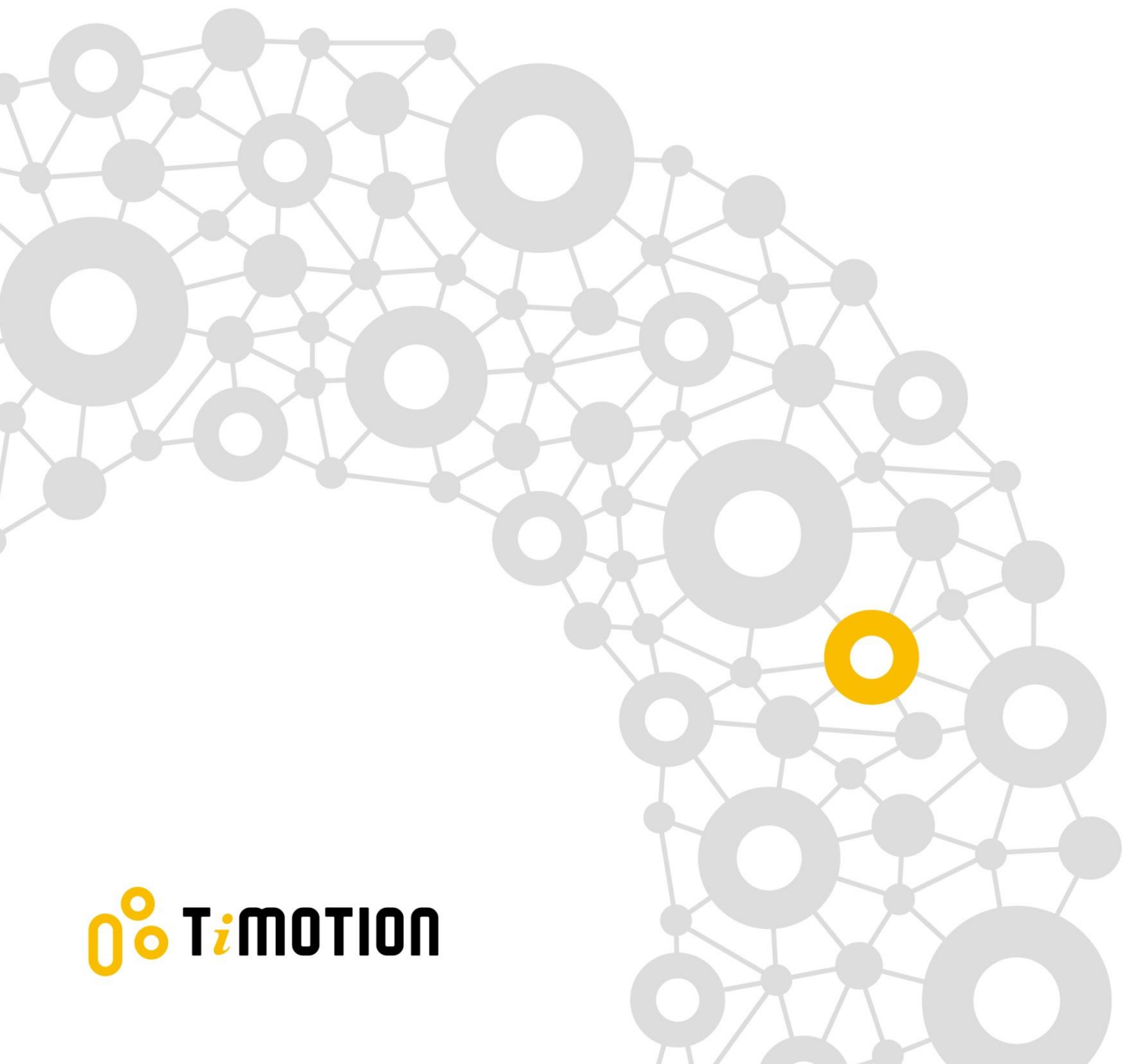


VERSION 2
User Manual

Stand Up Pls. Mobile App for Height Adjustable Desks



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1. Preface

We are delighted that you have chosen products from TiMOTION. Our ergonomic height-adjustable workstation systems are high-tech products based on many years of manufacturing experience and the development of electric linear actuators, electronic control boxes, hand controls, and power supplies. We are constantly improving our products to meet and exceed customer expectations.

This User Guide will tell you how to install, use and maintain your Ergo Motion products. We are sure these products will provide you with many years of reliable operation. All TiMOTION products undergo rigorous functionality and quality testing before shipping. You are always welcome to contact our local corporate offices or sales agents with any questions. It is our goal and pleasure to assist you.

The Mobile App, "STAND UP PLEASE," is developed by TiMOTION and allows the end-users to control their height-adjustable desks via their mobile devices.

2. Bluetooth Device

We provide two Bluetooth device options: a built-in control box or a wireless dongle from which users can choose.

2.1 Built-In Control Boxes

The Bluetooth functionality is installed into two of our ergonomic control boxes: the TC15P and TC15S.



TC15P



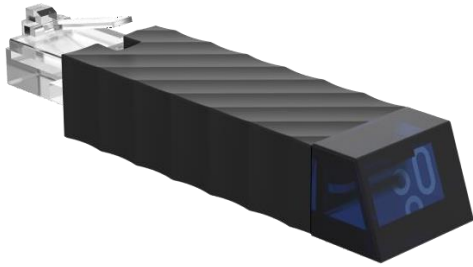
TC15S



TC16P




2.2 Wireless Dongle-TWD1

The TWD1, designed as an adapter with Bluetooth functionality, allows the users to control their desk height remotely via their “STAND UP PLEASE” app.



Compatibility:

The TWD1 is compatible with the following ergonomic control boxes and hand controls:




Picture			
Control Box	TC11	TC11P	TC15

Picture			
Control Box	TC16		

Picture			
Control	TDH5PR	TDH6PR	TDH8

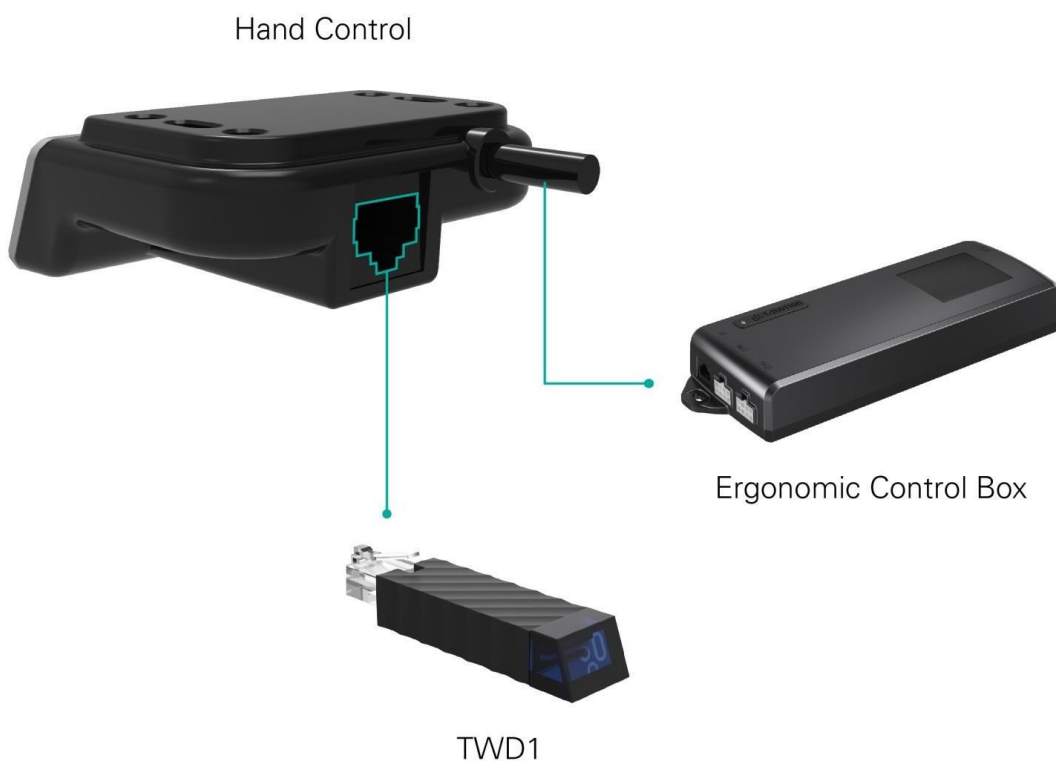
Picture			
Control	TDH8D	TDH9P	TDH11P

Picture			
Control	TDH12P	TDH13P	TDH14P

Picture			
Control	TDH15	TDH16	TDH17

Picture			
Control	TDH18P	TDH20P	

How to connect the TWD1, control box, and hand control:



3. Download the “STAND UP PLS”

The Mobile App, “STAND UP PLS,” is free on the iOS or Android App store. To download the app onto your device, you can scan the following QR codes.



