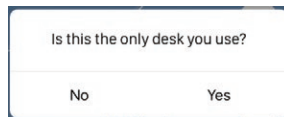
All Bluetooth® Adapters Bluetooth® IDs are named BLE2LIN followed by a 4-digit number. All DPG desk panel Bluetooth® IDs are named DESK followed by a 4 digit-number.

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

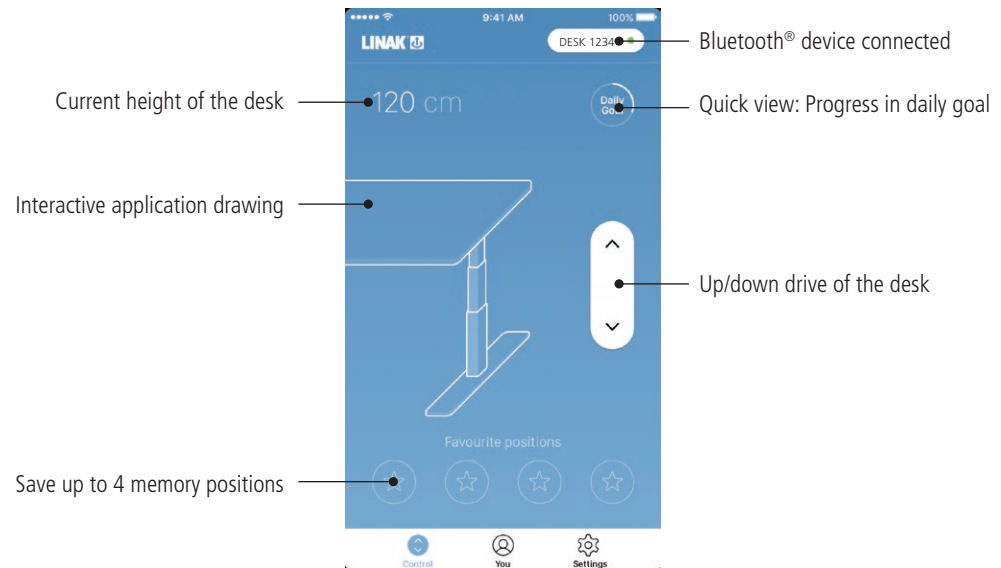
How to use the app

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 the 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 shows 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; 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

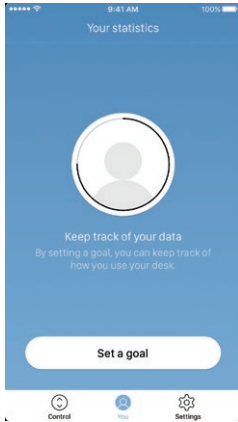
Leads back to "Desks nearby" and lets the user connect to another product in pairing mode

You

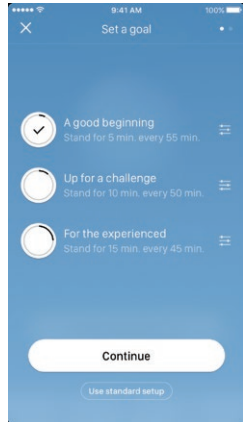
"You" is the page for setting the daily goal of standing at the desk.

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

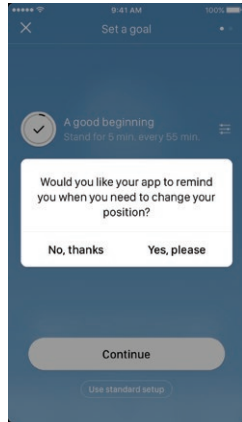
- Choose a goal of sitting and standing. Choose a predefined one or customise it by pressing the symbol to the right.
- Choose if the smart device should remind via pop-up notifications when it is time to change position
- Type in height and weight of the user to calculate the calories burned.



