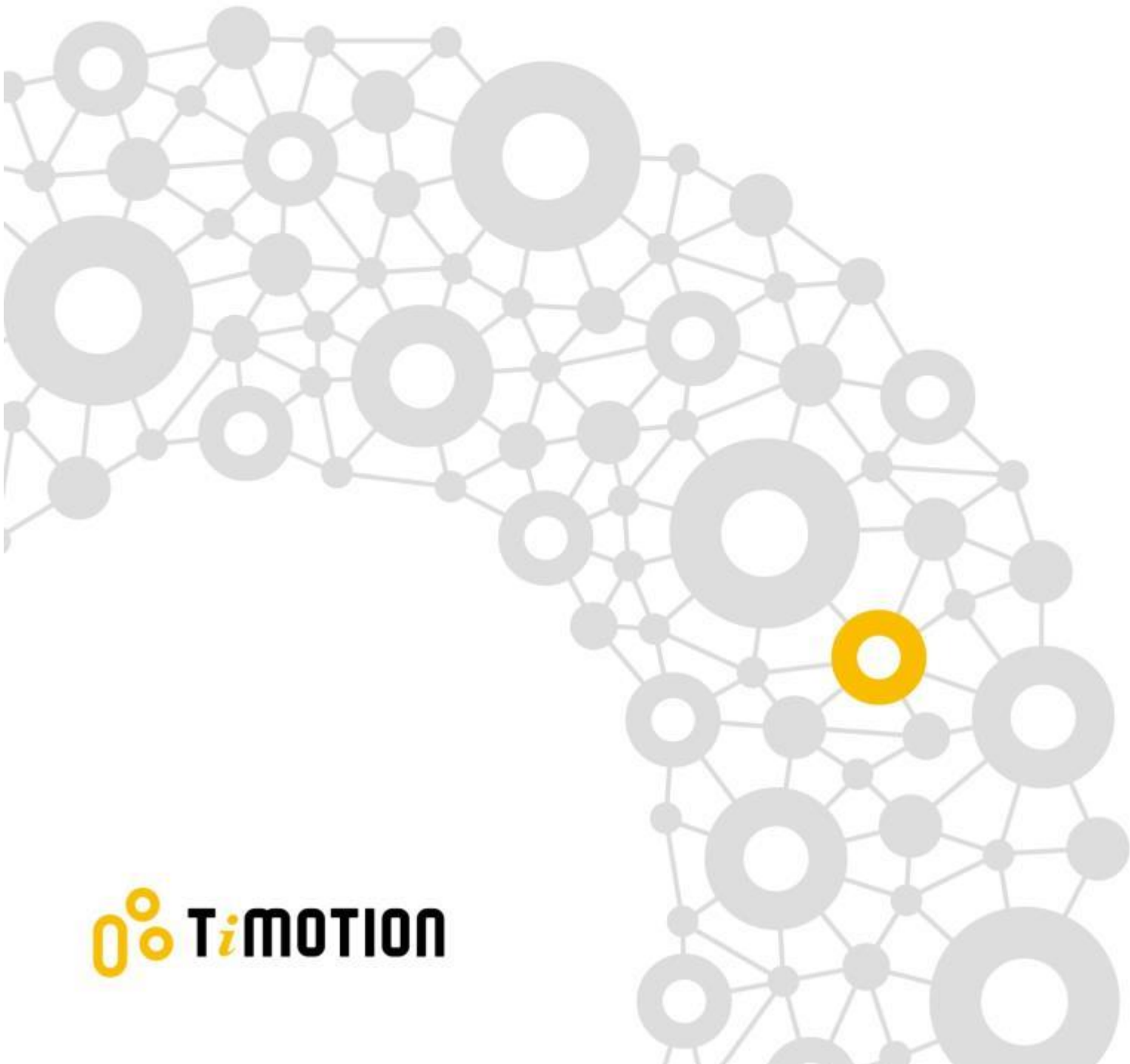


VERSION 1
USER MANUAL
TWD1

Mobile App for Height Adjustable Desks



 **TimOTION**

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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 experience in the manufacture and 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.

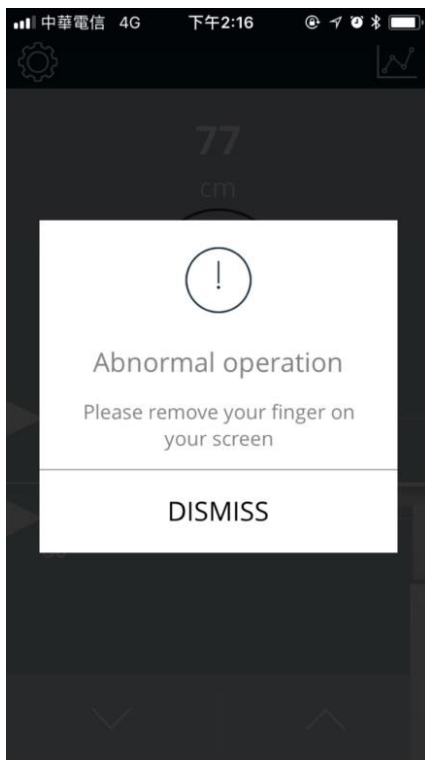
This User Guide will tell you how to install, use and maintain your Ergo Motion products. We are sure these products will provide you with many years of reliable operation. All TiMOTION products undergo rigorous functionality and quality testing prior to shipping. You are always welcome to contact our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

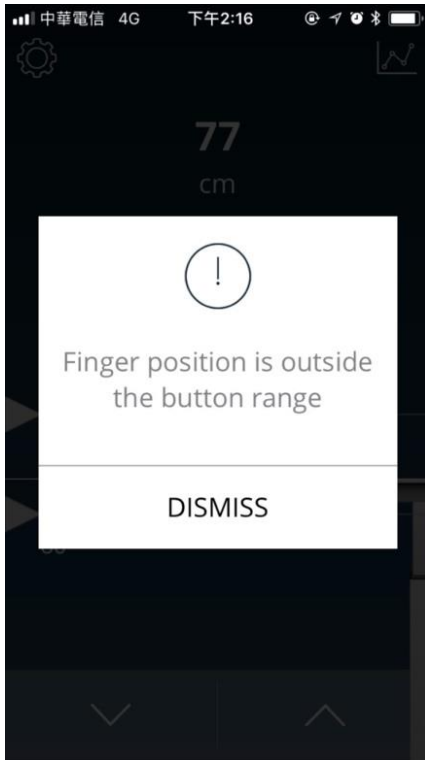
2.1 Abnormal operation

If the users accidentally use two fingers on the mobile device screen, the columns of the height adjustable desk might be moved up or down automatically. In order to prevent any accidents, there will be a pop-up message shown on the screen as below.



2.2 Out of range reminder

The below pop-up message will give the users a reminder that their fingers need to stay in the range of the buttons, or else it may not respond properly.



3. Bluetooth device

We provide two options of Bluetooth devices: a built-in control box or a wireless dongle for users to choose from.

