USER MANUAL FOR DPG1C AND CONTROL APP

The DPG1C has three operation buttons.
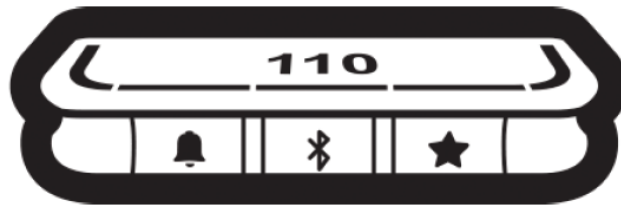

Figure 32: DPG1C operation buttons

Each button has a specific function:

Symbol	Description	Function
🔔	Reminder	Setting reminders
✳	Bluetooth®	Connecting the Desk Control™ App via Bluetooth® wireless technology
★	Favourite	Saving favourite positions

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

Adjusting the displayed height of the desk
If the height shown in the display is not correct, it can be adjusted.
1. Press 🔔 the and the ✳ buttons on the DPG1C at the same time for five seconds and the height in the display starts to flash.
2. Tilt the DPG1C to change the displayed height without moving the desk. Tilt up to increase the displayed height, tilt down to decrease the displayed height.
3. Press any button to confirm the height or wait for 10 seconds for automatic confirmation.

Changing the measurement unit
The measurement unit shown in the display can be set to either cm or inch.
1. Press ★ and ✳ buttons on DPG1C at the same time for five seconds and the current measurement unit flashes in display.
2. When e.g. "CM" flashes in display, tilt DPG1C once to change measurement unit to inch. "INCH" now flashes in display.
3. Press any button to confirm measurement unit or wait for 10 seconds for automatic confirmation.

Operate the desk panel by tilting it.

1. Tilt and hold up DPG1C to drive desk up, press and hold down DPG1C to drive desk down.
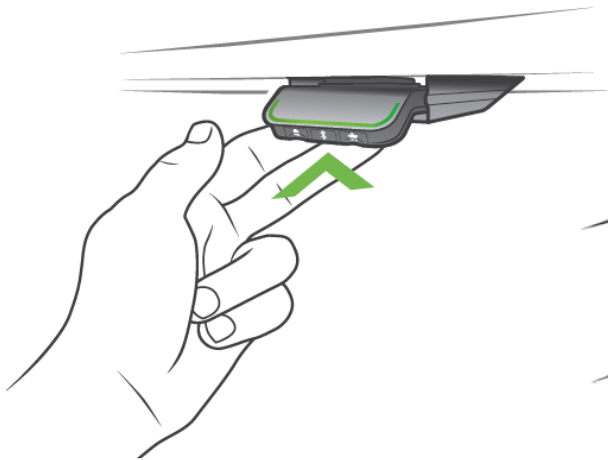2. Release DPG1C when you have reached your requested position.

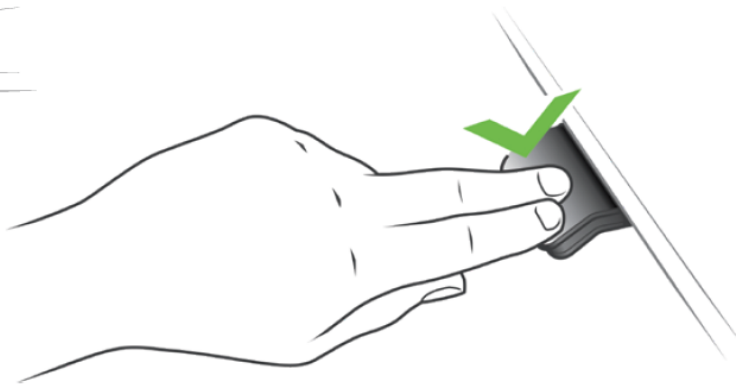*Figure 33: Tilt and hold the DPG1C to drive the desk up*   *Figure 34: Press and hold the DPG1C to drive the desk down*

Desk height limits

In case the desk cannot be operated in its entire span (e.g. a shelf is blocking the upwards movement or a filing cabinet is placed under the desk and blocking the downwards movement), it is possible to set an upper limit and a lower limit for the desk height.

Note:

It must always be possible to drive the desk to its minimum height in case initialisation is required.
During initialisation items placed under the desk must be removed.

Setting upper limit

1. Adjust desk to maximum allowable height.
2. Press ✳ and tilt DPG1C up at the same time for 8 seconds until light flashes.
3. Release ✳ and DPG1C.

Setting lower limit

1. Adjust desk to minimum allowable height.
2. Press ✳ and press DPG1C down at the same time for 8 seconds until light flashes.
3. Release ✳ and DPG1C.

Favourite positions

Saving favourite positions 1 and 2
1. Adjust desk to a preferred position.
2. Press ★ button for two seconds.

Figure 35: Saving favourite positions

The light strip flashes white two times to indicate that saving the position is in progress. Not until the light strip becomes static white, has the position been saved. The display indicates the saved position with a ★ and a position number. The number next to the ★ indicates the order in which the positions are saved.

- First position saved: "1" is displayed next to the ★.
- Second position saved: "2" is displayed next to the ★ .

If the user adjusts the desk to another position and saves this position, it will overwrite the favourite position (1 or 2) closest to the current position.

Saving favourite positions 3 and 4
1. Press ★ button shortly to make display toggle through the four favourite positions (with position ★ number next to it).
2. Toggle through these four favourite positions in display and choose which one to save current position as.

E.g. a user wants to save the current position as favourite position 3:
3. Press the ★ button and toggle to the ★ with "3" next to it.
4. Press ★ button for two seconds and favourite position is saved.

Note:
Favourite positions 3 and 4 can be disabled via the DPG configurator (from DPG SW ver. 1.29).

Driving to favourite positions
After saving the favourite positions, the user can reach the positions simply by tilting/pressing the DPG1C.
1. Tilt/press and hold - when a saved position has been reached, the desk stops.
2. Release DPG1C within one second.

This way the user can easily change between sitting and standing height without looking at the DPG1C in the meantime. During desk driving, the display will show the height of the desk. When a favourite position has bee reached, the display shows a ★ and the position number.
The DPG1C stops at all saved favourite positions, which means up to four different positions during the stroke length of the desk.

When the desk stops at a favourite position, the user can
• keep tilting/presssing the DPG1C for more than one second
or
• release the DPG1C and immediately tilt/press it again.

The desk will move past the favourite position and continue its movement.
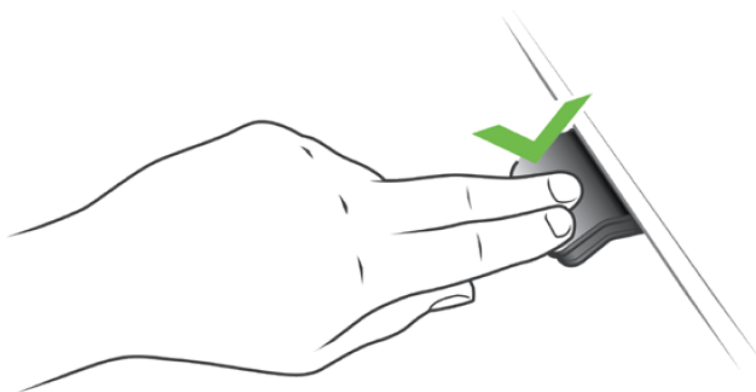
Figure 36: Tilt/press to drive desk

Automatic driving to favourite positions

(only possible for "Full version" with "Automatic drive" enabled in the Desk Control™ App)

1. Double-tap DPG1C to let desk adjust automatically to first position in direction of double-tap.
2. To stop driving of desk between two favourite positions, simply tap DPG1C once.