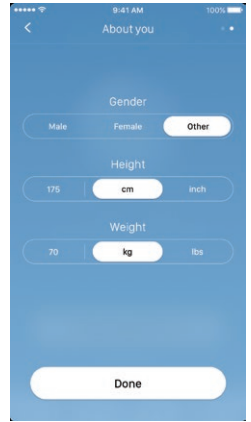
First time setup view



Choose the sit/stand interval

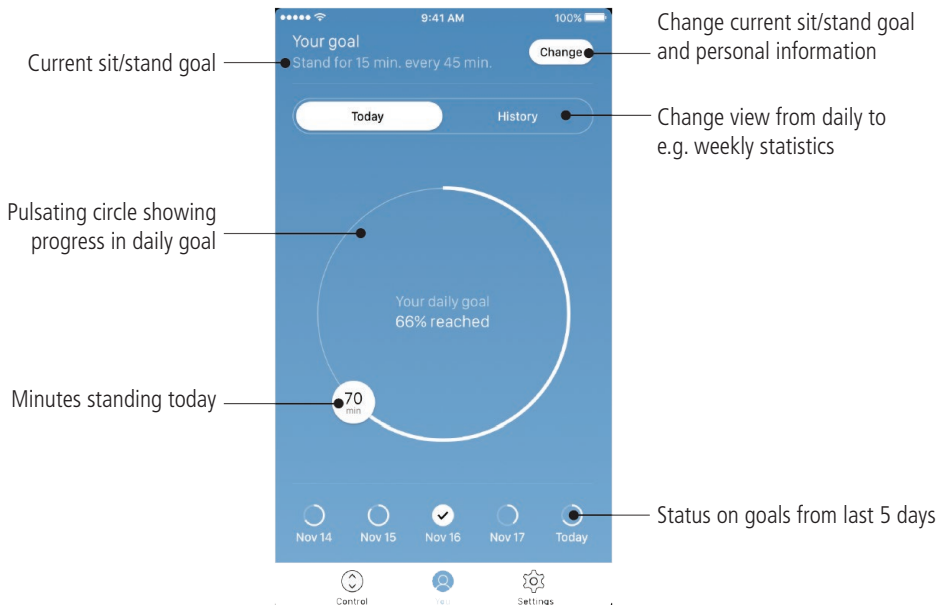


Choose to have a reminder notifications



Type user data in

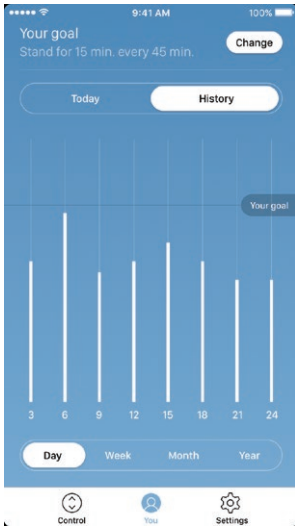
With these input given the statistics page is ready for use, see the screen below for features:



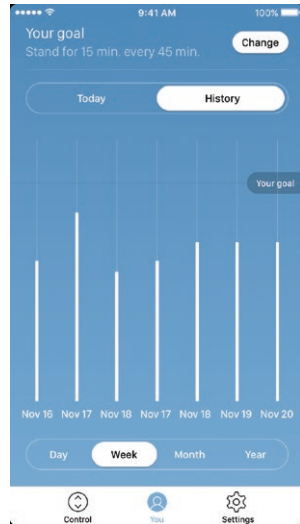
Please note: If an interval for sitting/standing has already been chosen via the DPG, these settings will be shown when opening the app.

History

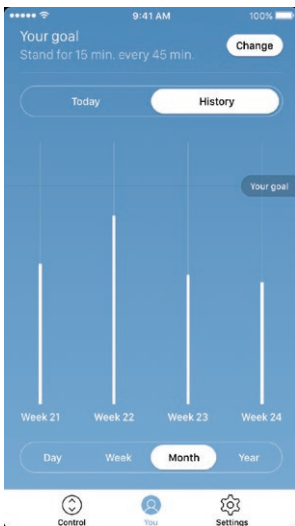
When sliding the slider from "Today" to "History", the complete statistic of the app will be shown. The bars show the statistics according to the horizontal line, which represents the goal. It is possible to get daily, weekly, monthly and yearly views by using the slider below the graphs. When mousing 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.