3.1 Built-In Control Boxes-TC15P/ TC15S

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



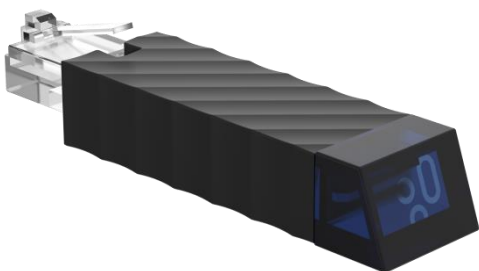
TC15P



TC15S

3.2 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	TC15	TC16

Picture			
Control	TDH5PR	TDH6PR	TDH8

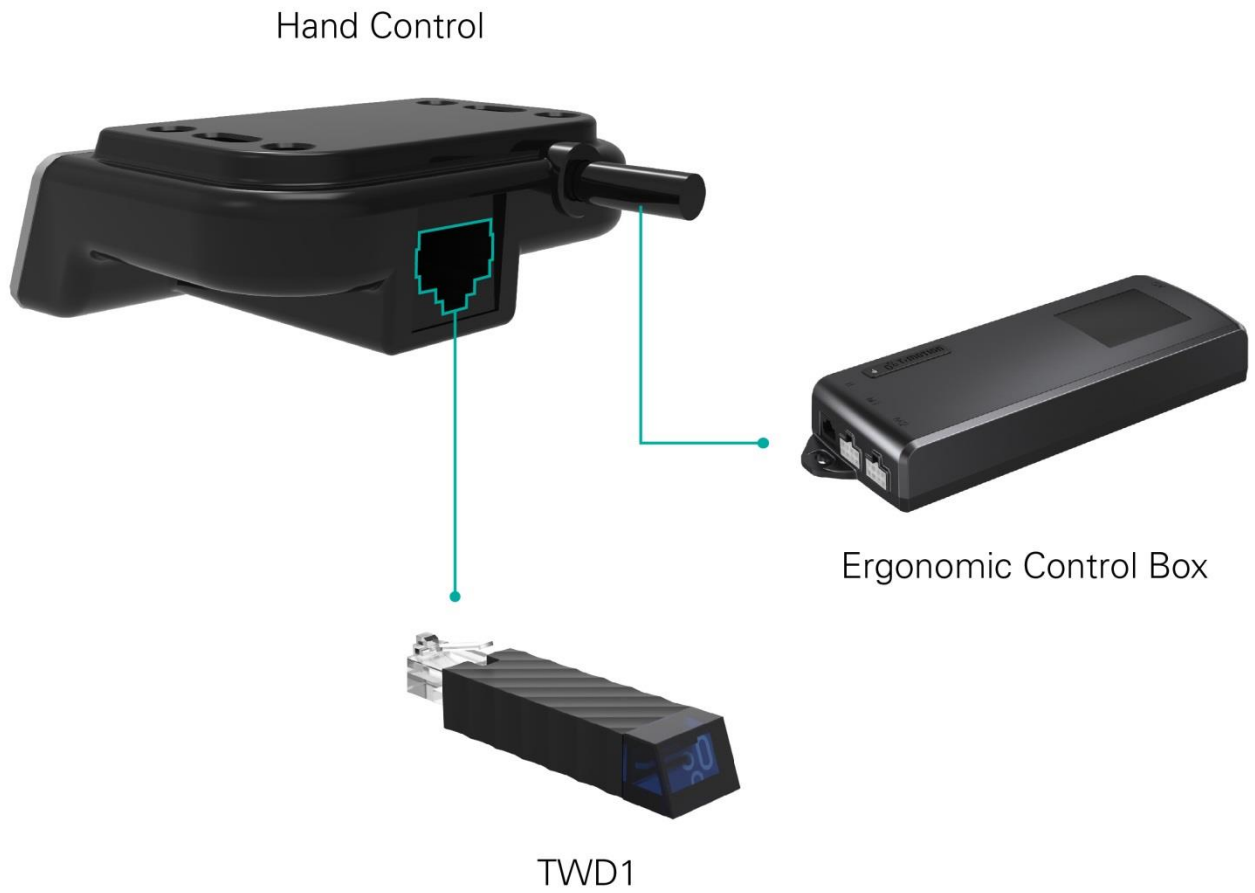
Picture			
Control	TDH8D	TDH9P	TDH11P

Picture			
Control	TDH12P	TDH13P	TDH14P

Picture			
Control	TDH15	TDH16	TDH17

Picture	
Control	TDH18P

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



4. Download the “STAND UP PLS”

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



Android



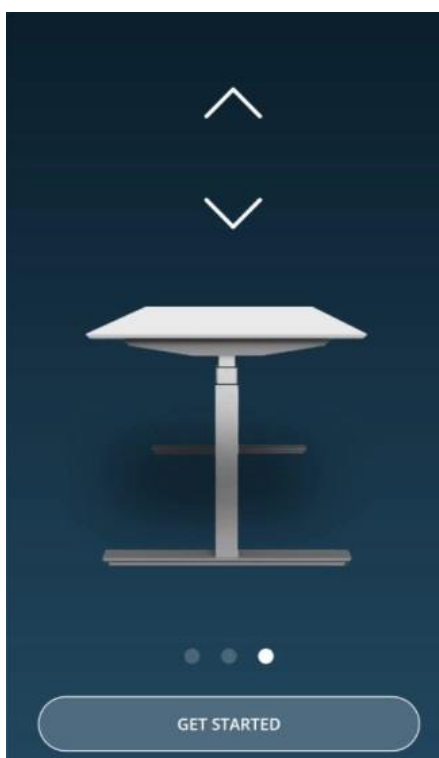
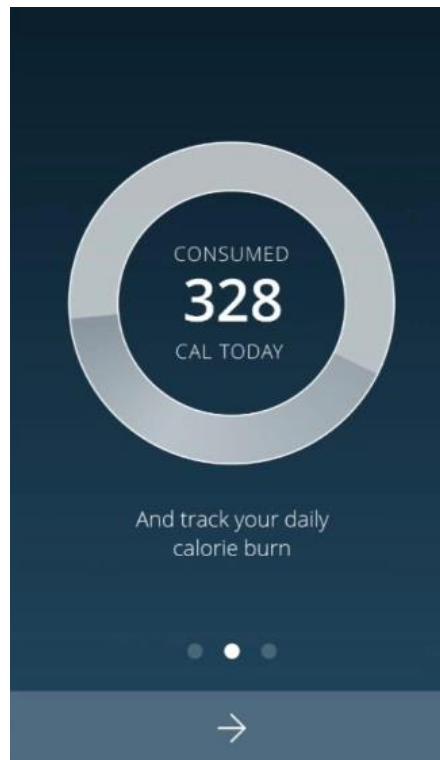
iOS