Figure 37: Double-tap to automatically adjust the desk to a favourite position

Erasing favourite positions

1. Press the ★ button for eight seconds to erase all saved favourite positions.

After five seconds, the display shows a countdown, and the light strip flashes red when all the favourite positions are erased.

Figure 38: Erase favourite positions

Bluetooth®
Connecting Bluetooth®

1. Download Desk Control™ App suited for your device in App store or Google Play.
   Search for Desk Control and look for the app icon:

2. Press ✻ button in the middle for two seconds to enable pairing mode.

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

The light strip flashes blue while the desk panel is in pairing mode.

Figure 39: Connect Bluetooth®

Reminder

The reminder LED lights through the surface of the DPG1C. The light is intended to indicate the position of the desk (sitting or standing height). The indication depends on the reminder interval chosen.

Heartbeat (light strip)

The heartbeat reminder is shown as a thin LED light strip. While the user is sitting for an appropriate amount of time according to the set interval, the light strip calmly pulsates green symbolising a heartbeat. When the sitting interval runs out, the calm pulsating green turns into fast pulsating orange for one minute hereafter into static orange to indicate that the user should adjust the desk to standing height. In standing height, the light strip pulsates green until a potential timeout (standard timeout is four hours). When the desk is adjusted back to sitting height, the light strip pulsates green until the reminder goes off again.

Battery (light blocks)

The battery reminder is shown as three LED light blocks. The LED light blocks are lit differently depending on the position of the desk.
Sitting:
- During the first third of the set sitting period, three green light blocks are lit symbolising a fully charged battery.
- During the second third of the period, two green light blocks are lit.
- During the last third of the period only one green block is lit.
- When the sitting period runs out, the last green block turns red to indicate that the user should adjust the desk to standing height.

Standing:
- While the user is standing for the first third of the standing period, one green light block flashes symbolising a battery being charged.
- During the second third of the period, one green light block is lit and one flashes.
- During the last third of the set period two green blocks are lit and one flashes.
- When the standing period runs out, five green blocks are lit to indicate that the user can adjust the desk to sitting height.

Reminder restart

The reminder automatically restarts when the desk is adjusted to sitting height.

Reminder timeout

After four hours without any action, the light strip will time out. When the DPG1C is tilted, the green light turns back on.

When the light (strip or blocks) is enabled for reminders, the DPG1C is no longer in ZERO™ mode as long as the light is on/active.

Reminder intervals

The number of white blocks (one, two or three) each representing an interval. The three standard intervals are:
- Interval 1: Reminder after 55 minutes sitting
- Interval 2: Reminder after 50 minutes sitting
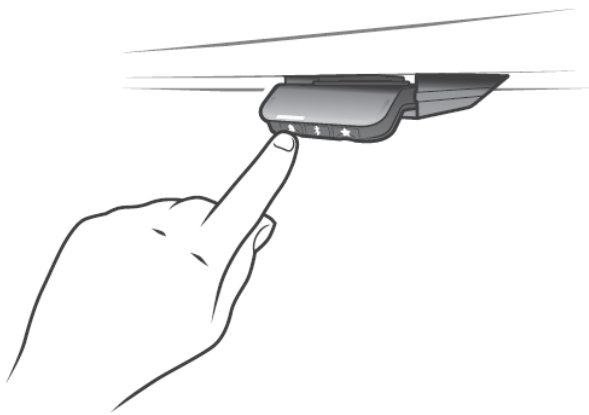- Interval 3: Reminder after 45 minutes sitting

The default interval is reminding after 55 minutes, which means one white block lights up.
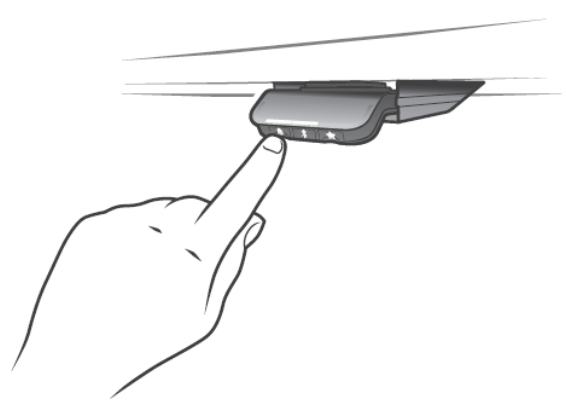
Adjusting the reminder interval

1. Press 🔔 button to adjust interval of getting reminded to change position.
2. Toggle through intervals by pressing 🔔 button.
3. Release 🔔 button when desired interval is indicated.

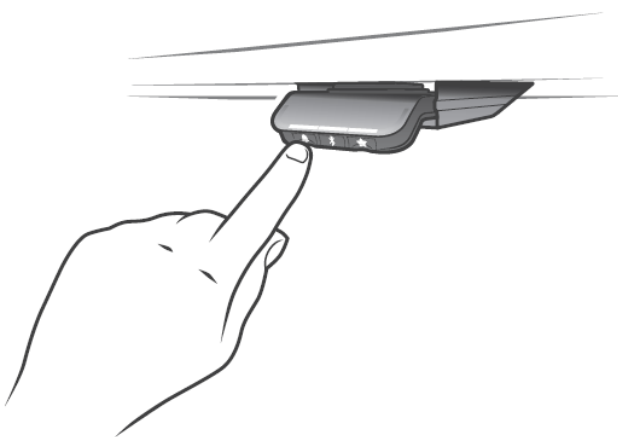When no white blocks are lit up, the reminder is turned off.

Through the app, it is possible to personalise the three intervals to custom values.
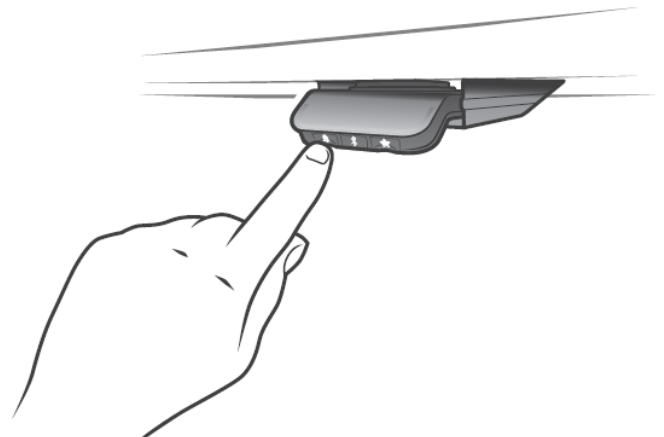
Interval 1: Reminder after 55 minutes sitting   Interval 2: Reminder after 50 minutes sitting

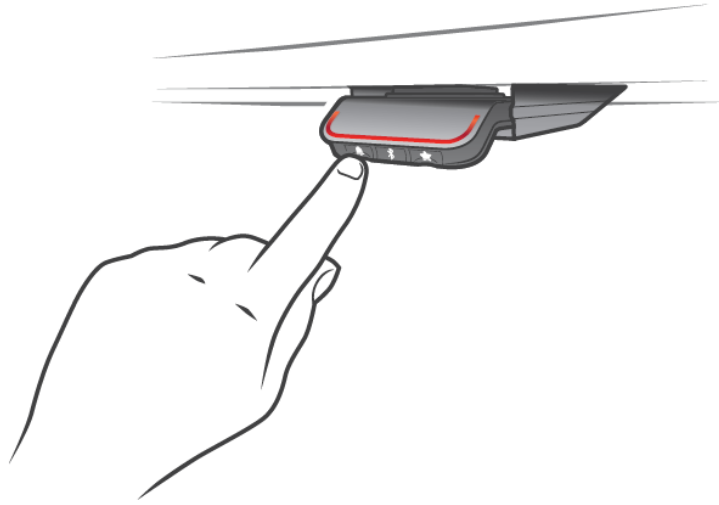Interval 3: Reminder after 45 minutes sitting   Reminder off

Figure 40: Set the reminder

Resetting the reminder

1. Press 🔔 symbol for eight seconds to reset reminder to default values.

After five seconds the display shows a countdown and the light strip flashes red when the reminder is reset.

