



Desk Control Apps Notifications

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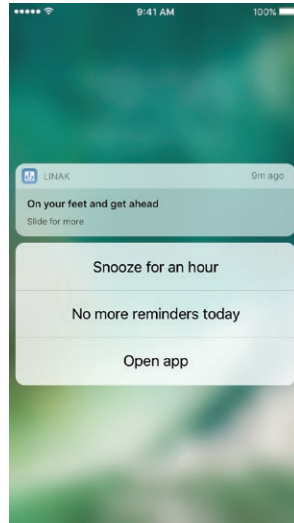
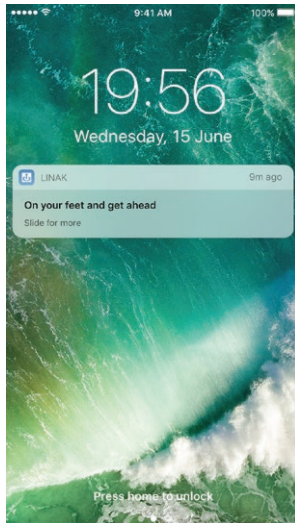
UCI

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.