STAND UP PLS

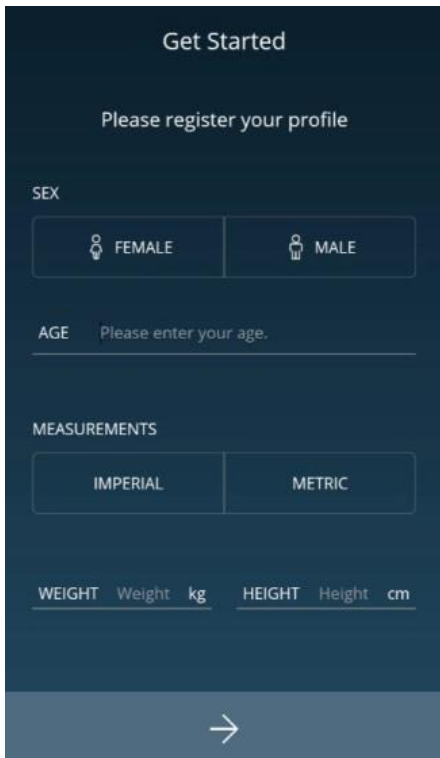
5. Paring Bluetooth and get started

5.1 Introduction page



5.2 Register your profile

In order to have calories consumption details, users need to input all the required information on the profile page as shown below:

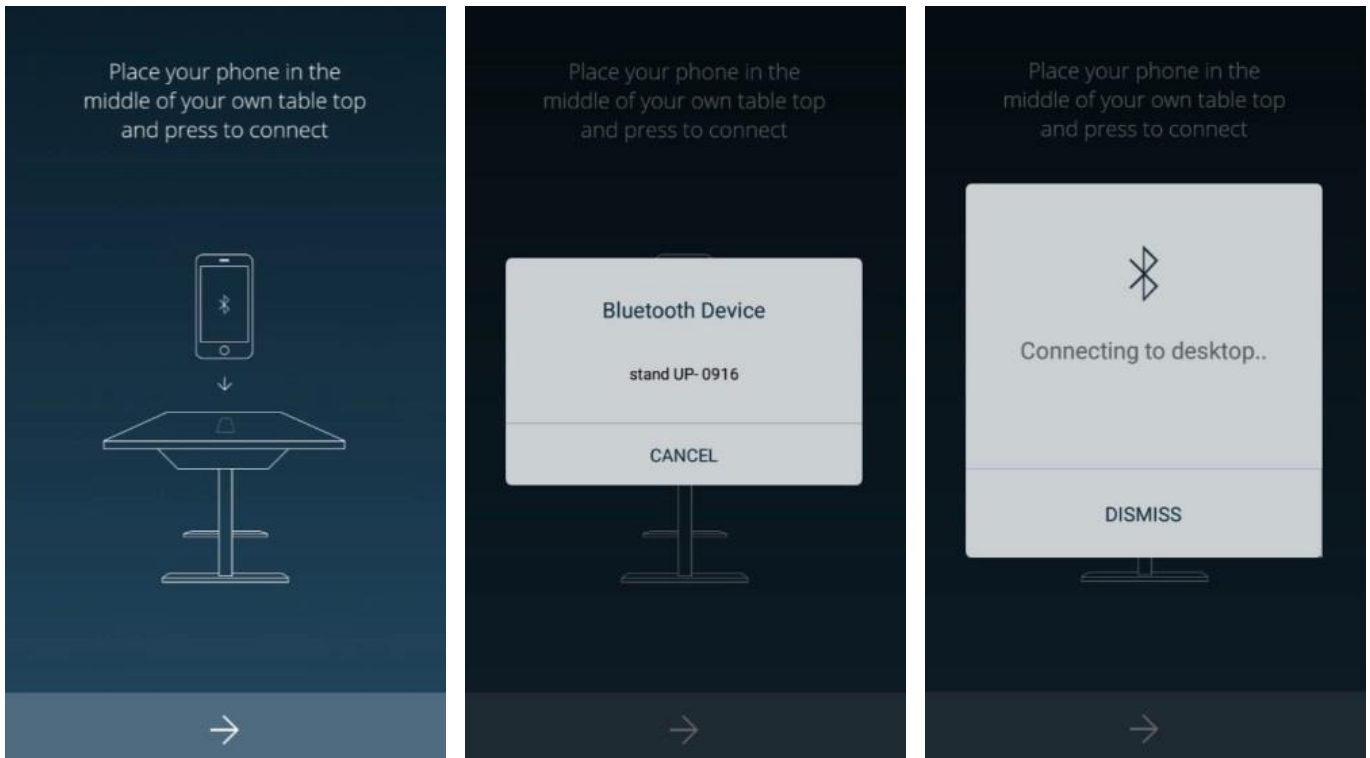


5.3 Connection

The users can place their phones in the middle of the table top, click the arrow sign, and the screen will display all the Bluetooth devices that the “STAND UP PLEASE” app detects. The strongest signal should show up in the very first one.

In order to avoid the signal interference, there will be Bluetooth signal number shown on the control box or the wireless dongle-TWD1, which can help the users choose the right signal number from the screen.

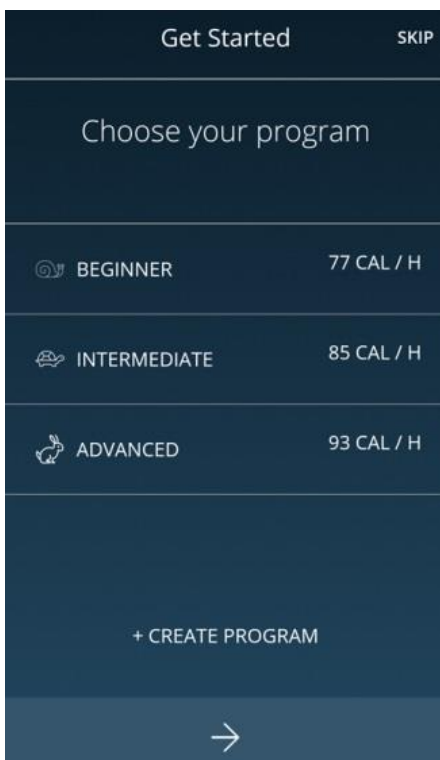
When searching, all the devices will be named as “stand UP” followed by a four-digit number.



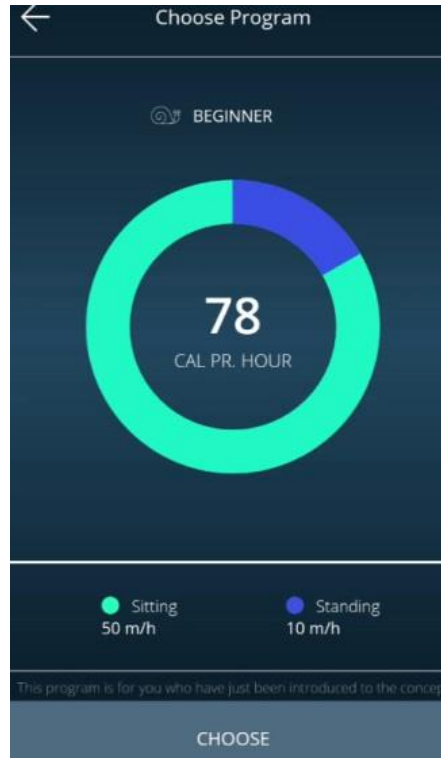
5.4 Program settings

When the Bluetooth connection succeeds, the screen will display the program setting page where users can select their own 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.