Figure 41: Reset reminder

Key lock

The operation of DPG1C can be locked to prevent unintended driving of the desk. As default the key lock is disabled. If enabled, it automatically locks the DPG1C after a configured amount of time. The key lock function can also be configured to indicate attempt to operate the locked DPG1C by showing a red light and a 🔒.

Unlocking DPG1C

1. Press 🔔, ✳ and ★ in sequence (max. one second between each button press).

Troubleshooting/FAQs

Error codes (only DPG1C)

The DPG1C shows error codes generated in the CBD6S in case of errors in the system. The most common errors loop between the error code (EXX) and the error text, check the codes below:

Error codes	Cause
E53-E64	COLLISION
E41-E52	OVERLOAD
E01	INITIALISATION

Software versions before SW 1.13 only show error E01.

Factory reset (only DPG1M, DPG1B and DPG1C)

Press and hold the 🔔 and ★ buttons for eight seconds to set the DPG to factory default. The LED/light strip flashes red three times to indicate the reset is done. If a factory reset is performed, it sets the DPG back to the configured state, i.e. all configurations made in the DPG configurator will not be reset – only the settings changed directly on the DPG or in the app by the end users will be reset.

DPG1C only

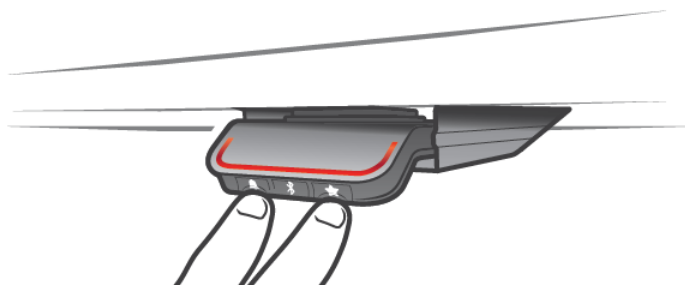During reset, the display lights up after five seconds, showing an arrow with a countdown [seconds] and RESET

Figure 42: Reset to factory default (DPG1B and DPG1C)

Figure 43: Reset to factory default (DPG1M)

Desk Control™ App

The Desk Control app is developed for users of sit-stand desks. The app allows the users to connect to their desks via Bluetooth® wireless technology and will now remind the users to use their sit-stand desks. By downloading the Desk Control app, the desk user comes one step closer to changing the prolonged sitting behaviour. Friendly reminders to change position and statistics to show the daily achievements help the user to build a healthy routine during the workday. Via the app the desk can also be adjusted and the user can drive to prestored favourite positions. The app comes in 8 languages and is available for two different platforms: iOS for iPhones and iPads and Android for Android smartphones and tablets.
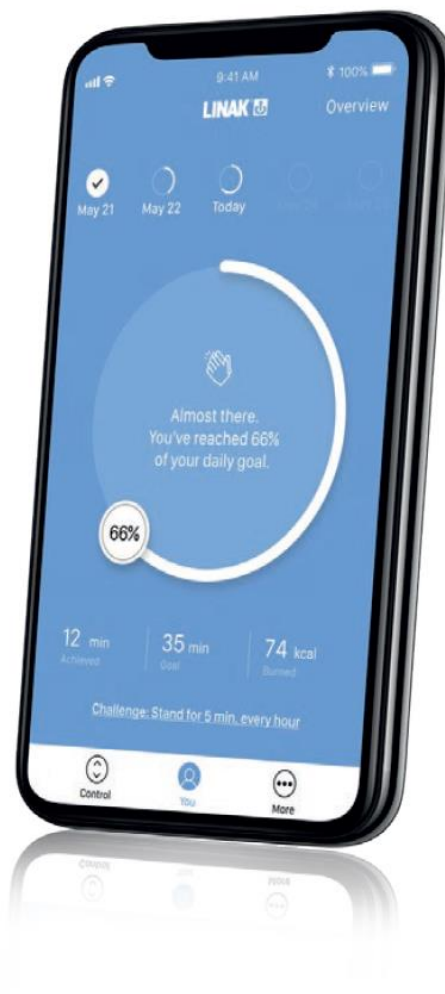
Downloading apps

The apps are called "Desk Control™" and they 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

You can also scan this QR code to reach the iOS App Store.

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

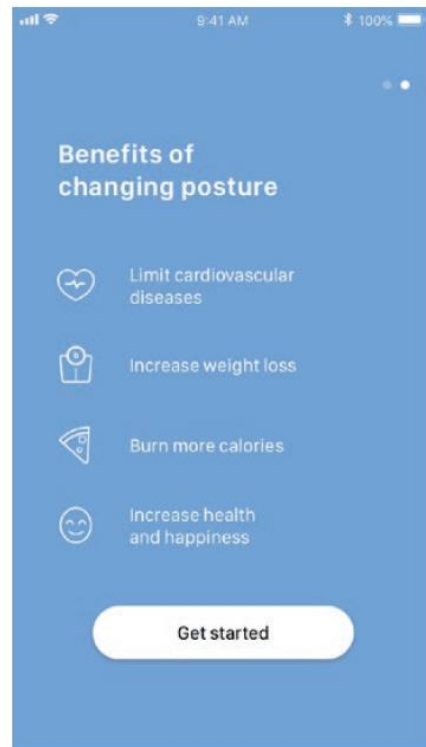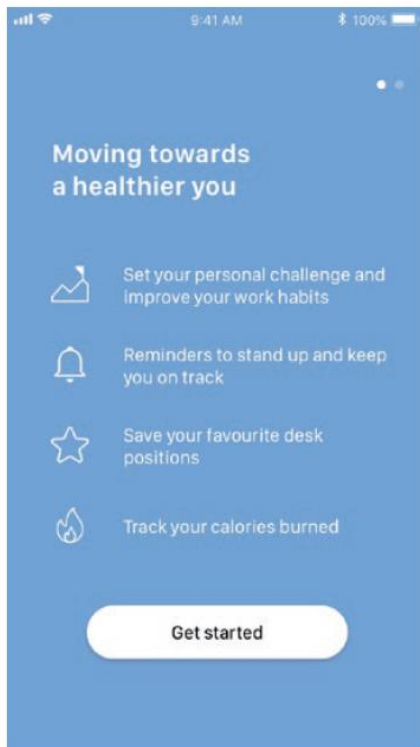**Step 4:**   Click install to download the app to your device

You can also scan this QR code to reach the Google Play Store.

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

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 displays.


Press "Get started" on either screen.