Android



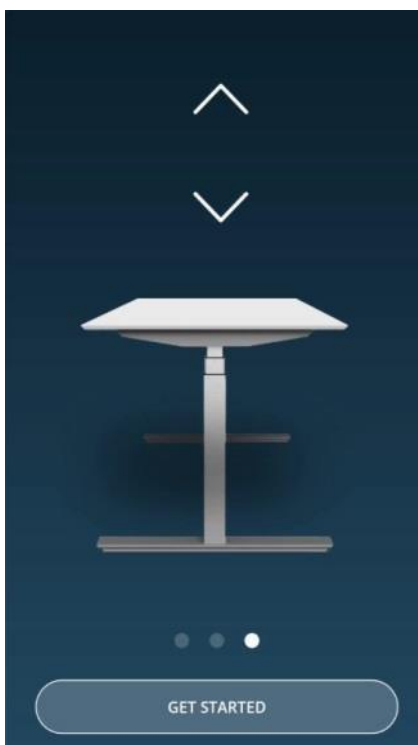
iOS



STAND UP PLS

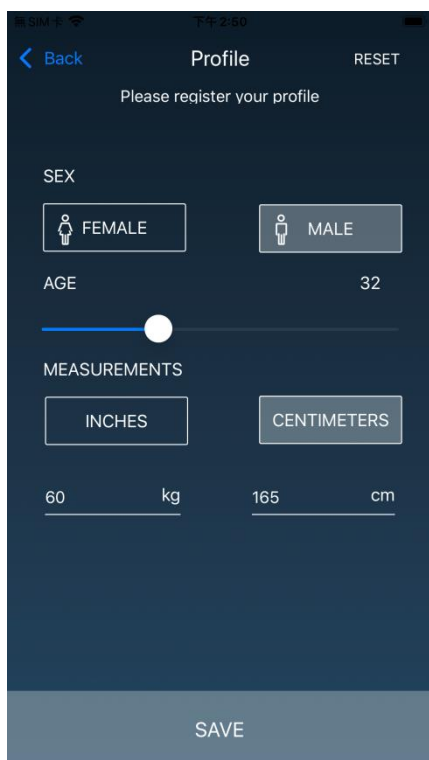
4. Pairing Bluetooth and Getting Started

4.1 Introduction Page



4.2 Register Your Profile

To obtain calorie consumption details, users must input all the required information on the profile page as shown below:



Profile

RESET

Please register your profile

SEX

FEMALE MALE

AGE 32

MEASUREMENTS

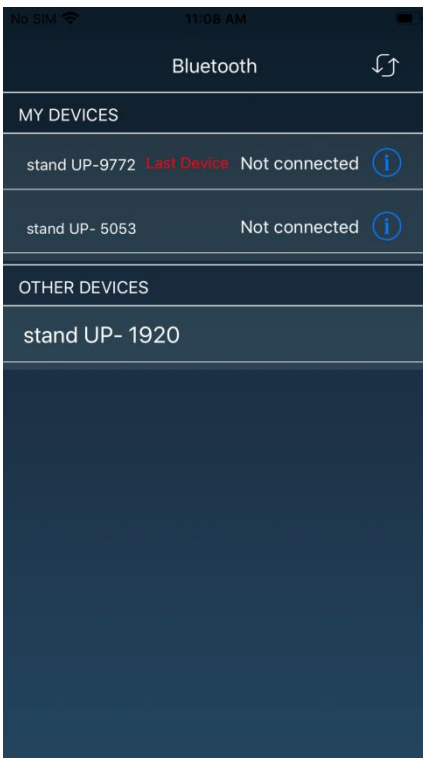
INCHES CENTIMETERS

60 kg 165 cm

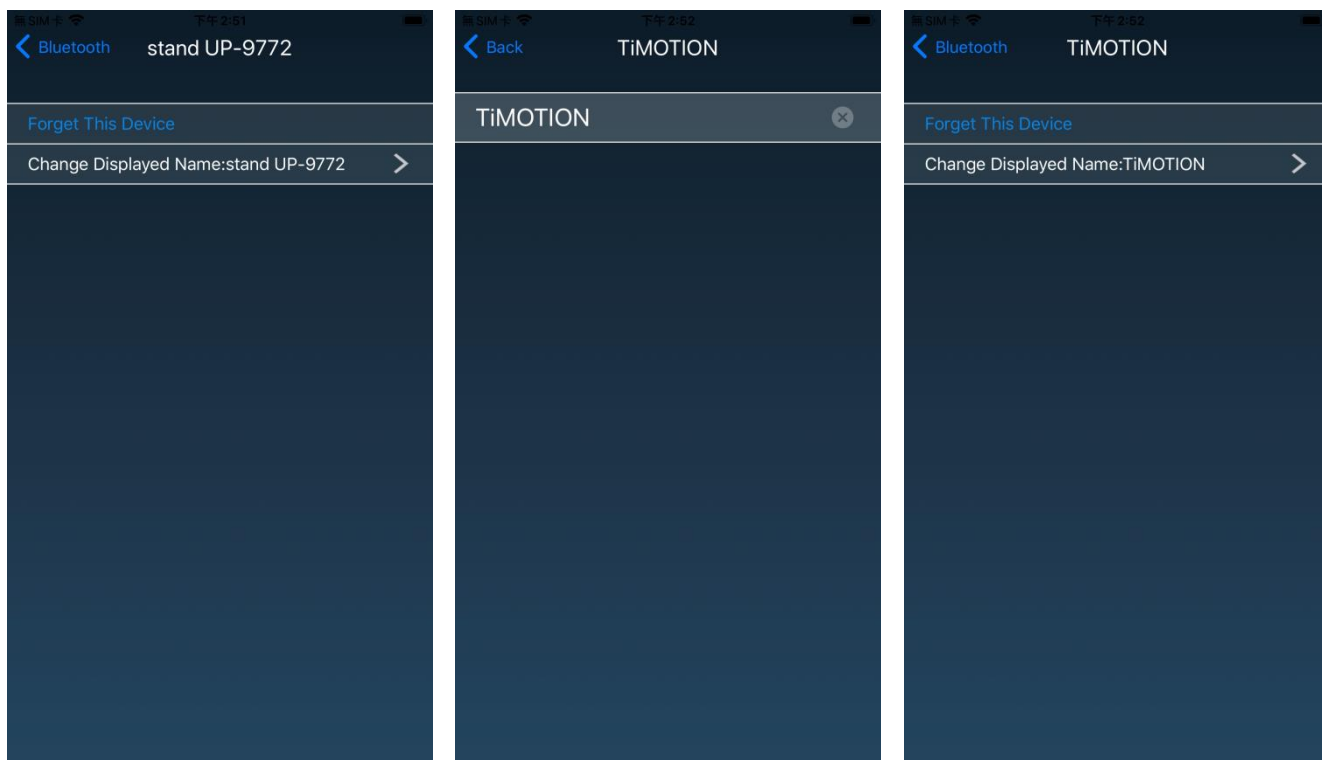
SAVE

4.3 Connection

The users can place their phones in the middle of the tabletop, click the arrow sign, and the screen will display all the Bluetooth devices that the Stand Up Pls App detects. The devices that have been linked will be shown under “MY DEVICES,” and devices that haven’t been linked will be displayed under “OTHER DEVICES.” The Forget This Device option allows users to move one device from “MY DEVICES” to “OTHER DEVICES.”



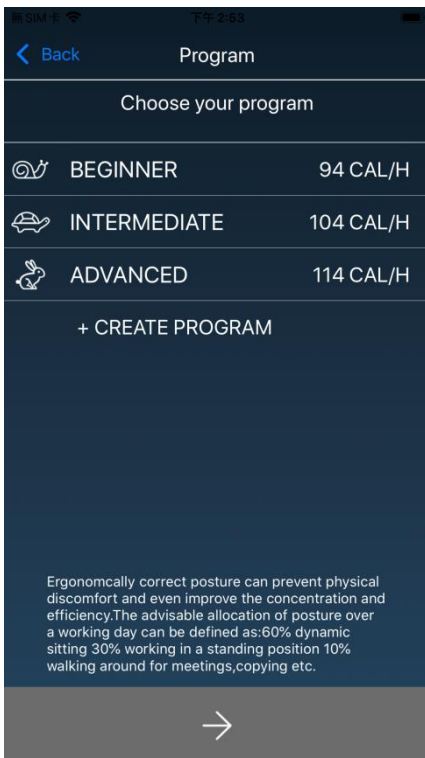
The Bluetooth signal number of the control box and the wireless dongle-TWD1 is named as “stand UP” followed by a four-digit number and is shown on the control box or TWD1’s cover. In the Stand Up Pls App, users can change the signal number into a more recognizable displayed name.