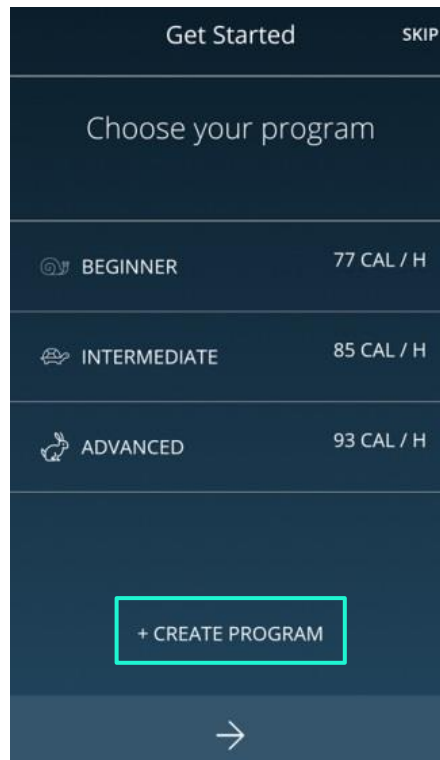
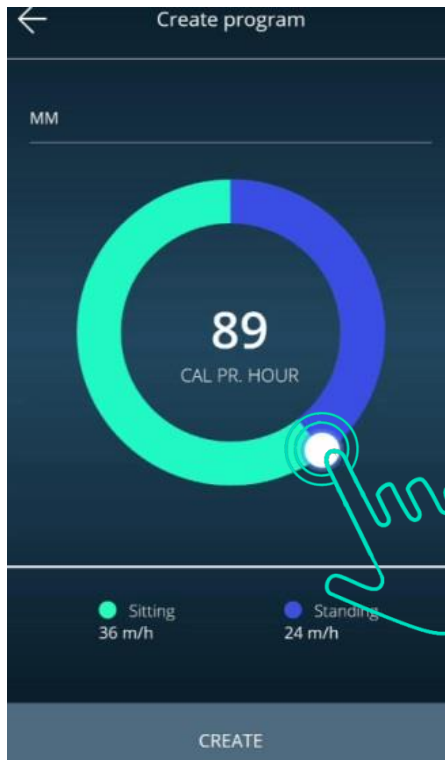


Each program will have a preset setting which cannot be altered except for the “Create Program” (as shown below).



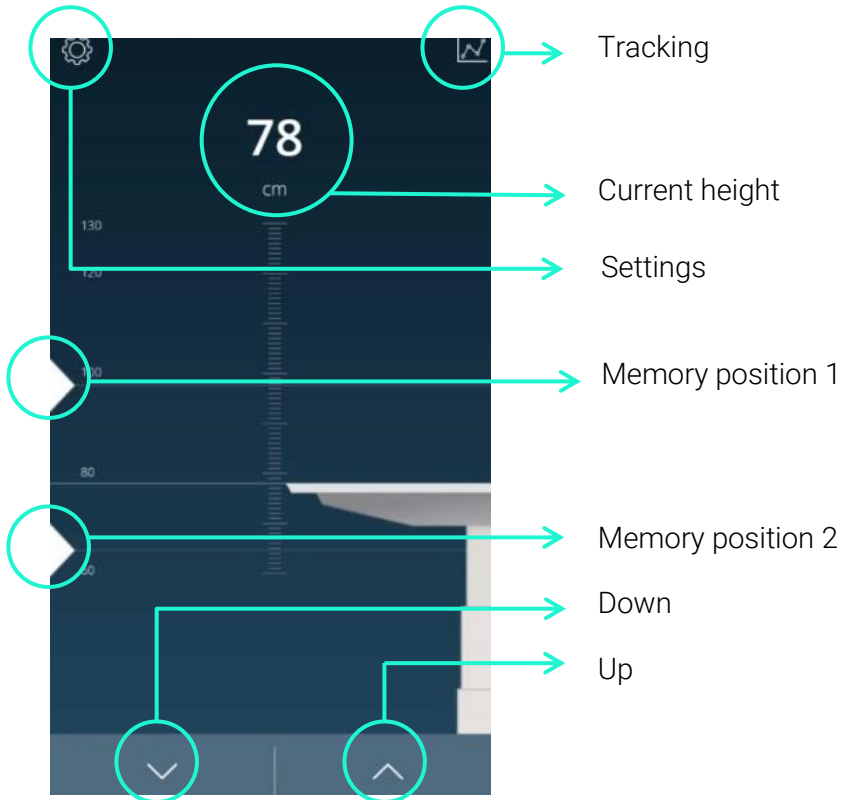
If users would like to customize their own program, just press “Create Program”.

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



6. Operation

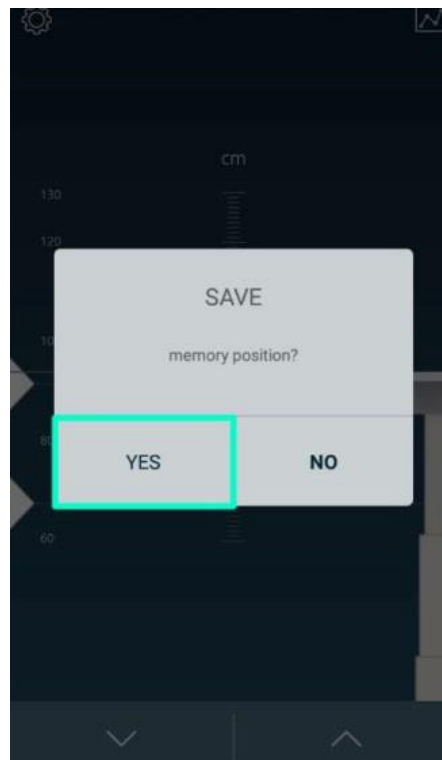
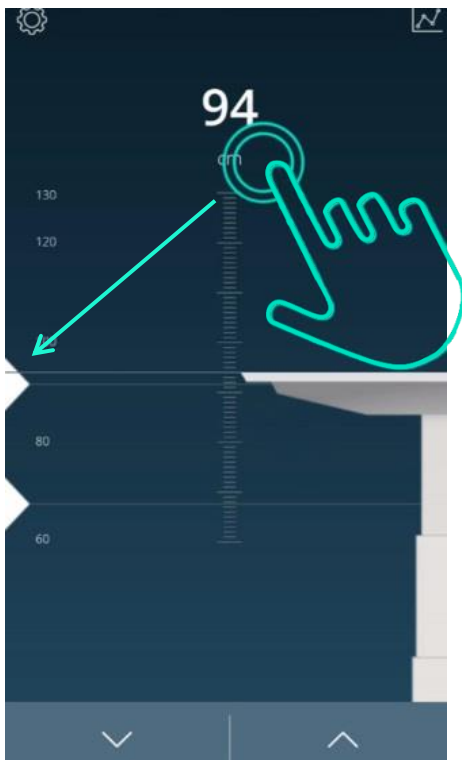
6.1 Buttons Introduction