Onboarding flow

The app now automatically starts searching for desks in pairing mode nearby in and the ID of the first desk found is 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 (DPG1M, DPG1B or DPG1C) 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 Panel have IDs named "*DESK*" followed by a four-digit number. All Bluetooth® Adapters have IDs named "*BLE2LIN*" followed by a four-digit number.
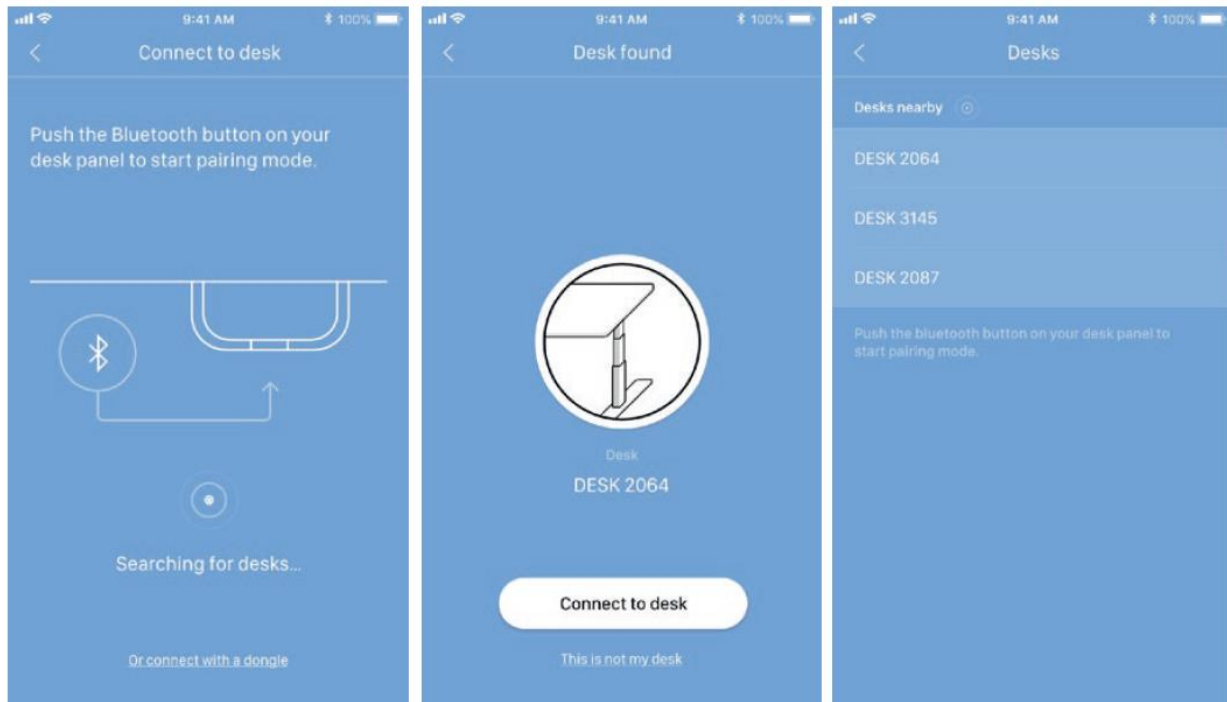

Press on any desk ID to connect to that desk.

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.
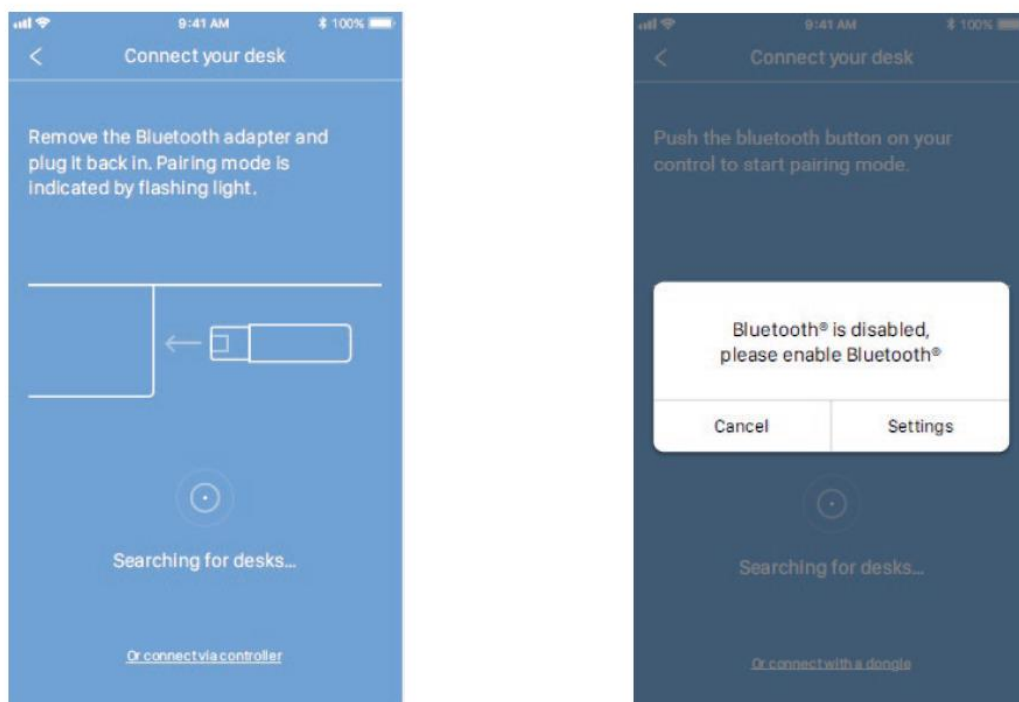
Before the app is connected to the desk selected, you must select whether this is your primary desk (select "Owner") or if you use this desk temporarily (select "Guest"). Press "Connect" to connect your smartphone to the desk.
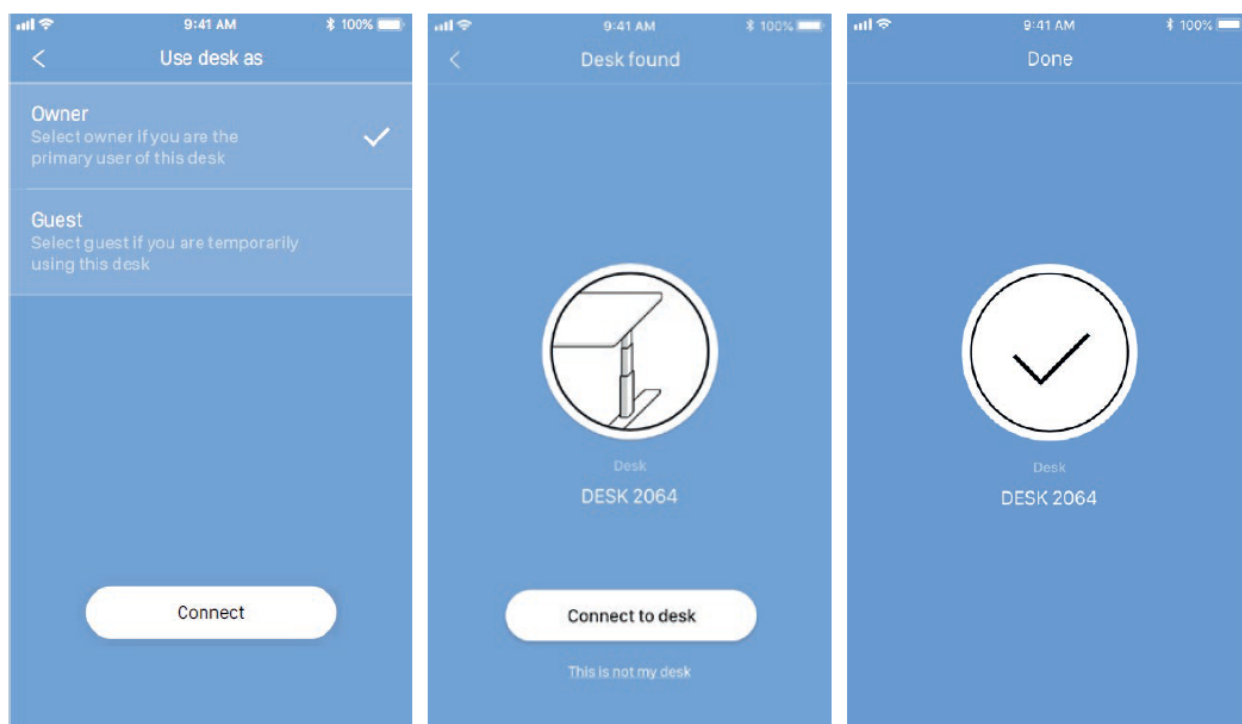
You can connect to several desks, either as "Owner" or as "Guest".

