


# Health Coach: Set Up Your Sit-Stand Reminder




# Basic Usage

## One Time Set Up

**Step 1: Choose reminder interval (how often to be reminded to switch between sit-stand)**

- 1 Hold the Home key for 5 seconds. The Reminder Interval Settings will appear.
- 2 Tap the Home key once to enter.
- 3 Tap <1> left or <3> right to choose your interval between 15, 30, 45, or 60 mins.  

- 4 Tap on the Home key again to confirm interval selection. The home screen will now display a progress bar.

**Step 2: Choose reminder vibration pattern**

- 1 Hold the Home key for 5 seconds.
- 2 Tap <3> right till you reach the Vibration Style Settings.
- 3 Tap the Home key once to enter.
- 4 Tap <1> left or <3> right to choose your vibration pattern.  

- 5 Tap on the Home key again to confirm selection.

## Daily Use

**Using health coach during your day:**

After setting your reminder interval, a progress bar will appear to indicate how much time has lapsed. The controller will vibrate once the bar fills up — this is your cue to switch between sitting and standing.



**To stop the vibration:**

Tap any key to stop the vibration.

**To reset the reminder:**

Adjust the desk height in any way. Your progress bar will reset from fully-filled to empty.

**To switch on/off the reminder:**

- 1 Tap the Home key once. The Memory Lock interface will appear.
- 2 Tap the Home key again to switch on/off the reminder. Once turned on, you will see a progress bar on the home screen.

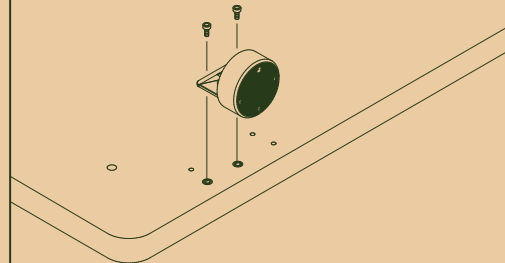
*\*When turning reminder on/off – your Reminder Interval will be based on your selection in the One Time Set Up above.*

## Parts List

- a Health Coach Controller/Handset ..... x 1
- b Controller/Handset Cable ..... x 1
- c M5x16 Wood Screws ..... x 2
- d M4x12 Phillips Head Machine Screw ..... x 2
- e Phillips Head Screwdriver ..... x 1

## Installation on Worktop

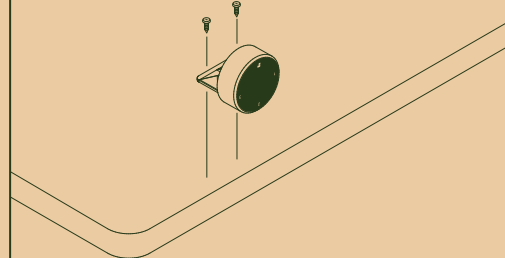
### EverDesk Worktops



Install the Health Coach Controller (a) to the inserts in the worktop with the Phillips Head Machine Screws (d) provided, as illustrated in the diagram. The Handset can be attached on either the left or right end of the worktop.

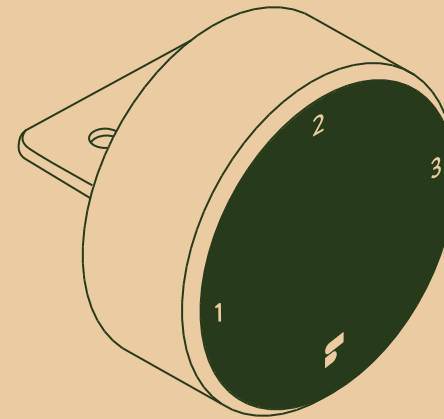
Attach the Controller (a) to the Control Box through the provided Cable (b).

### Non-Drilled Worktops



Install the Health Coach Controller (a) to the worktop with the Wood Screws (c) provided, as illustrated in the diagram. The Handset is recommended to be attached on either the left or right end of the worktop.

Attach the Controller (a) to the Control Box through the provided Cable (b).