7.Memory Positions

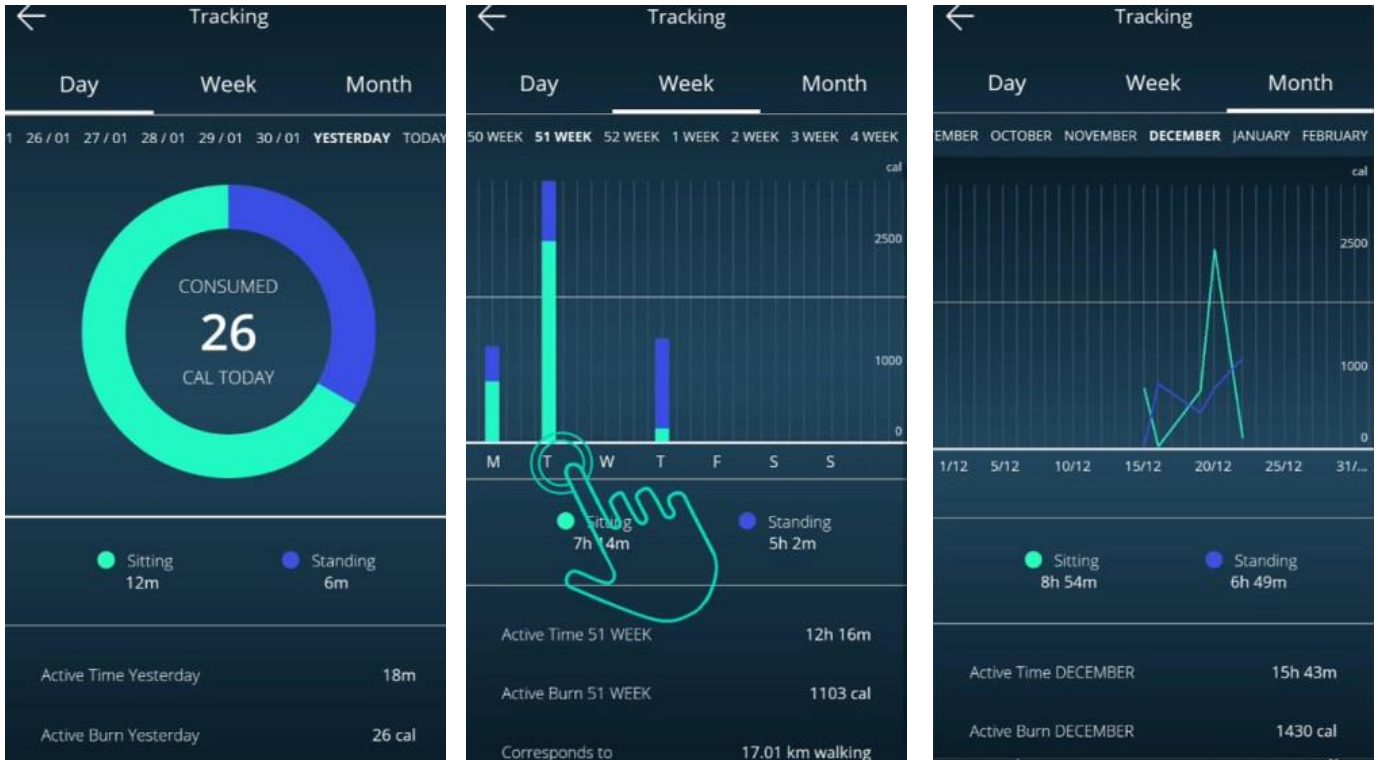
There are two preset memory positions: 68cm/118cm.

If users would like to change the number (height), press Up or Down button to move the desk to the desired height first; then, tap the number on the screen, move and release it to the memory position (triangle sign on the left).



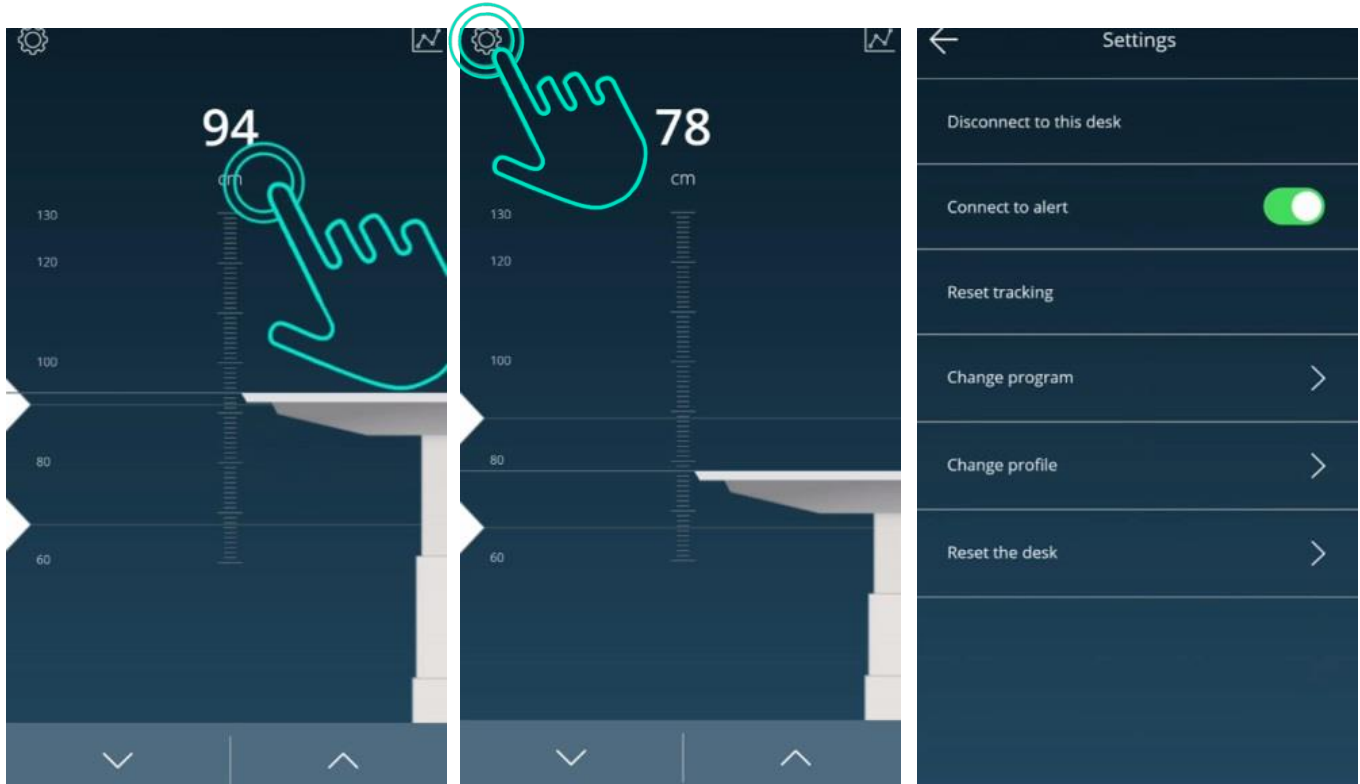
8. History Tracking

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



9. Settings

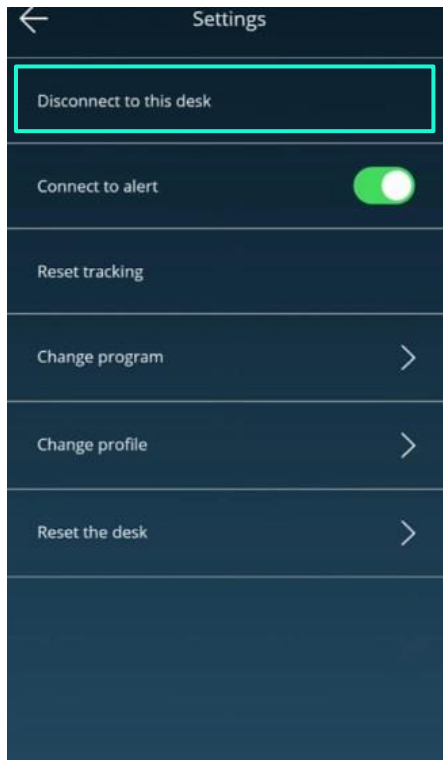
Press the top left icon to access the settings page.