- 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 at it 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 notification and keep track of sit/stand data.

Setting your challenges

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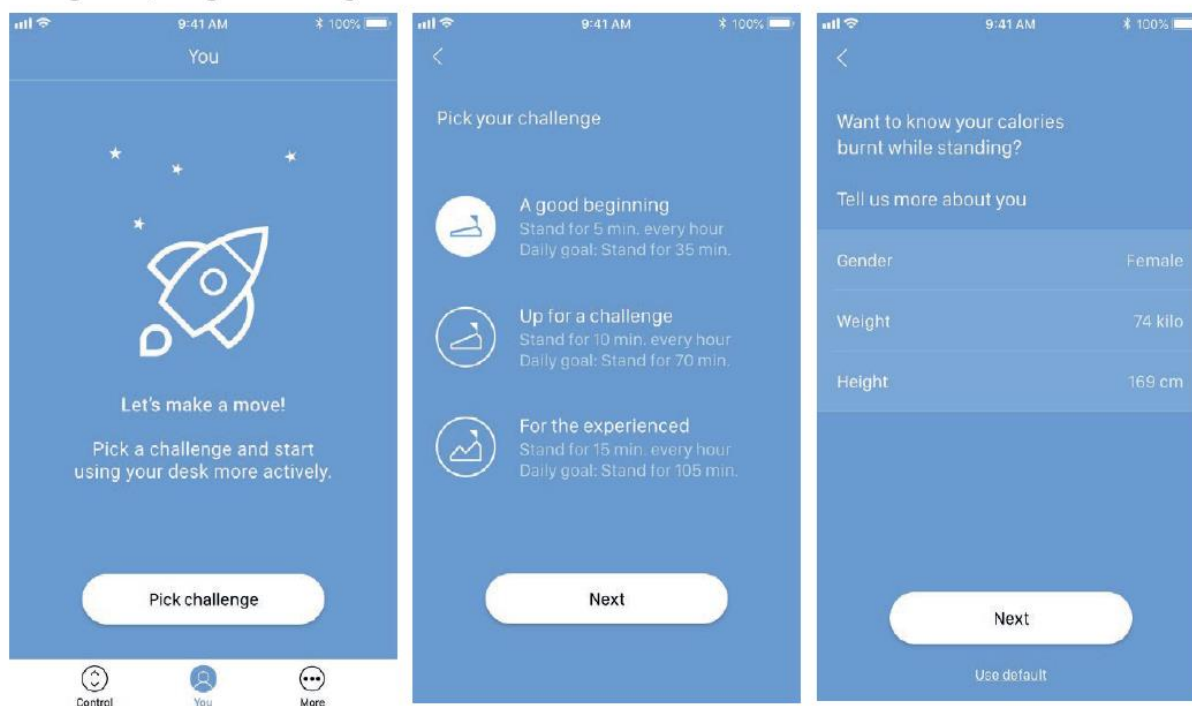
Please note that if an interval for standing/sitting has already been chosen via the DPG, these settings will be shown in the app. Either keep these or select a new challenge.

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.
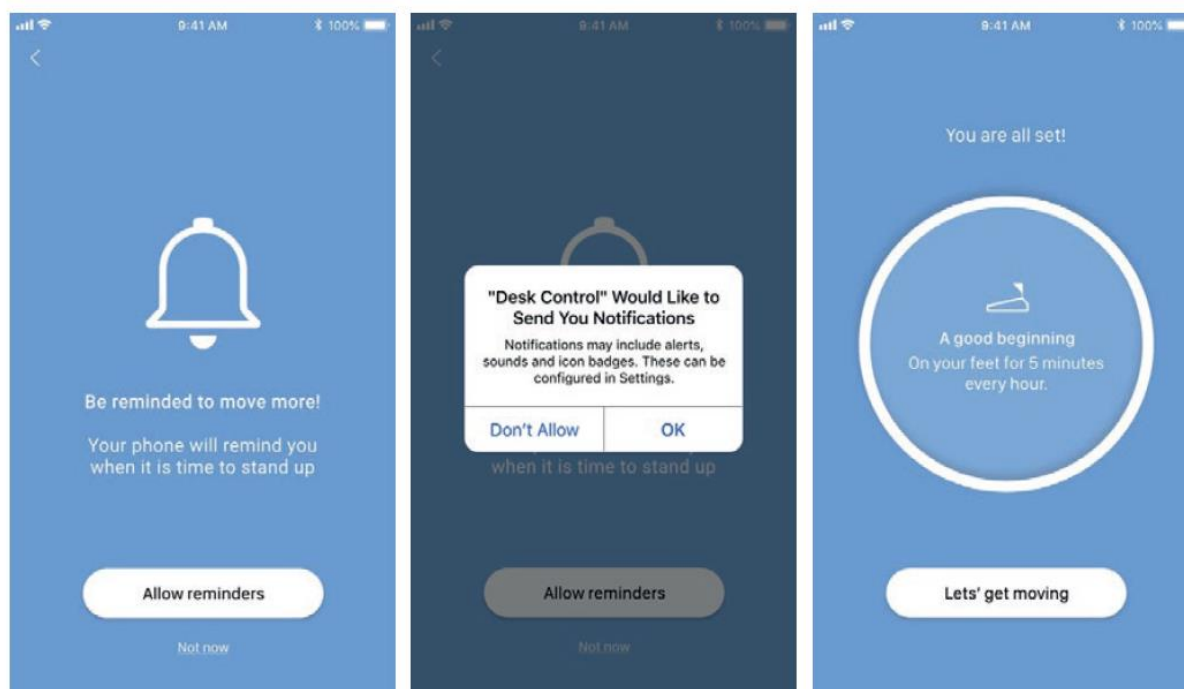
Now you are ready to become a healthier you.

Operation

How to use the app

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

Adjustment of the desk (if supported by connected the device)

Control

Your goal and the statistics of your daily achievements

You

All settings

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.

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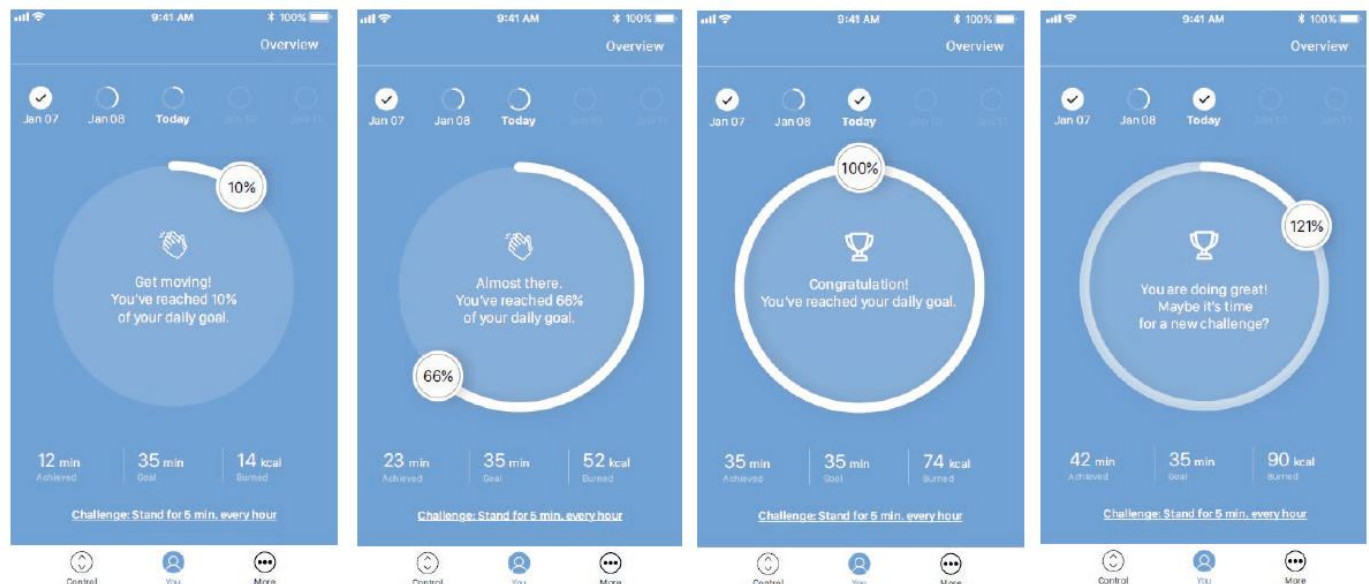
If you press "Overview", you will see your daily achievements in a calendar overview. You can scroll to see older data.