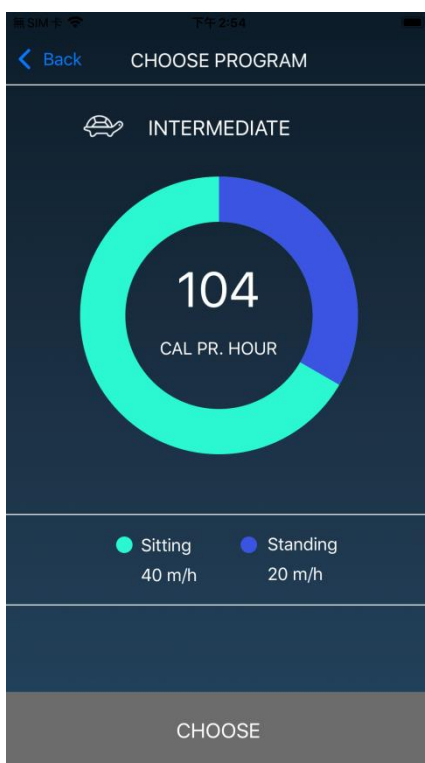
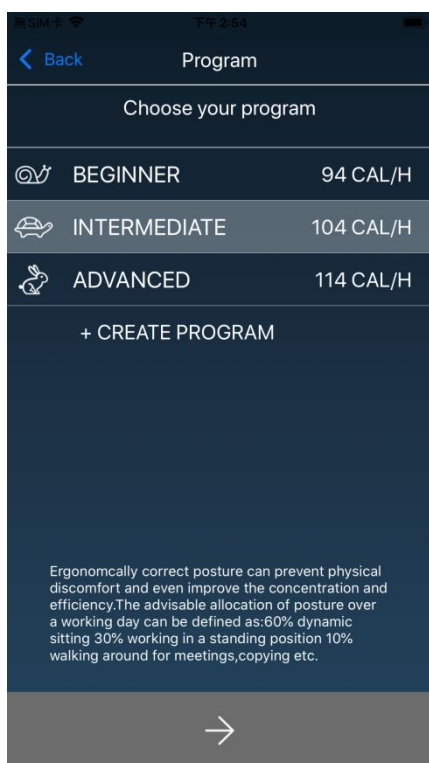
4.4 Program Settings

When the Bluetooth connection succeeds, the screen will display the program setting page where users can select their programs based on their preferences. Furthermore, they can create/customize their own program.

There will be four different programs for users to choose from: Beginner, Intermediate, Advanced, or Create Program.

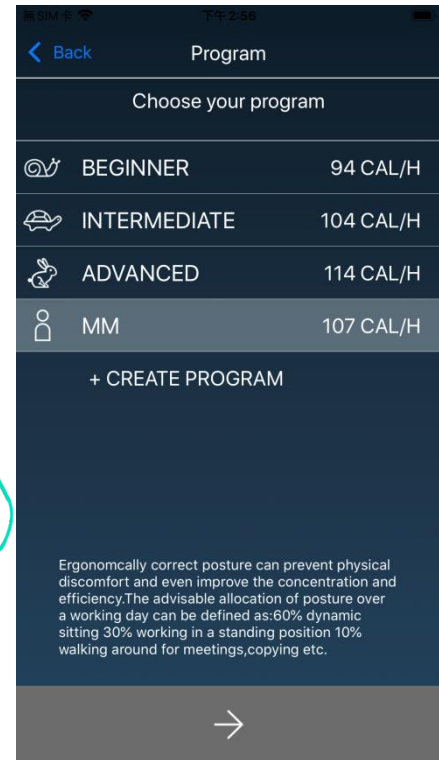
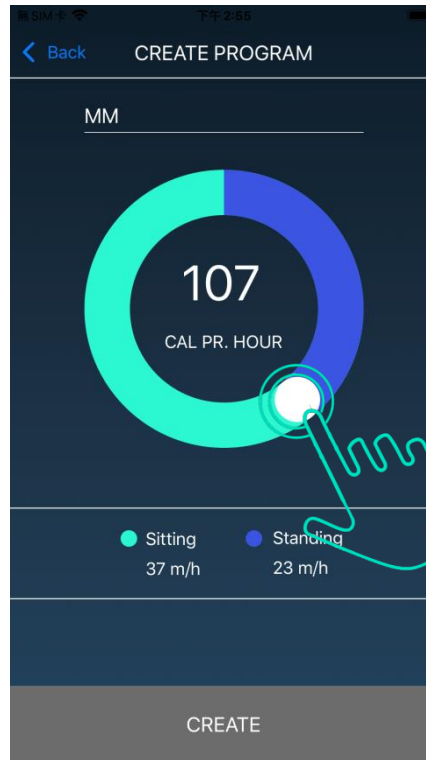
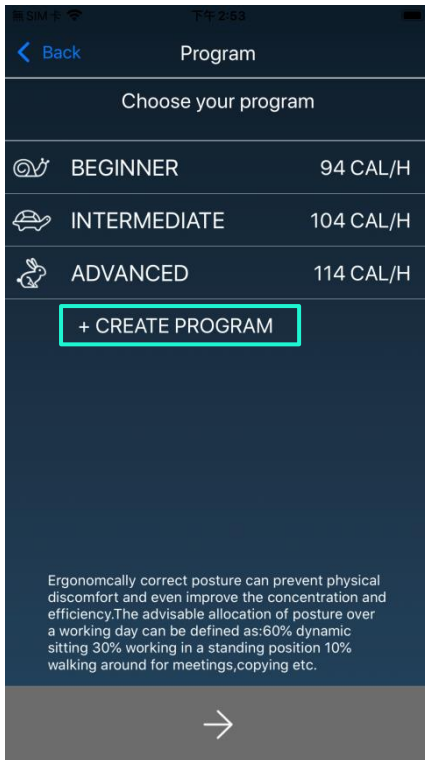


Each program will have a preset setting that cannot be altered except the “Create Program” (shown below).



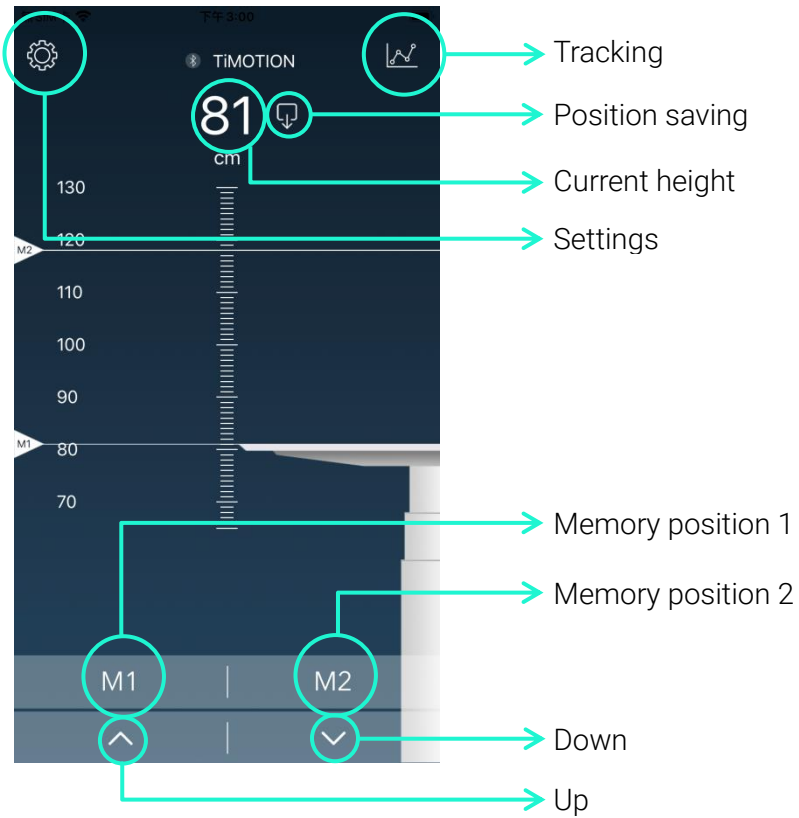
If users want to customize their program, press “Create Program.”

- Step 1: Input the program name that you’d like to have.
- Step 2: Move the finger to change the sitting and standing time on the screen.
- Step 3: Press “Create” to save the changes.