9.1 Disconnection to this desk

If users wish to disconnect the desk, just press this button as indicated in the left picture shown below.

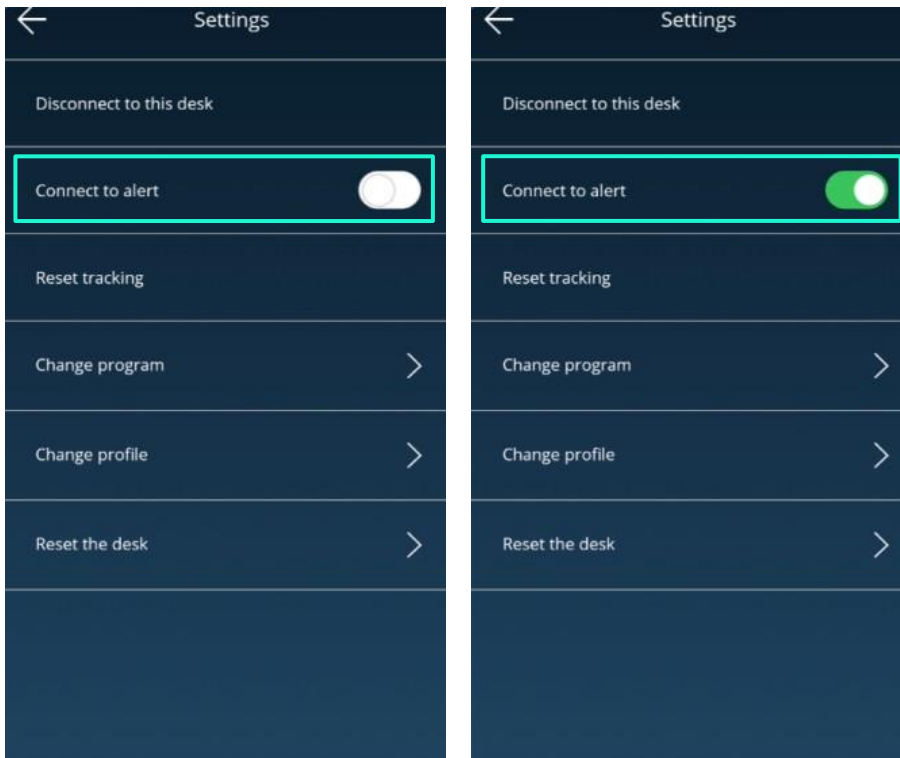
If users want to reconnect the desk, please follow 5.3-connection.



9.2 Connect to alert

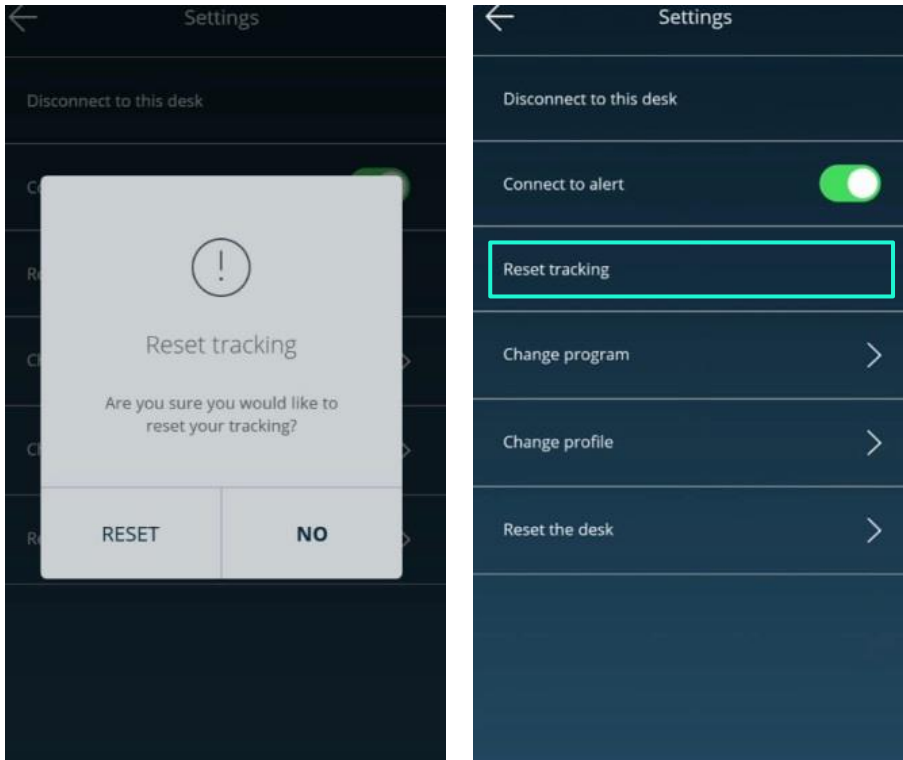
Alert refers to the toning sounds that remind the users when to stand if they set up the programs.

Two modes of alert sound: on or off. Users can mute the alerts by turning the button to "OFF" mode.



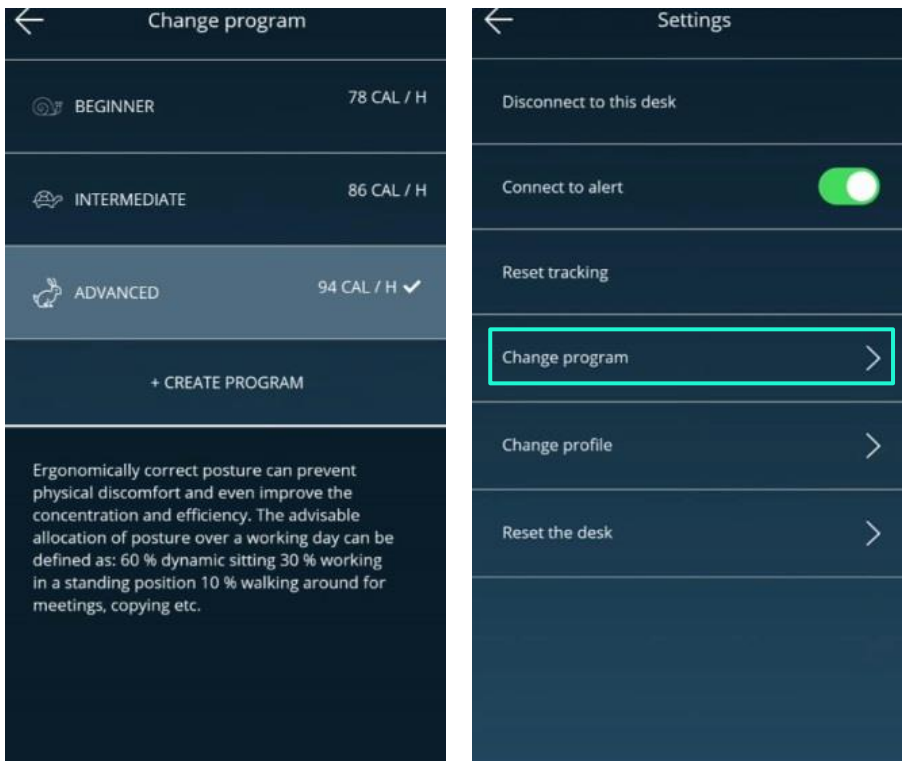
9.3 Reset tracking

If users would like to remove the tracking records, they can access the “Reset tracking” page to delete all the records.