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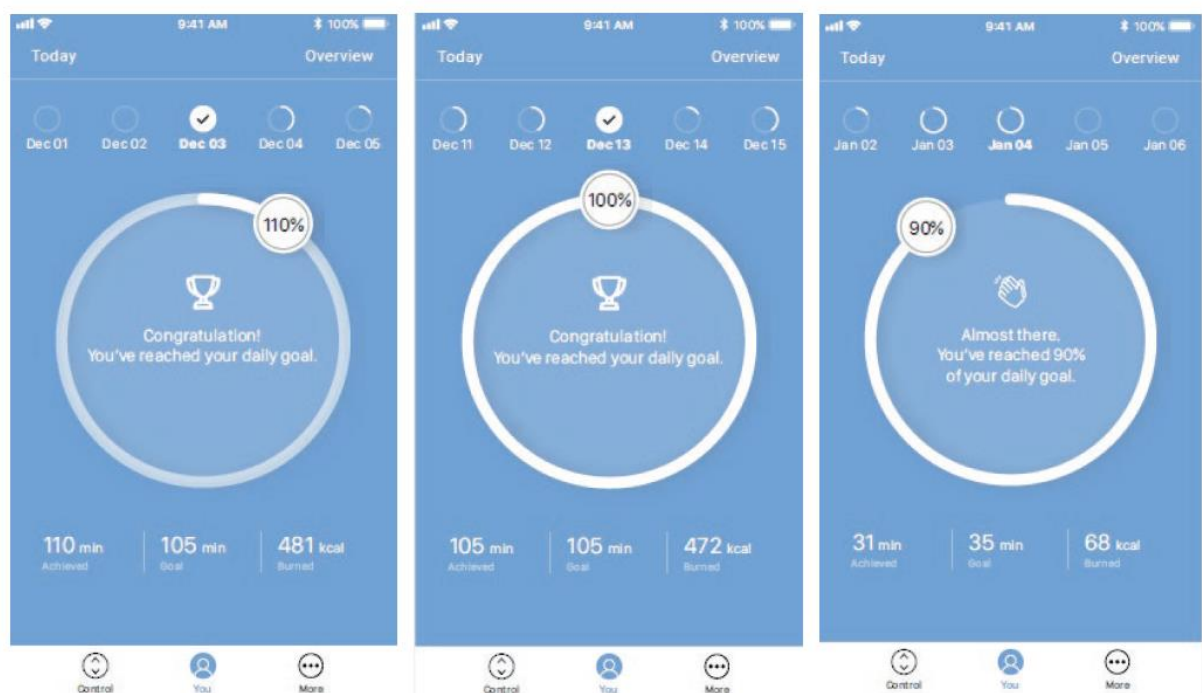
Control

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 the possibilities.

Actual desk height ———— 120 cm

Up/down drive of the desk

Save up to four favourite positions
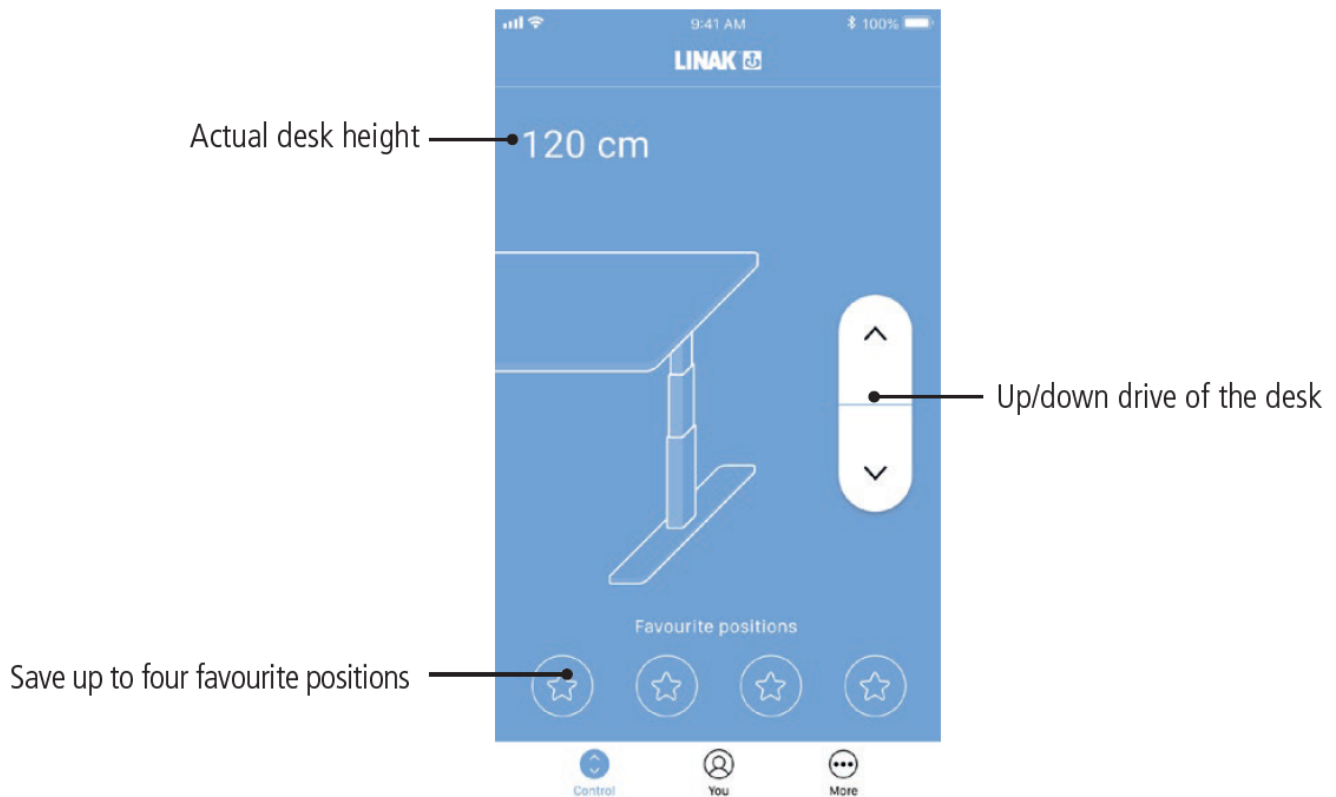
Height
Actual desk height. In case an error occurs, the error code will be displayed instead of the height.

Up/down drive
Press and hold the button to move the desk up/down.