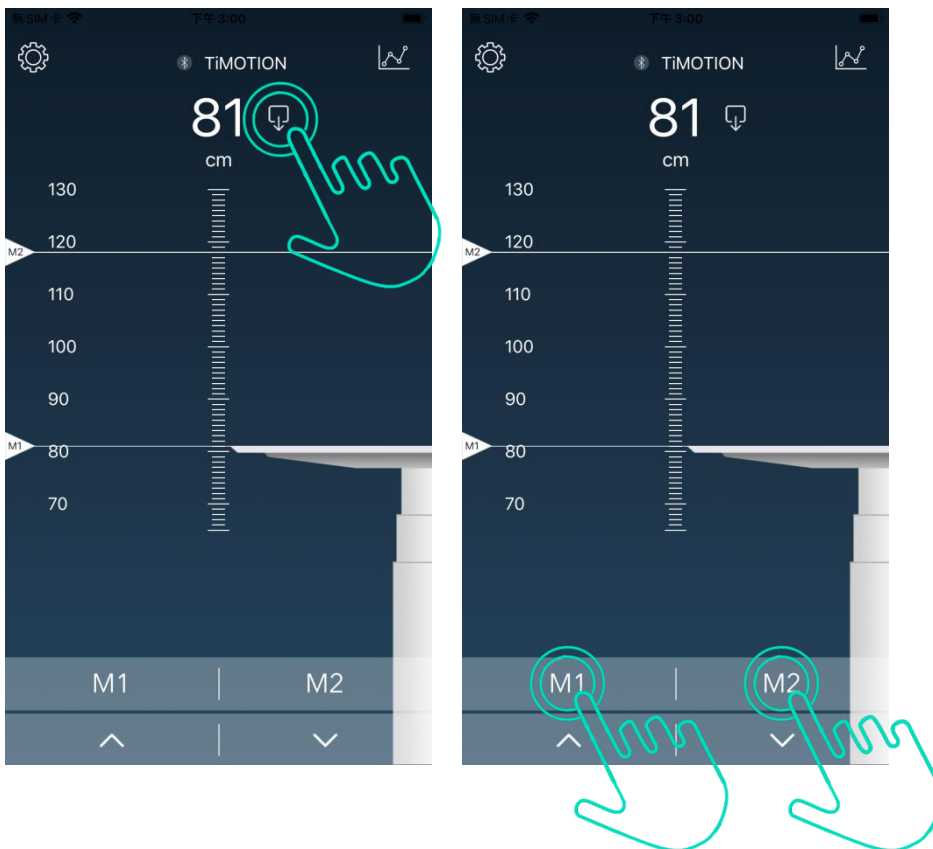
5. Operation

5.1 Buttons Introduction



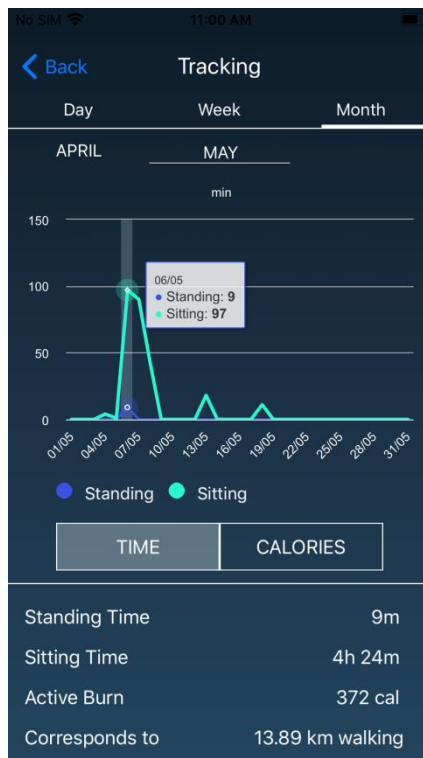
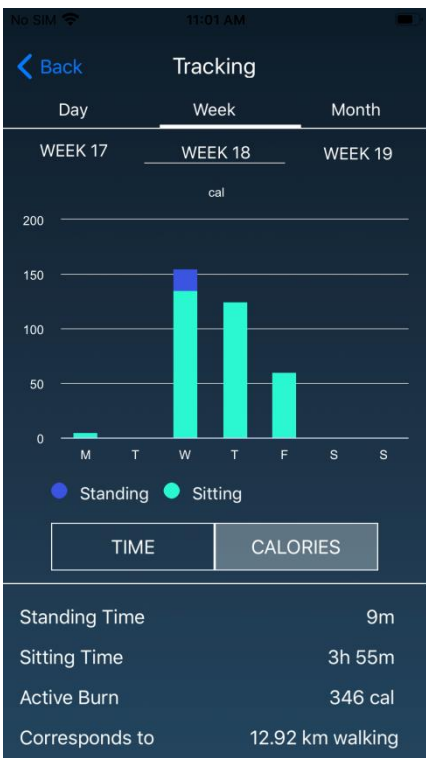
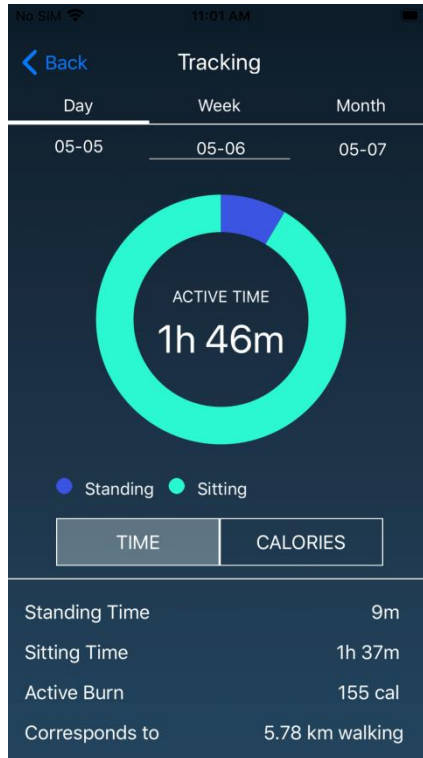
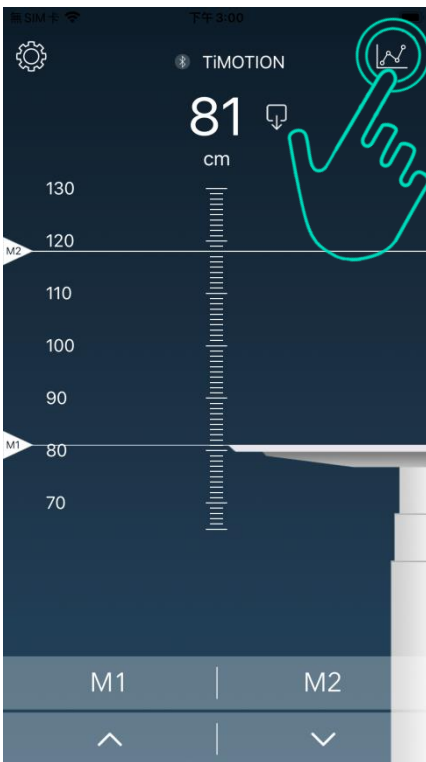
6. Memory Positions

Press the Up or Down button to move the desk to the desired height first, tap the position saving button on the screen, then tap the M1 or M2 button to save current height accordingly.



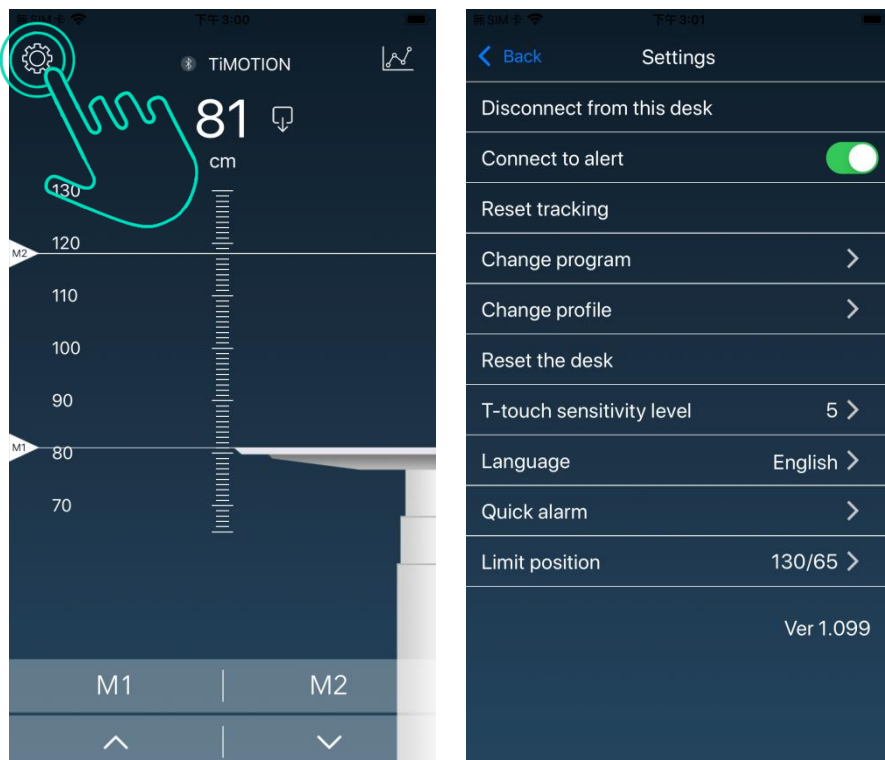
7. History Tracking

Users may track their standing and sitting time on a daily, weekly, or monthly basis. The data can be converted to how many calories are consumed and equivalent to the walking distance.