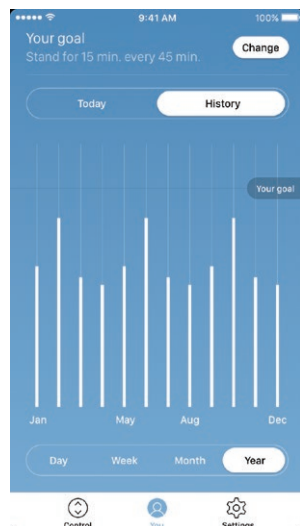
Daily view: Hourly divided



Weekly view: Daily divided



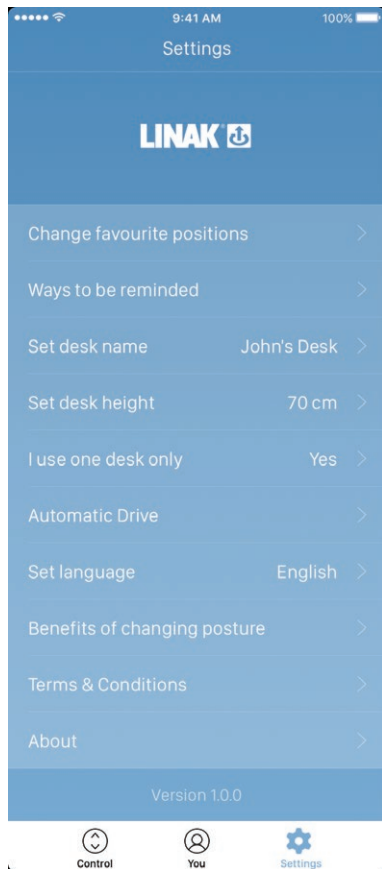
Monthly view: Weekly divided



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 DPG1C, 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 notification before this feature can be enabled. This feature can only be enabled via this app and only when connected to “*full versions*” of the DPG1M/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](#)

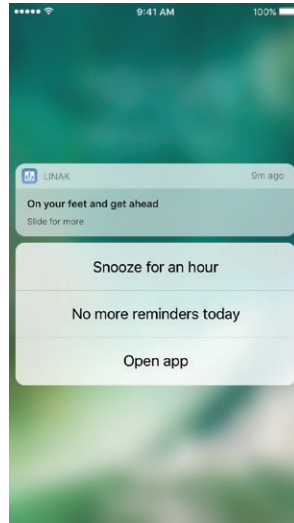
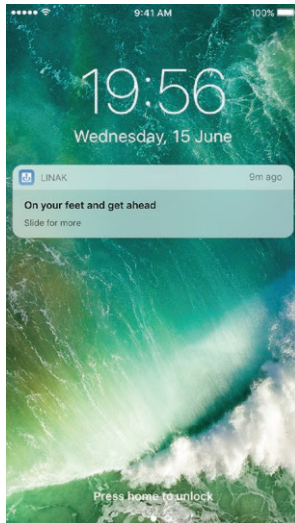
Link to LINAK website with troubleshooting videos on the DPG products.

Reminder notifications

When reminder notifications are enabled on the smart device, pop-up notifications 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.

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)



Recommendations on how to use Desk Control™

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

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

How to vary between standing and sitting while your 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 a time, you can switch between standing and sitting position. Remember good posture and to stand with your body weight evenly distributed on both legs.

- Start by raising your desk and standing for 15 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 15 minutes before lowering your desk to sit for 45 minutes.
- Raise your desk again every hour, so that you stand up working for 15 minutes each hour or 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.