Size: 420x285mm
Die line:
Fold line:

STABLEDESK

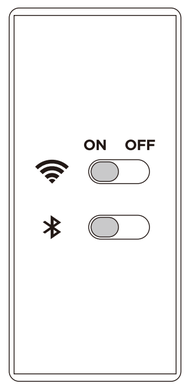
GUIDEBOOK

of Smart Life App Installation and Operation

Model: SD-101-NE

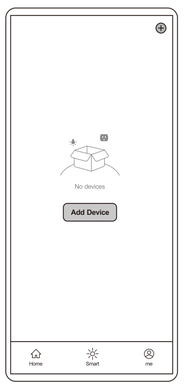
- The guidebook is for illustration purpose only and the latest App may vary.
- Download the Smart Life App on Apple App Store, Google Play, or scan the QR code on the right side and install it.

Connect to the Standing Desk

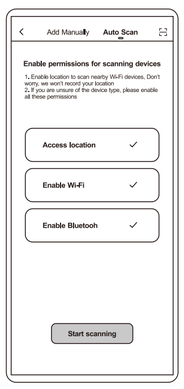


1. Turn on the Bluetooth of your phone and make sure it connects to the Wi-Fi.

2. Sign in with phone number and a verification code, follow the instructions to enter.



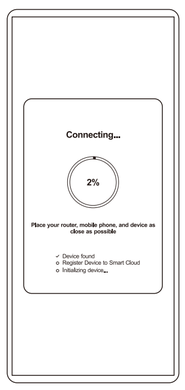
3. Tap “Add Device” / “+” icon in the upper rightcorner to enter the device selection page.



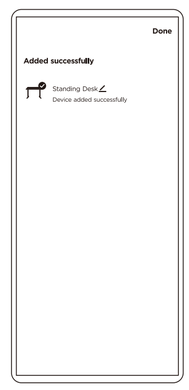
4. Tap “Auto Scan” on the top, and turn on all authorities (Access Location, Enable Wi-Fi, Enable Bluetooth) before tap “Start Scanning”.

5. Click “Standing Desk” in the “Auto Scan” page and go to “Next”.

6. Click the Wi-Fi and enter the corresponding password and tap “ Next ”.

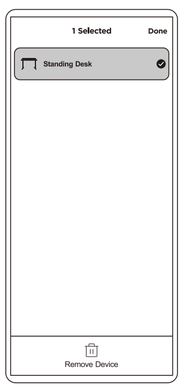


7. The device will be added after 10 to 60 seconds.



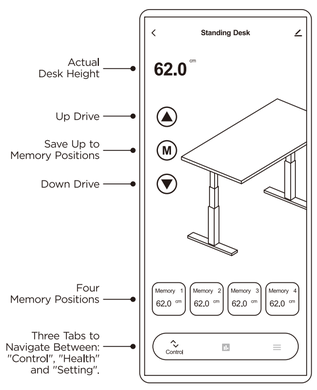
8. Once device is connected, click on to enter the “Standing Desk” dashboard.

- You can also edit your device name by clicking the pencil icon .



9. Long press the device to disconnect in the front page.

App Operation

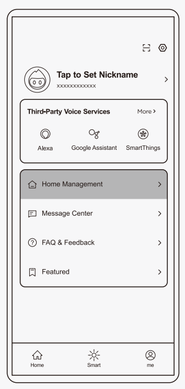


1. Control Page

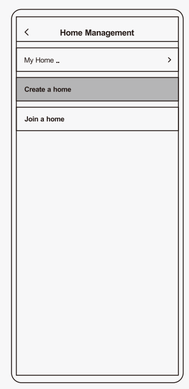
- Long press and hold the Up/Down button to drive the desk up/down.
- To save the current desk height, press the "M" button, then press one of the four memory positions.
- To drive the desk to a memory position, press the memory button of your desired height.

2. Health Page
“Day” is the page where you can set the intervals for standing and sitting, and the work hours of standing desk.

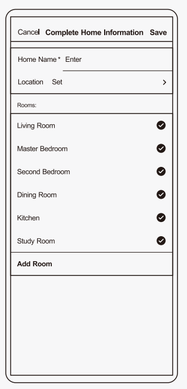
Home Management Instruction



H1. Tap “me” at the bottom, then tap “Home Management”.



H2. Tap “Create a Home”



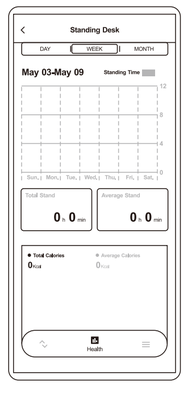
H3. Complete new Home Information and save it.

Note: *Home name is compulsory and allows a maximum of 25 characters.*

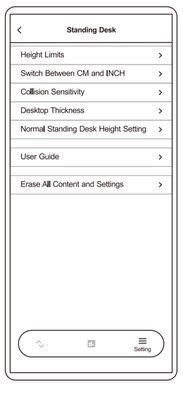
Be reminded via your phone: your phone will buzz when it's time to change your position.

Be reminded via the desk: the control panel will remind you to change your position by sending beep sounds.

3. Navigate between three tabs on the top to overview of daily/ weekly/ monthly statistic.
“Day” is the page where you can view your daily standing time and burned calorie. You can also set your goals for standing and change the reminded way in this page.



4. “Week” and “Month” are the pages where you can overview daily standing time and total burned calories.

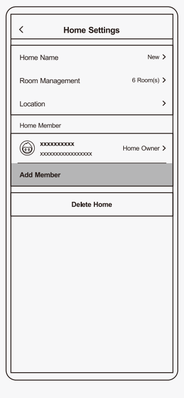


5. Setting Page
You can change other settings in this page. If you have any problem, look through User Guide for help.

Note:

- *When connect your phone to the desk for the first time, there will be a pop-up notification to remind you to set a reminder time when you first access the APP's Health Page. After you press “Confirm” the desk will start the timer.”*
- *Should the desk disconnect from the Wi-Fi network, the recorded standing time will automatically stop and only resume once the desk reconnects to the wireless network.*
- *When the desk fails to power on or is disconnected from power, standing statistics for the day will be cleared. Once power is restored to the desk, there will be a pop-up notification to remind you to set a reminder time when you access the App's Health page. After you press “Confirm”, the desk will start the timer.*
- *When the locking function is activated on the desk's control panel, the App will darken and the desk will not respond to commands from the App. To regain control of the desk using the App, cancel the locking function on the desk's control panel by pressing the “M” for 3 seconds, the App will once again be able to control the desk.*

H4. Choose the Home you just created in the list.



H5. Choose “Add Member” to add other users into a Home. The user will receive a notification on the app and be able to control the device after they accept the invitation.

Note: *One device is not able to be connected by multiple users except for Home Management Function. Former user needs to disconnect the device on the app (or long press Remote “set” button for 5 seconds to disconnect) before new user connects.*