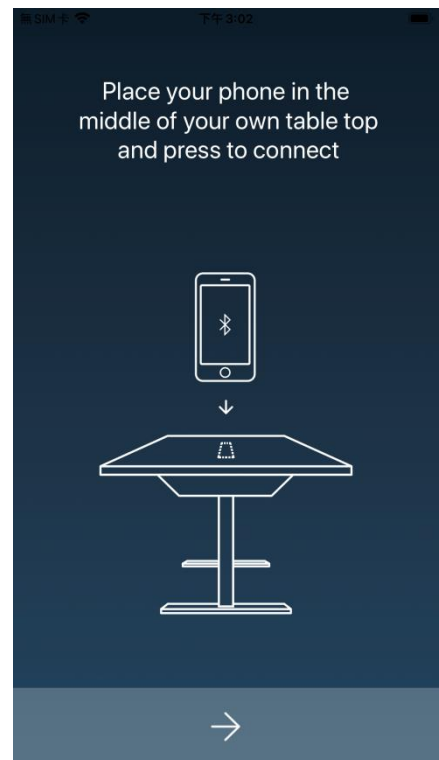
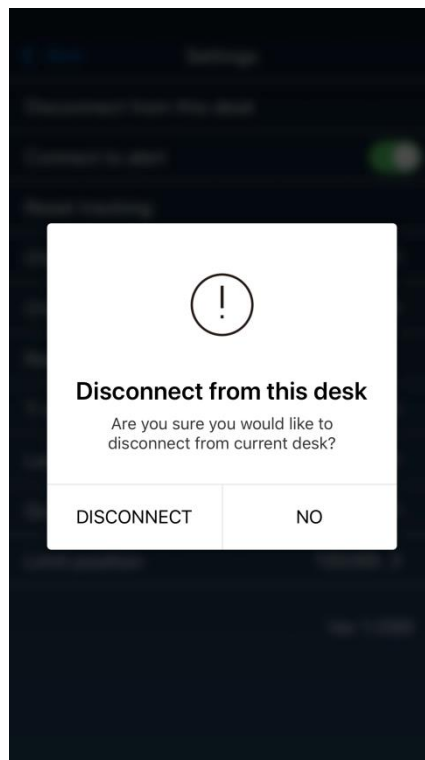
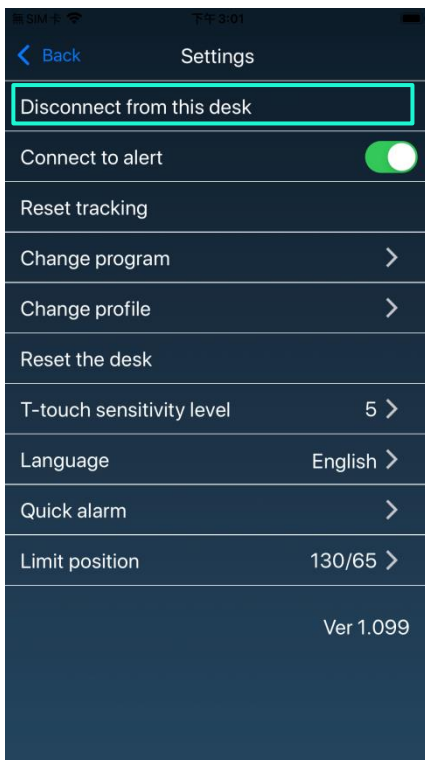
8. Settings

Press the top left icon to access the settings page.



8.1 Disconnection to this desk

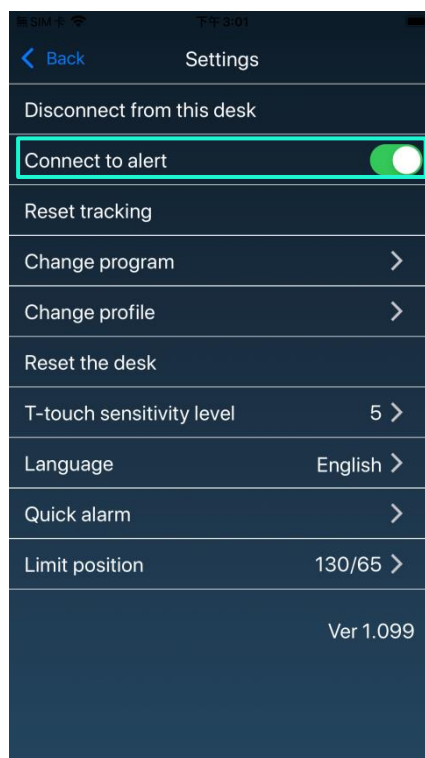
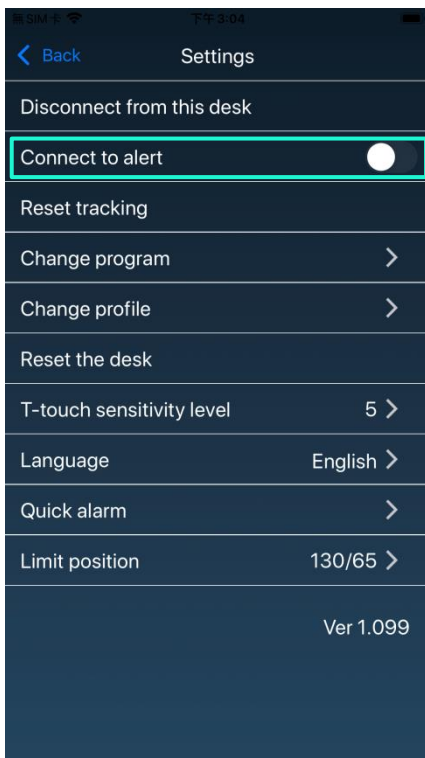
If users wish to disconnect the desk, press the button indicated in the left picture shown below.
To reconnect the desk, please follow the 4.3-Connection.



8.2 Connect to Alert

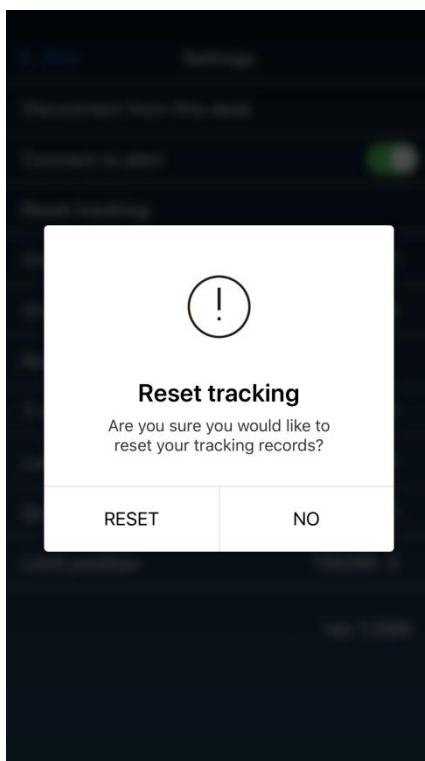
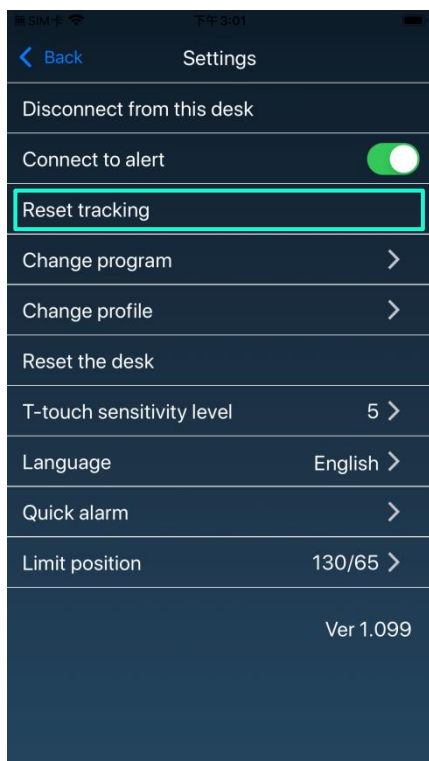
Alert refers to the toning sounds and the pop-up message to remind users when to change posture if an alarm or program has been set up.

