



4 Your Tool for Staying Active Health Coach Guide







We know, it's hard to stay active when you spend at least 8 hours a day at your desk.

That's why you got the Health Coach™ Controller!

All that's left is to learn how to use the Health Coach™ like a pro, so that you can feel the difference in your health and mood:

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Basic Navigation

Height Adjustments



Going Higher



Rotate clockwise to increase the height of your desk.

Going Lower



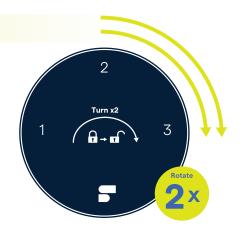
Rotate anti-clockwise to lower the height of your desk.

Locking & Unlocking

How it works

For your safety, the Health Coach auto-locks when in idle mode.

Rotate the Health Coach on the same side twice to unlock.



Home Menu Navigation



Hold the home key for 3 secs to bring up the menu page. Rotate the controller left and right OR tap 1 and 3 to toggle between menu functions.

Menu functions available

Function 1: Reminder Interval $\langle \overrightarrow{\uparrow}_{1/3} \rangle$ Function 2: Desk Height Limit

 $\langle \stackrel{\longleftarrow}{\underset{\exists}/\exists} \rangle$ Return to Main Display

Height Adjustments



Good Standing Posture

- Keep your weight evenly distributed between both feet
- Cushion your feet with shoes or an anti-fatigue mat
- Don't restrict yourself to one position; move about if you have to

Good Sitting Posture

- Ensure feet are flat on the floor or a solid surface
- Keep your back in contact with your backrest at all time
- Check that your hips are in line with or slightly higher than your knees

Experts say...

- Place screen centrally in front of you, at an arm's length away
- Adjust top of your screen to be slightly below eye level
- Ensure table top is parallel to your arms when bent at 90°
- Do not lean forward to reach for your keyboard and mouse

Height Adjustments

Save Your Most-Used Heights as One-Touch Presets



2

1 Tap 1 or 2 or 3 to save your height

Tap 1 or 2 or 3 to save your height





Adjust to desired height.

Tap the home key 🖛 once.

Tap on 1, 2 or 3 to save the height to that memory slot.

Your preset is saved!
Tap on 1, 2 or 3 to adjust the desk to its saved height with one touch.

Safety Feature: Set Desk Height Limits

Work safely, avoid collision with objects in your surroundings.











Adjust to your desired height, maximum/minimum

Hold the home key **⋾** for 3 seconds.

Rotate to toggle to Function 2, tap home key **s** to select.

Choose if you wish to set the <↑MAX> or <↓MIN> desk height limit. Tap the home key ■ once to save the current desk height.

Successfully saved!

What do they mean?



Highest desk height limit





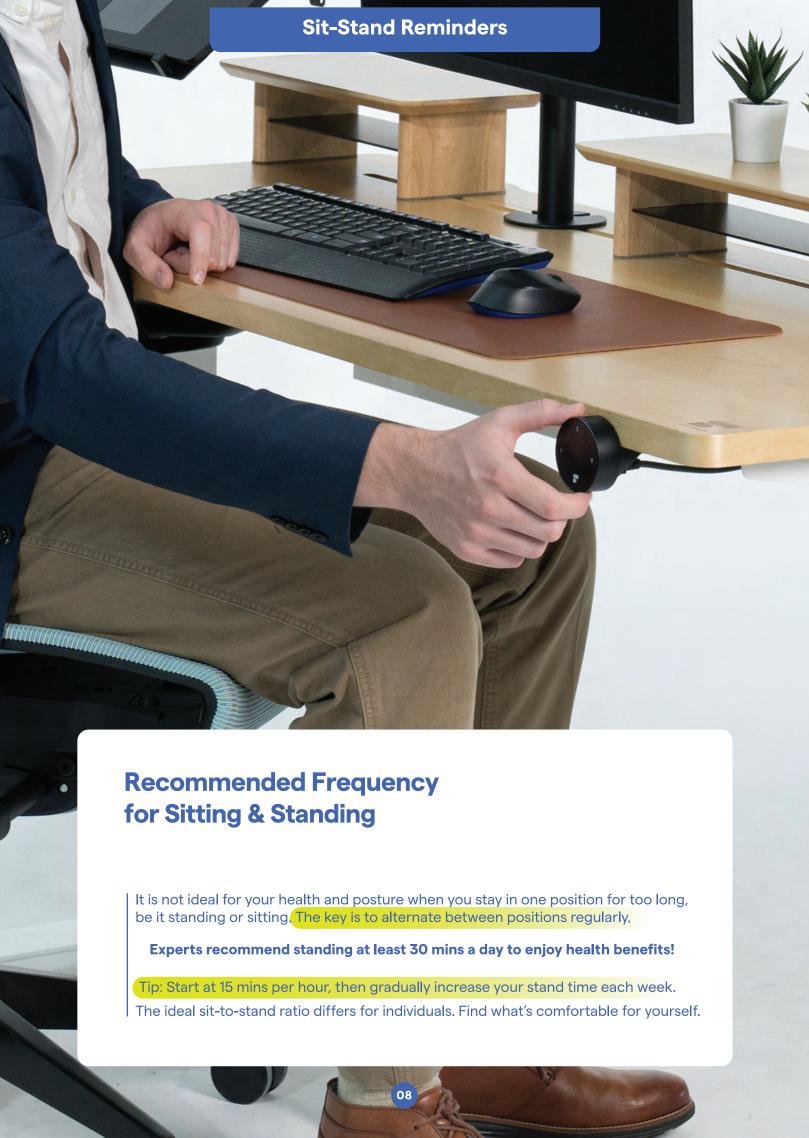
Lowest desk height limit





Switch off desk height limit





Sit-Stand Reminders

Setting Your Reminder Interval

1 67.7_{cm} 3

1 < 15 MNS > 3

1 Reminder is on

When reminder goes off:

5

7

7

7

7

7

Hold the home key **■** for 3 seconds.

Tap the home key **₹** to select △.

Rotate to toggle between intervals 15/25/35/45 mins. Tap home key to select desired invterval.

Successfully saved!

Tap any key OR rotate the controller to stop the vibration.

How to Switch On/Off Your Reminder



Double tap the home key **s** to switch on/off the reminder.



When switched on, a progress bar will indicate time remaining till reminder goes off.

To restart the reminder when it's in progress, tap any key.

Not used to standing at your desk?

Use these tricks to ease yourself into the habit:

- 1. Use Health Coach's customisable timers to remind yourself when to change positions
- 2. Stand up during activities that don't require constant typing eg. on calls
- 3. Cushion your feet with an anti-fatigue mat
- 4. Optimise your ergonomics
- 5. Get your friends and family involved



Get creative with the Health Coach Reminders!

Use the Health Coach to build other healthy work habits.

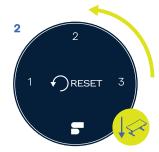
- 1. Take water breaks
- 2. Rest your eyes
- 3. Do some stretches and move about
- 4. Tidy up your desk

Troubleshooting Errors

Quick Reset



Rotate the controller anti-clockwise and hold it in place till the display changes to PRESET.



Rotate the controller anti-clockwise once more until the desk is at its lowest height.



Rotate the controller clockwise until the display is showing the height of the desk. Reset complete.