Favourite positions
The stars symbolise the favourite positions.
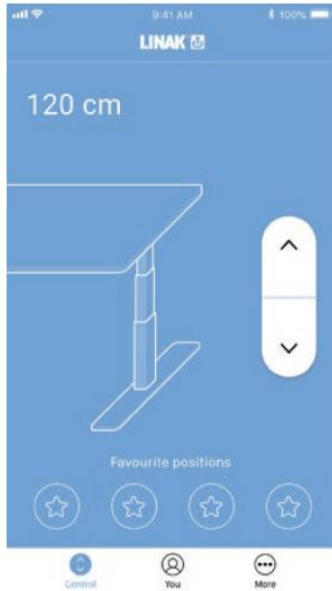
Setting a favourite position

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 button.
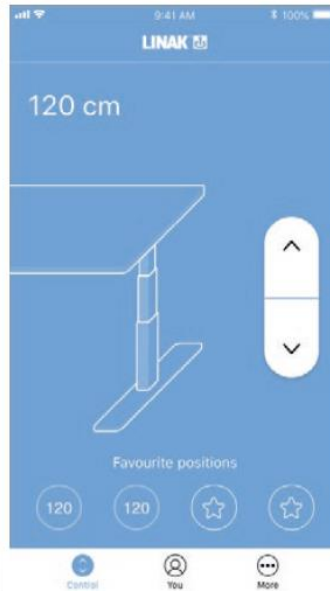
   The DPG will reflect the favourite positions saved through the app, so you can change desk height via the desk panel instead of using the app.

| *Press star to save* | *Confirm choice* | *Two saved positions* | *Driving to a favourite position* |
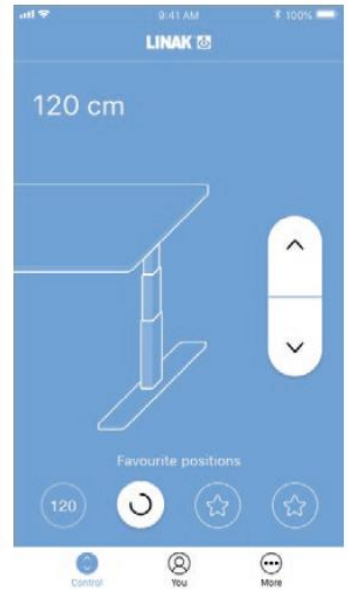
More

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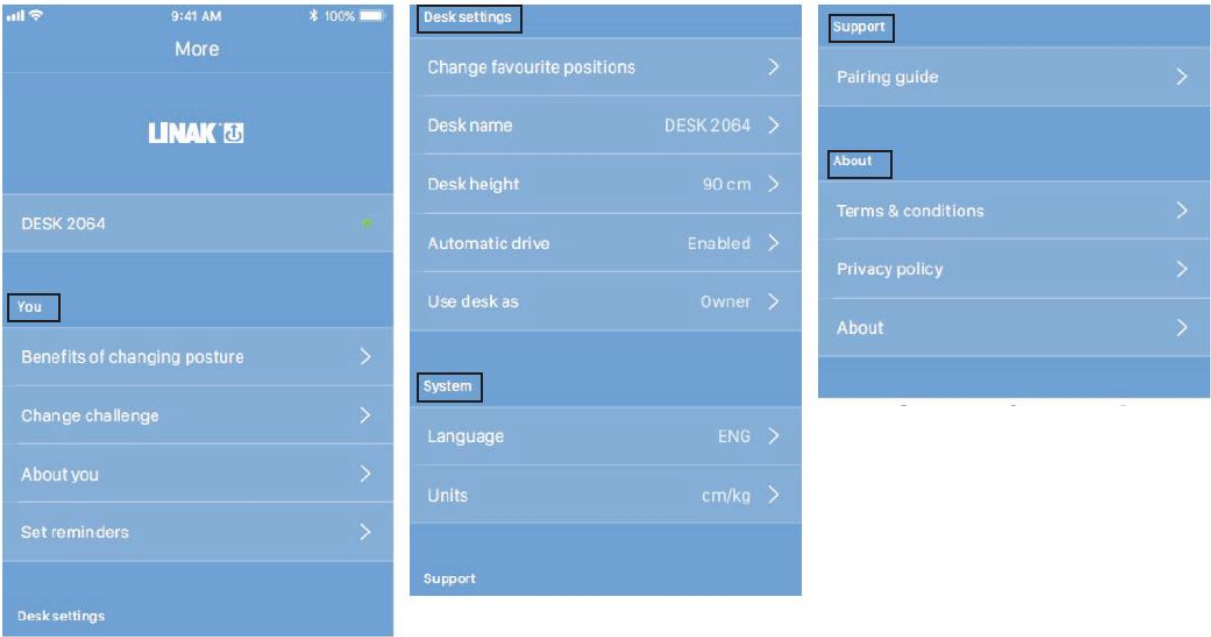
You

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 or your reminder settings.

Change challenge

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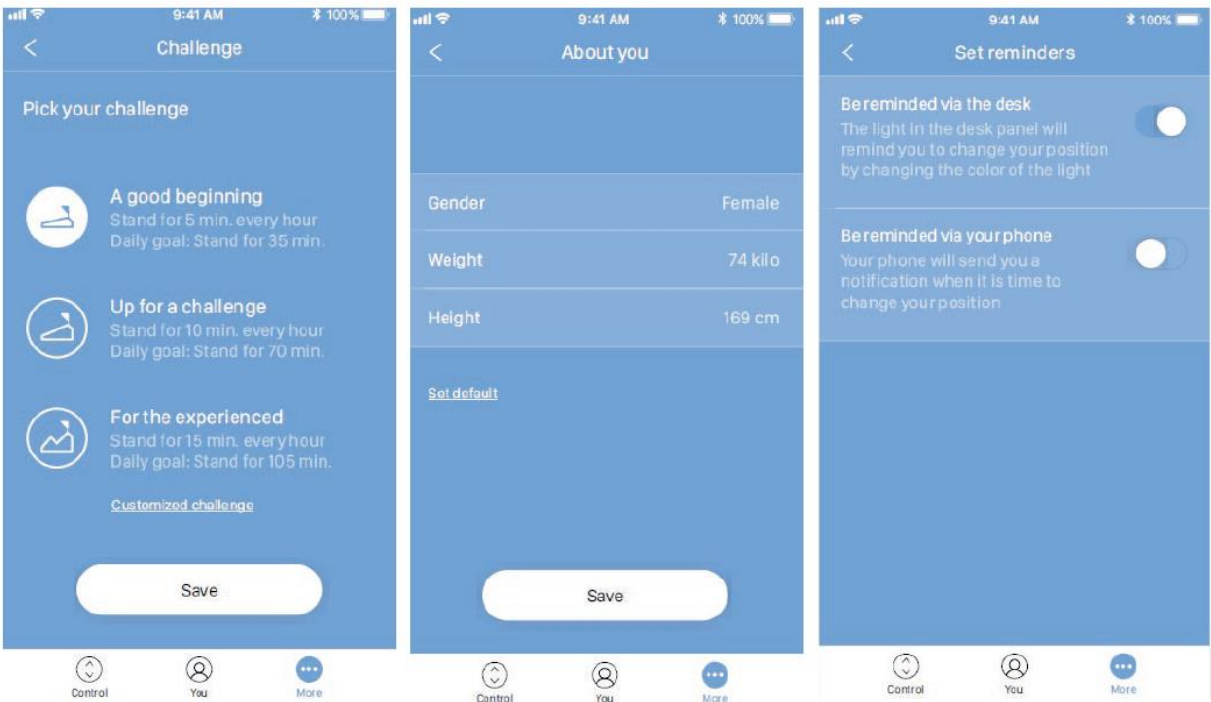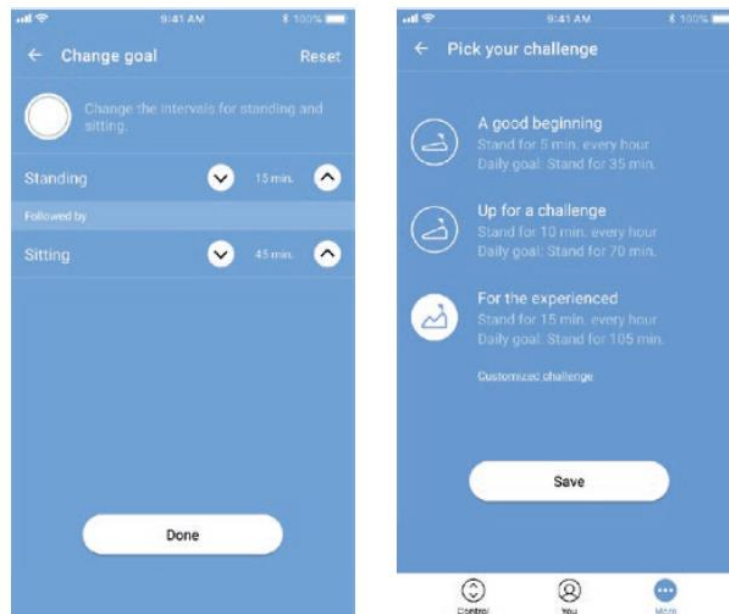