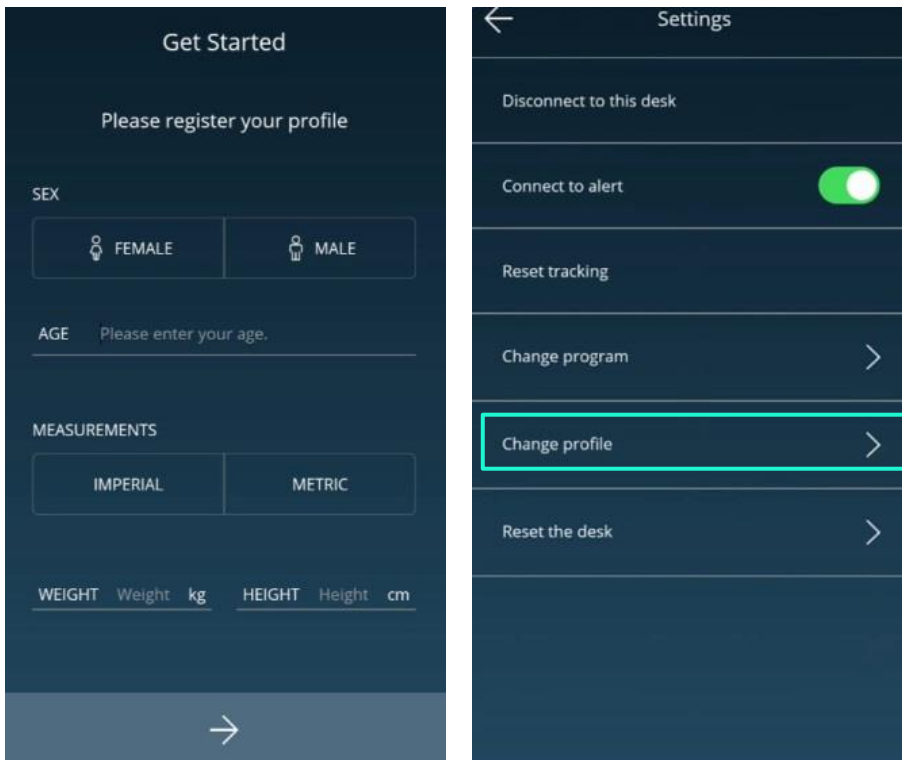
9.4 Change program

Users may change the program according to their needs. Please refer to 5.4- program settings for the details.



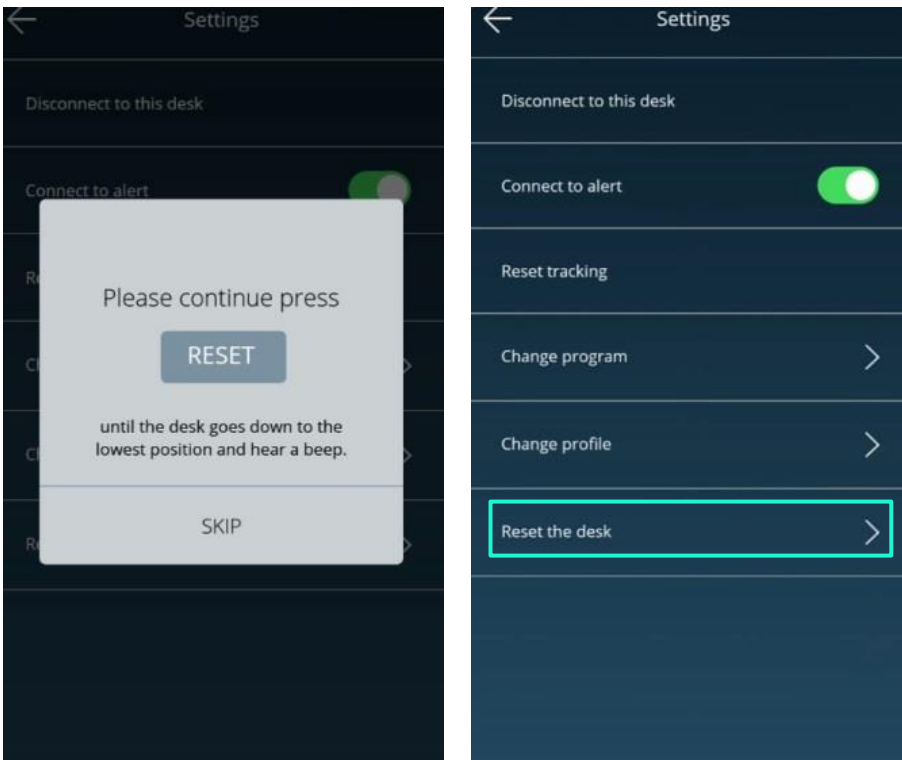
9.5 Change profile

Refers to 5.2-Register your profile.