Users can mute the alerts by turning the button to “OFF” mode.



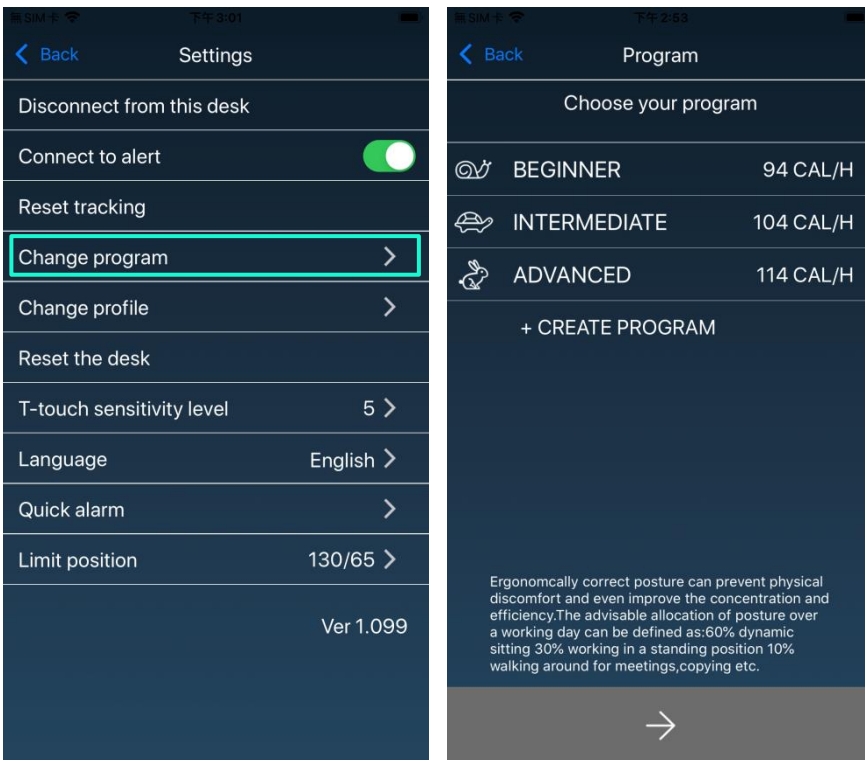
8.3 Reset Tracking

If users would like to remove their tracking records, press the “Reset tracking” button to delete all the records.



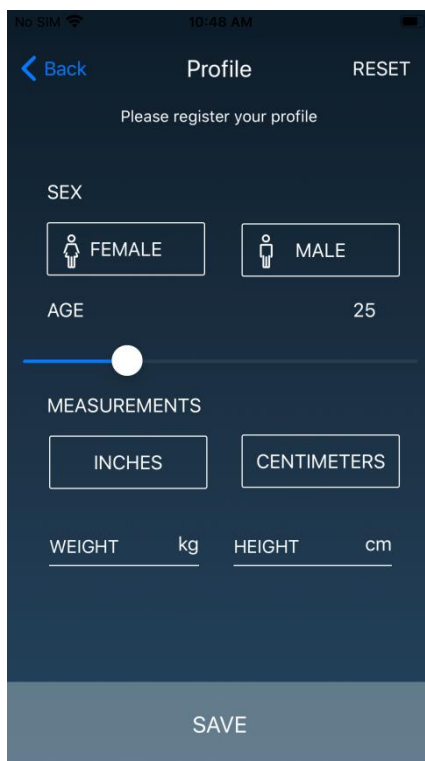
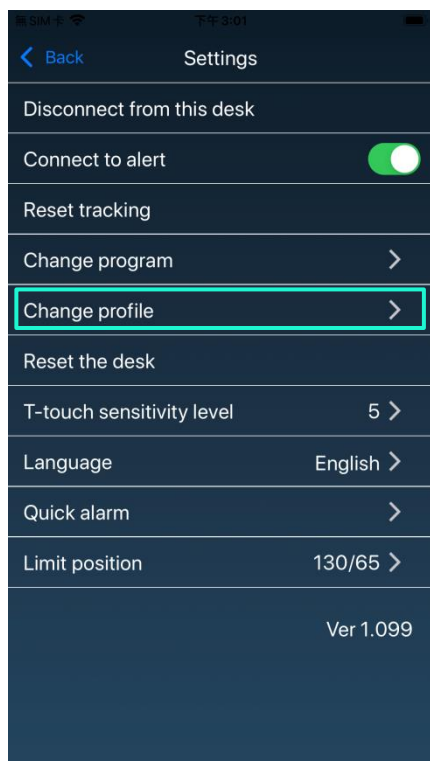
8.4 Change Program

Users may change the program according to their needs. Please refer to 4.4- Program Settings for more details.



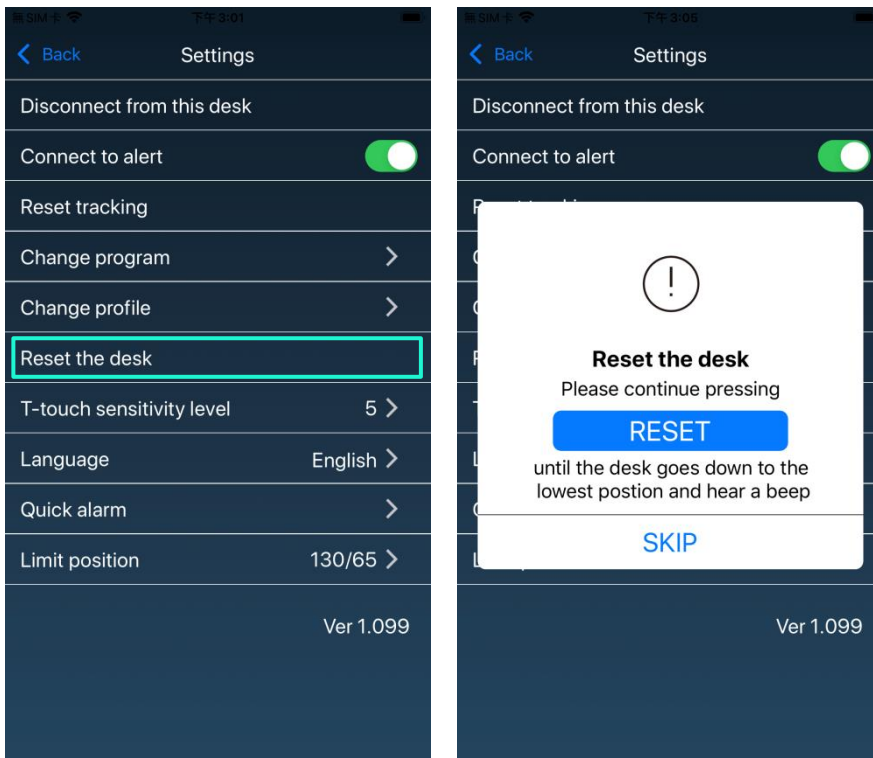
8.5 Change Profile

Please refer to 4.2-Register Your Profile to change your profile.



8.6 Reset the Desk

Press the “Reset the desk” button, then continue pressing the “RESET” button of the pop-up message until the desk descends to the lowest height and emits a beeping sound. This indicates the height-adjustable desk has returned to the default position.



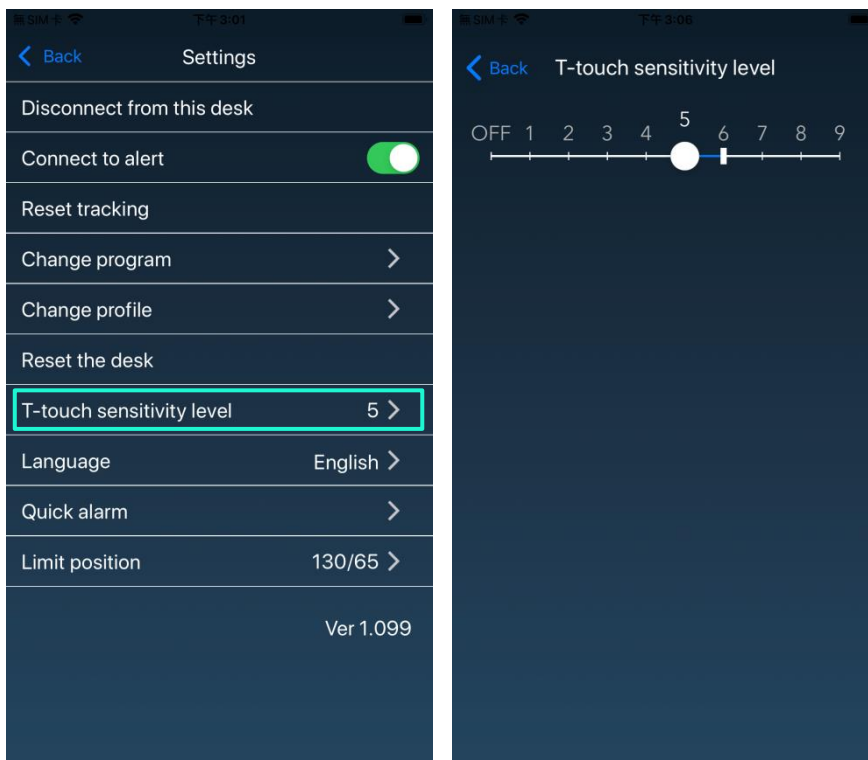
8.7 t-touch Sensitivity Level

If needed, users can adjust the sensitivity level of t-touch anti-collision protection of the height adjustable desk. Levels 1 to 9 represent the least sensitivity to the highest sensitivity. Choosing level "OFF" will deactivate the t-touch protection of the desk.