About you

Here you can set/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".

<u>Connecting to another desk</u>

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.
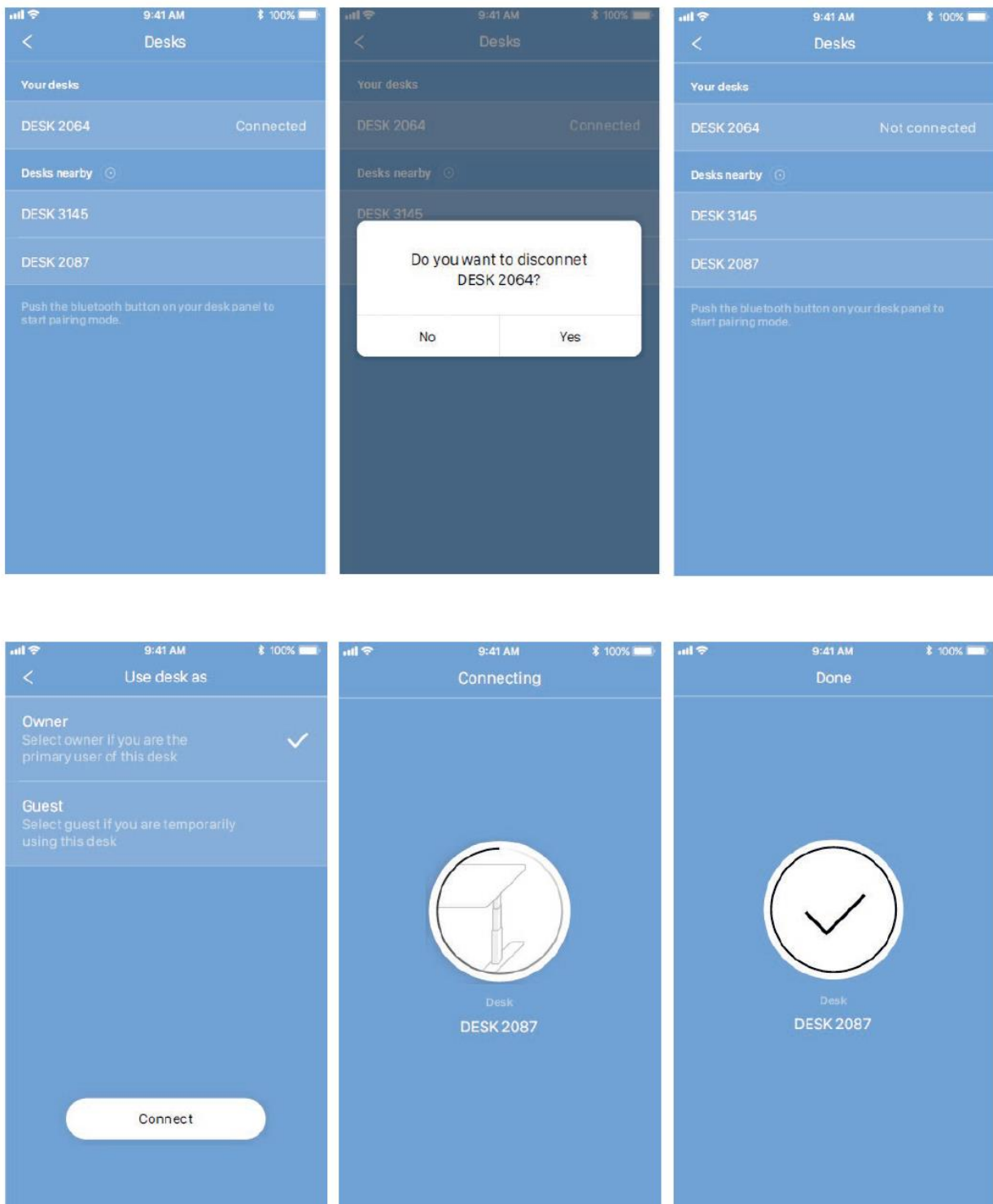
Set desk name

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 "full" versions of the DPG1M/B/C and BLE2LIN, not the "limited" versions. 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 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. 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/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
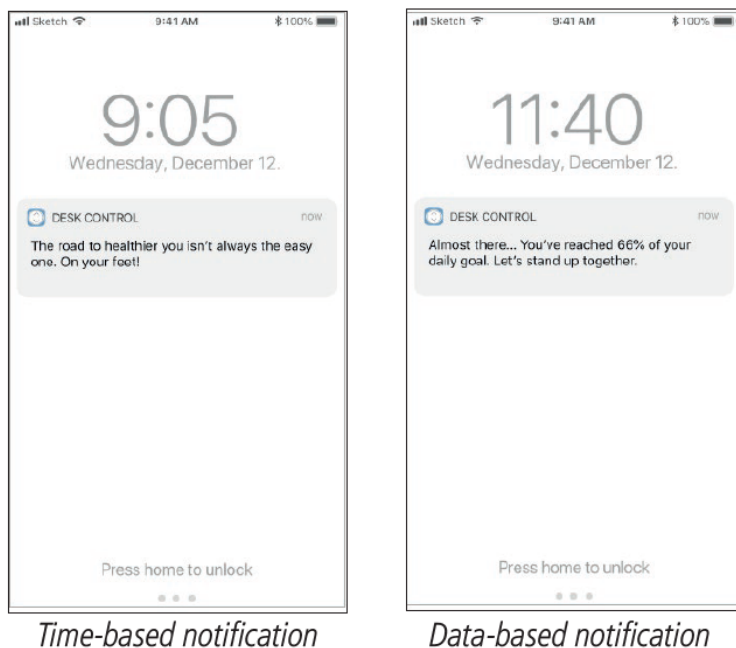
The time-based notifications are available for all and pop up based on the time the desk has been in sitting position. Press on the notification to open the app, or slide to the left to see the three options:

• 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", 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 %	Congratulation! 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 the 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 minimum height plus 30 cm (adds up to approximately 95 cm). When the desk is moved above the trigger point, the DPG and the app see the desk in standing position until it is moved down again. When the desk reaching sitting position (below the trigger point), the notification is being reset and a new notification will appear after 50 min.

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)

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 and work, start with short intervals focusing on learning and getting into a habit. When this behaviour is starting to become a habit, 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 a 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 to 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 work standing up.

For additional information or questions contact Ergomotion at (03)9579 1454 or sales@ergomotion.com.au