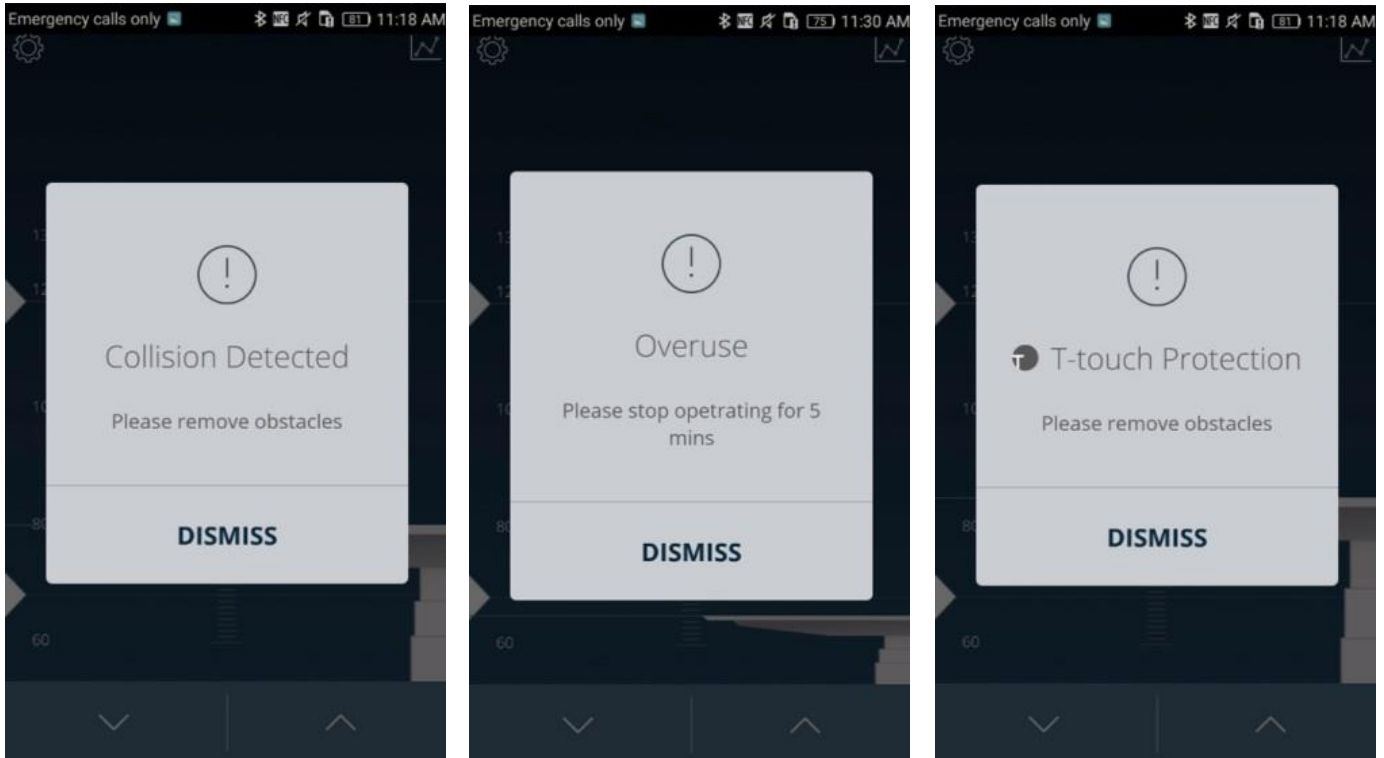
9.6 Reset the desk

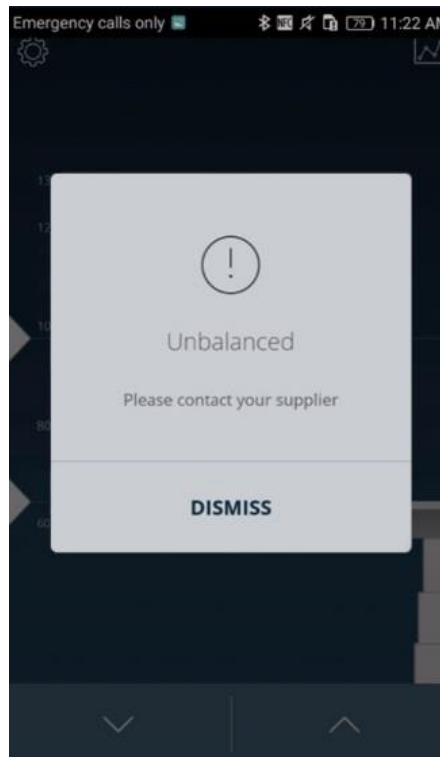
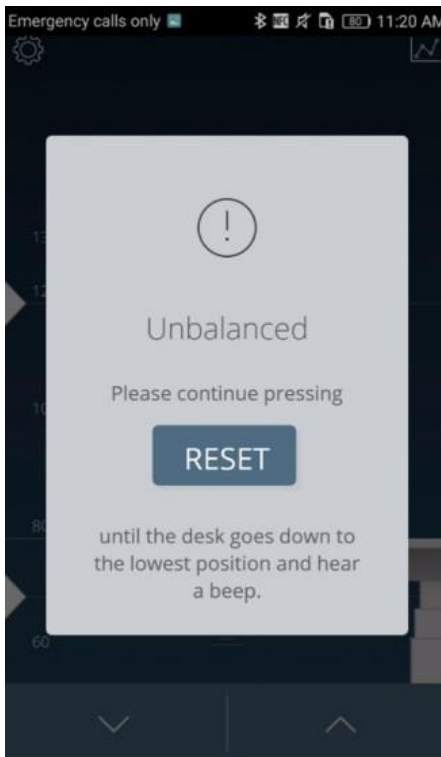
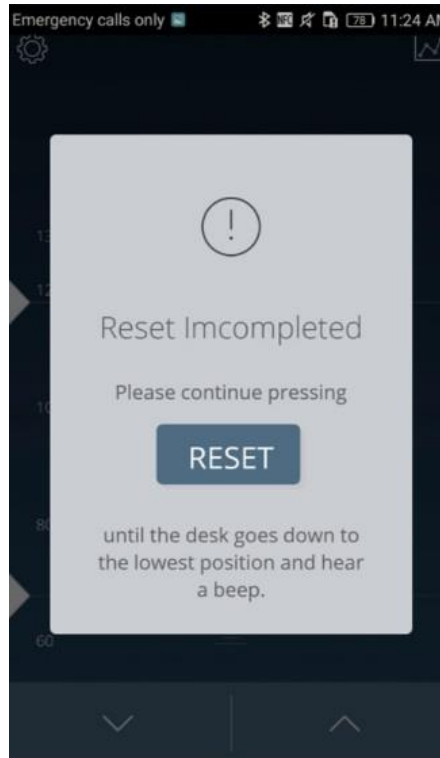
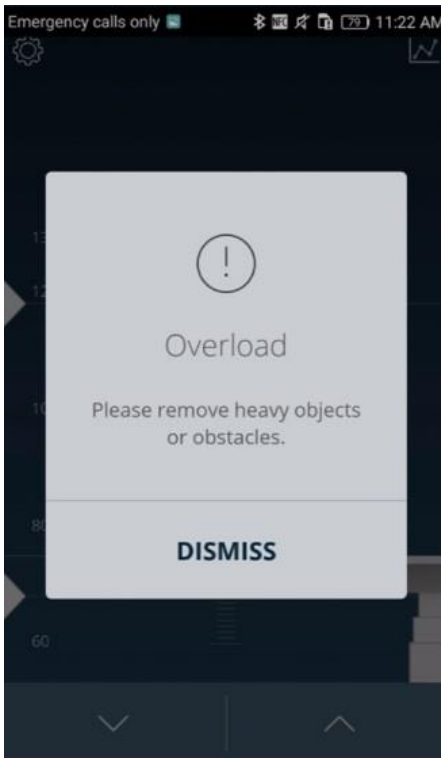
If users would like the desk to go back to the default setting, they can click this button. After accessing the following page, press the “RESET” button until the desk descends to the lowest height and emits a beeping sound, which indicates the desk has returned to the default position.



10. Error Codes

There are seven error codes indicating problems and likely solutions:





11. 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 into:

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

12. TiMOTION Application Policy

The purpose of the application policy is to define areas of responsibilities in relation to applying 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.

13. Note

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Note: The Grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. such modifications could void the user's authority to operate the equipment.

IC Note :

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.