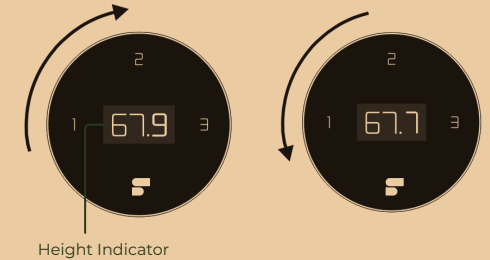


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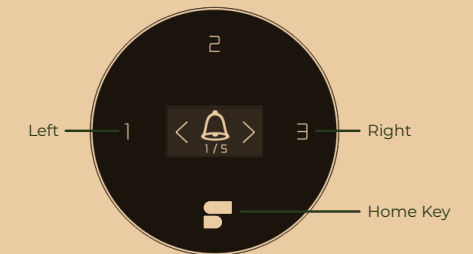
## Table Height Adjustments

Increase height:

Lower height:



## Function Navigation



Hold the Home key for 5 seconds to view the function menu. Tap on <1> or <3> to toggle left or right.



**Function 1:**  
Reminder Interval



**Function 2:**  
Controller Lock



**Function 3:**  
Height Range Limit



**Function 4:**  
Vibration Styles



**Function 5:**  
Return to Main Display

## Save Your Favourite Heights

You can now go to your preferred height with a single tap.

### Save Height to a Number Key

- 1 Rotate the controller to adjust desk to your desired height.
- 2 Tap on the Home key once. The Favourite icon will appear.



- 3 Tap on key <1>, <2>, or <3> to save the height to that key.
- 4 For 5 seconds, do not adjust your desk height. You should see your saved height beside the number you chose.



## Lock Your Controller

Prevent accidental adjustments.

### Turn ON/OFF Auto-Lock



If lock function is on, a lock icon will appear.

- 1 Hold Home key for 5 seconds. The function menu will appear.
- 2 Tap <3> right once. The Controller Lock Settings will appear.



- 3 Tap Home key once to enter.
- 4 Tap keys <1> left or <3> right turn on/off auto-lock.



- 5 Tap Home key again to confirm selection.

### Unlocking Your Controller

If Auto-Lock is turned on, the controller will lock after 10 seconds of inactivity.



To unlock the controller:

Swipe your finger across or tap keys <1>, <2>, and <3> in that order.

## Set Desk Height Limits

Ensure peace of mind and safety with a height range limit

### Set Maximum Height

- 1 Rotate the controller to set the desk at your desired max. height limit.
- 2 Hold Home key for 5 seconds. The function menu will appear.
- 3 Tap <3> right till you reach the Height Limit Settings.
- 4 Tap Home key once to enter.
- 5 Tap <3> right till you see "MAX".



- 6 Tap Home key again to confirm the max. height limit. You will see a tick appear.

### Set Minimum Height

- 1 Rotate the controller to set the desk at your desired min. height limit.
- 2 Hold Home key for 5 seconds. The function menu will appear.
- 3 Tap <3> right till you reach the Height Limit Settings.
- 4 Tap Home key once to enter.
- 5 Tap <3> right till you see "MIN".
- 6 Tap Home key again to confirm the min. height limit. You will see a tick appear.



### Removing Height Limits

- 1 Hold Home key for 5 seconds. The function menu will appear.
- 2 Tap <3> right till you reach the Height Limit Settings.
- 3 Tap Home key once to enter.
- 4 Tap <3> right till you see "OFF".
- 5 Tap Home key again to confirm.

## Additional Functions

### Return to Main Display

- 1 While in the function menu, tap <1> left or <3> right till you see the Return function.



- 2 Tap Home key once to return to the main display or wait 5 seconds to return automatically.

### Error Prompts

Reset the controller if you see an error prompt that looks like this:



- 1 Turn the controller anti-clockwise for 5 seconds. The "Reset" option will appear on screen.



- 2 Turn the controller all the way down, then turn the controller all the way up to complete the reset.