Note 1: Some control boxes do not support sensitivity adjustment function.

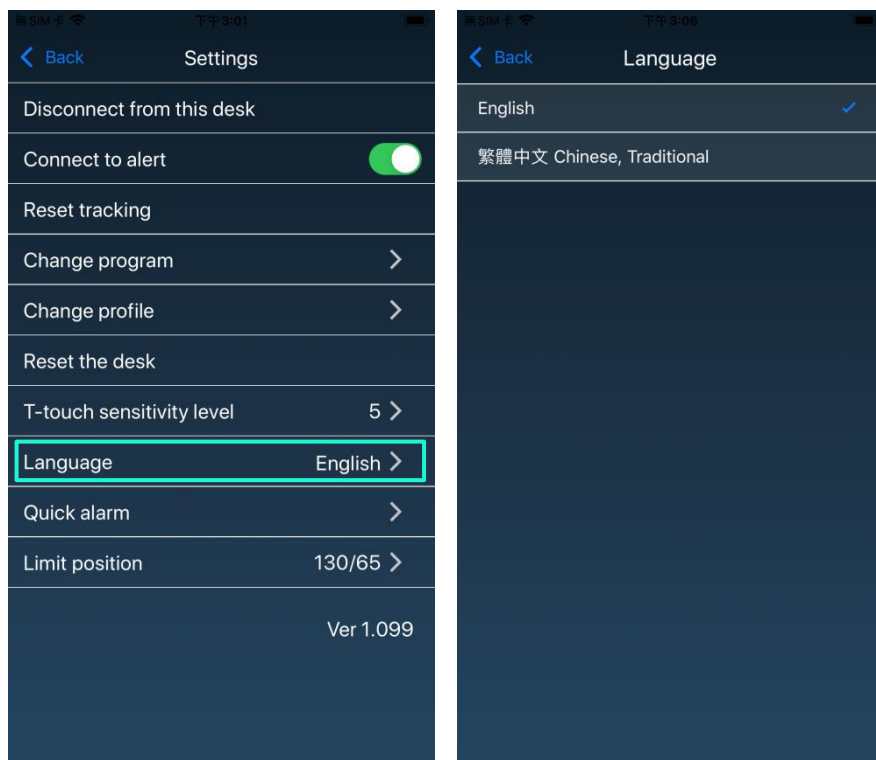
Note 2: The default level is recommended for general-purpose use.

Note 3: Run the desk a complete cycle to check for an over-sensitive false trigger after increasing the level.



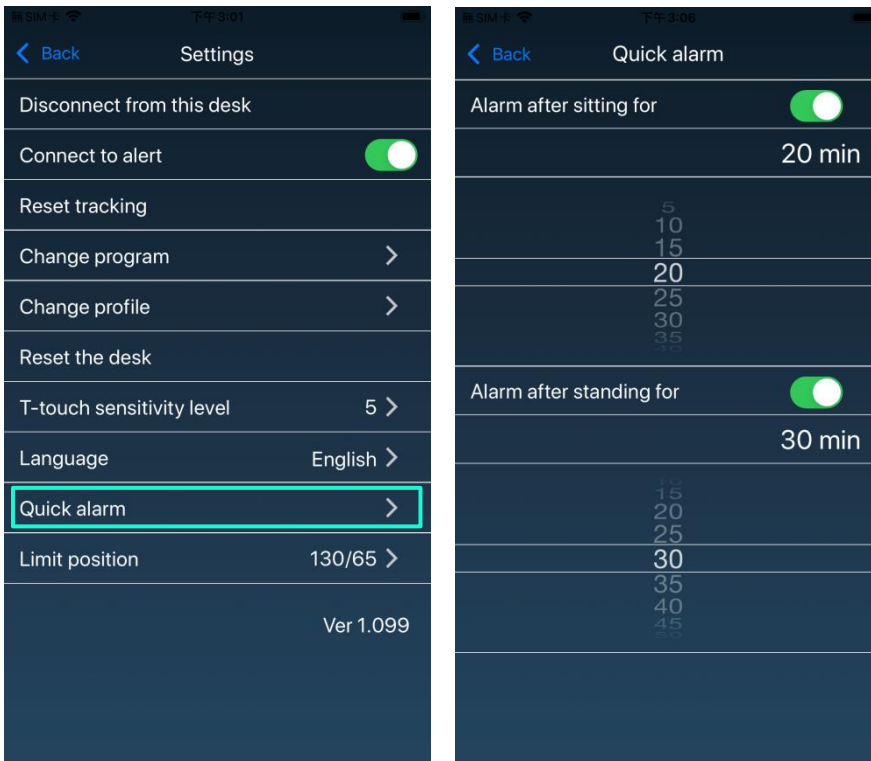
8.8 Language

Select different languages for your Stand Up Pls App.



8.9 Quick Alarm

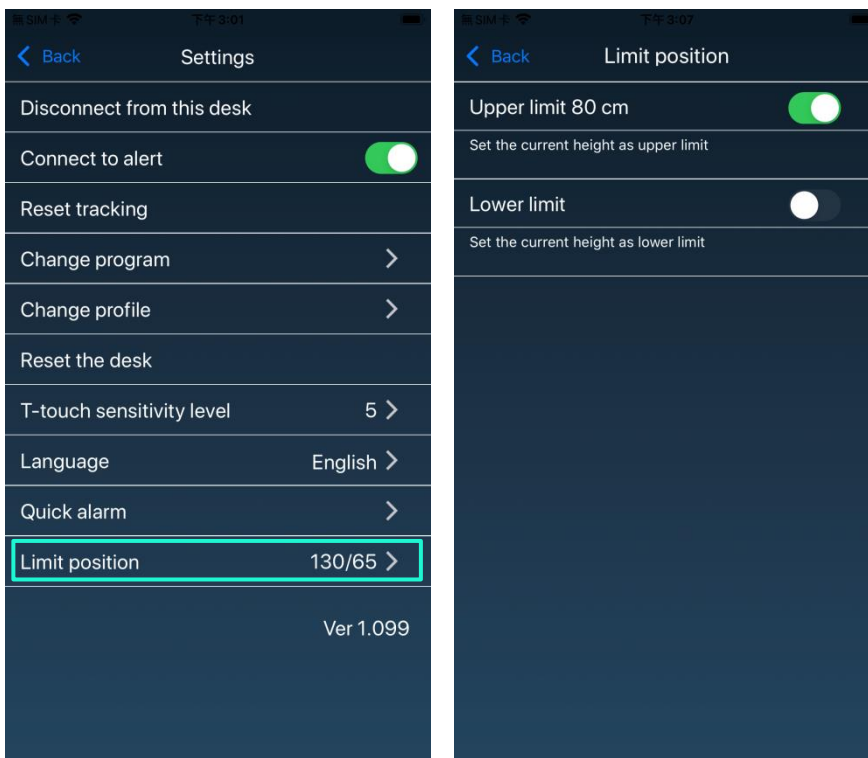
Quick alarm allows users to set time reminder for changing posture. The Program settings will be cancelled when a Quick alarm is turned on and vice versa.



8.10 Limit Position

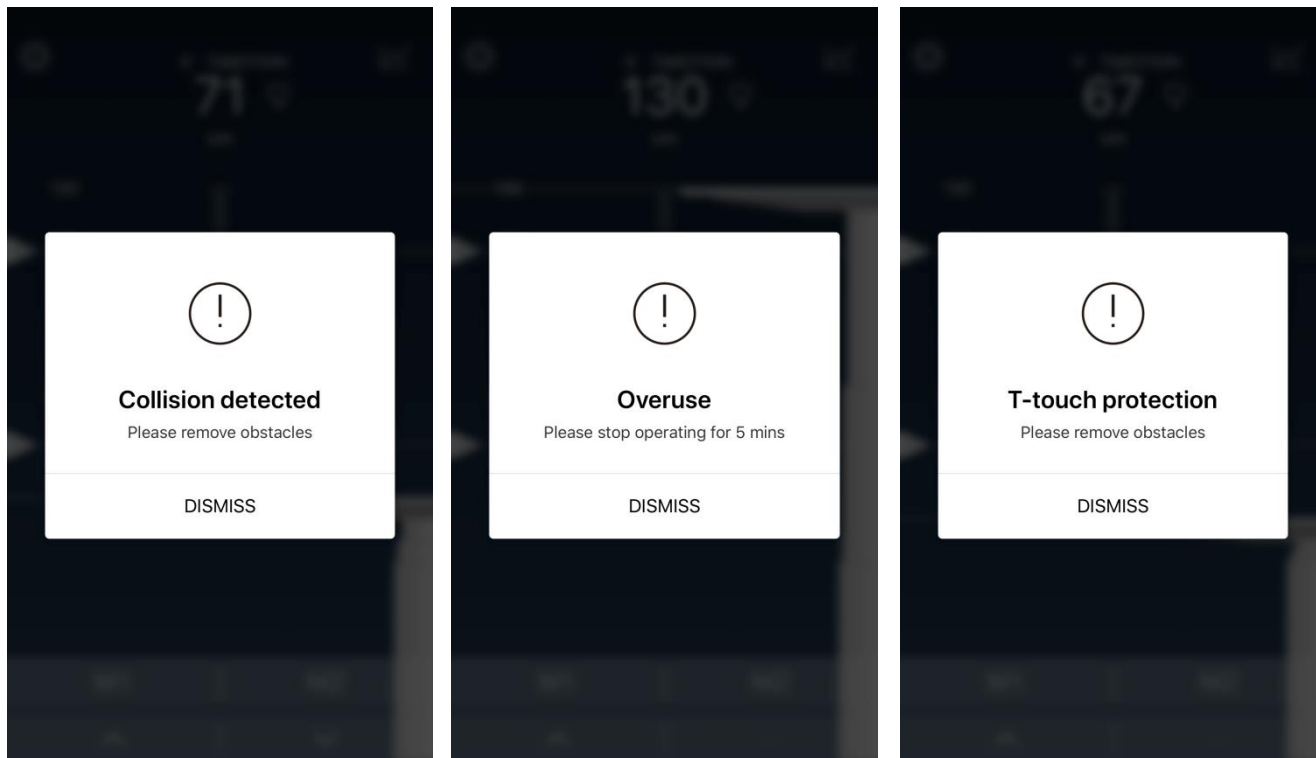
If needed, users can set an upper or lower limit height position of the height-adjustable desk. Move the desk to the desired upper or lower limit position first, then turn on the according switch. A beeping sound indicates setting success. Turn the switch off to cancel the limit position setting.

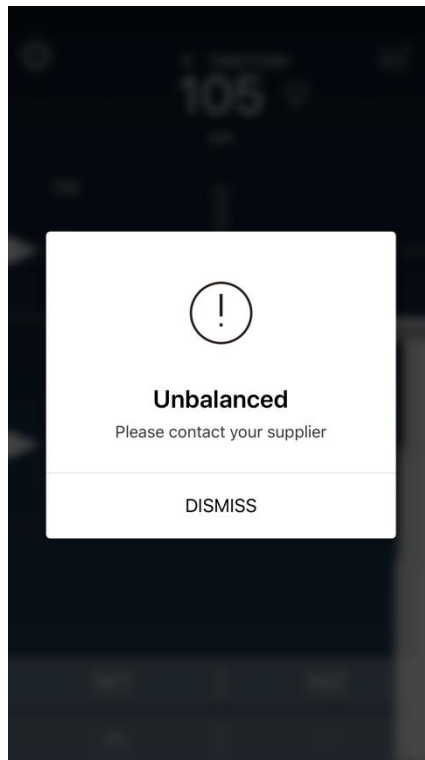
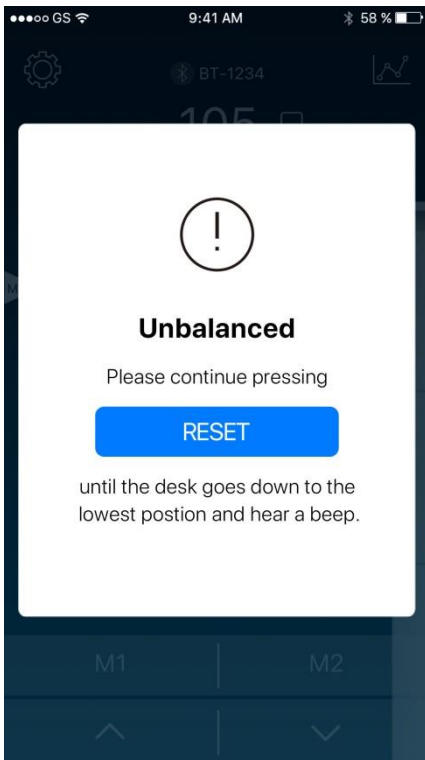
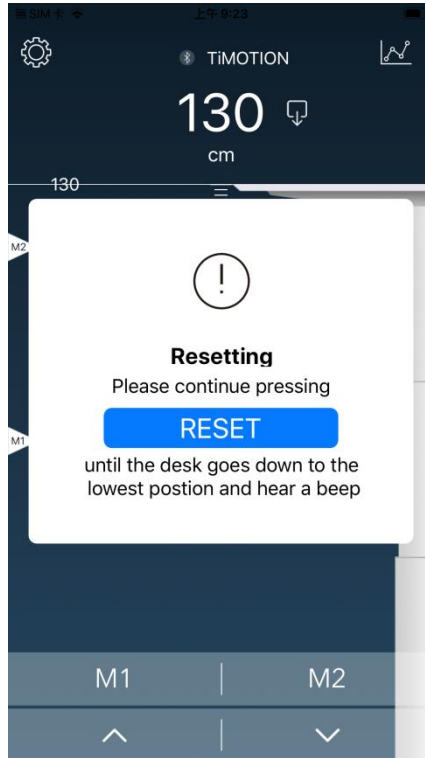
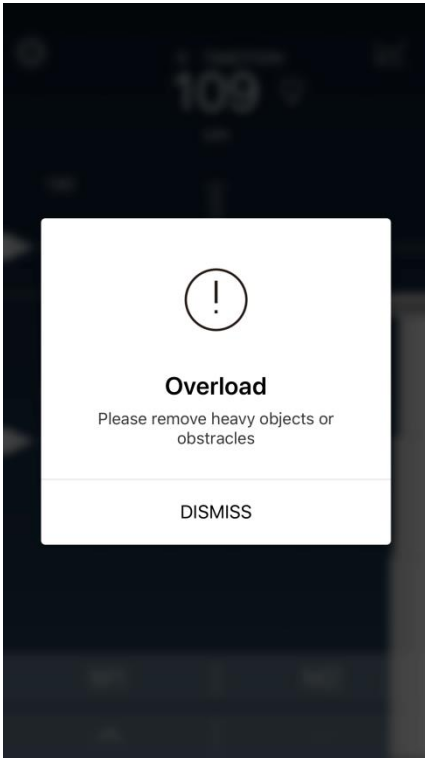
Note 1: Some control boxes do not support limit the position setting function.



9. Error Codes

There are seven error codes to indicate problems and potential solutions:





10. Disposal Guidance

TiMOTION's control boxes and wireless dongles may be disposed of by dividing the components into different waste groups for recycling or combustion. We recommend that the control box or wireless dongle be disassembled as much as possible before disposal. The main groups to sort for waste are plastic, cable scrap, combustible material, and collection for recoverable resources.

The chart below shows the recycling groups in which the different components of the TC and TWD1 series should be placed:

Products	Components	Recycling group
Control box	Plastic housing	Plastic recycling or combustion
	Cable	Cable scrap or combustion
	Transformer	Electronics scrap
Wireless dongle	Plastic housing	Plastic recycling or combustion
	PCB boards	Electronics scrap

11. TiMOTION Application Policy

The purpose of the application policy is to define areas of responsibilities concerning the application of a TiMOTION product defined as hardware, software, technical advice, etc., related to an existing or new customer application.

TiMOTION products as defined above are applicable for a wide range of applications within the Medical, Furniture, Ergonomic, and Industrial areas. Yet, TiMOTION cannot know all the conditions under which our products will be installed, used, and operated, as each individual application is unique.

The suitability and functionality of the TiMOTION product and its performance under varying conditions (application, vibration, load, humidity, temperature, frequency, etc.) can only be verified by testing and shall ultimately be the responsibility of the TiMOTION customer using any TiMOTION product.

TiMOTION shall be responsible solely for the compliance of our products according to the specifications set out by TiMOTION. It shall be the responsibility of the TiMOTION customer to ensure that the specific TiMOTION product can be used for the application in question.