

1. Download and Open

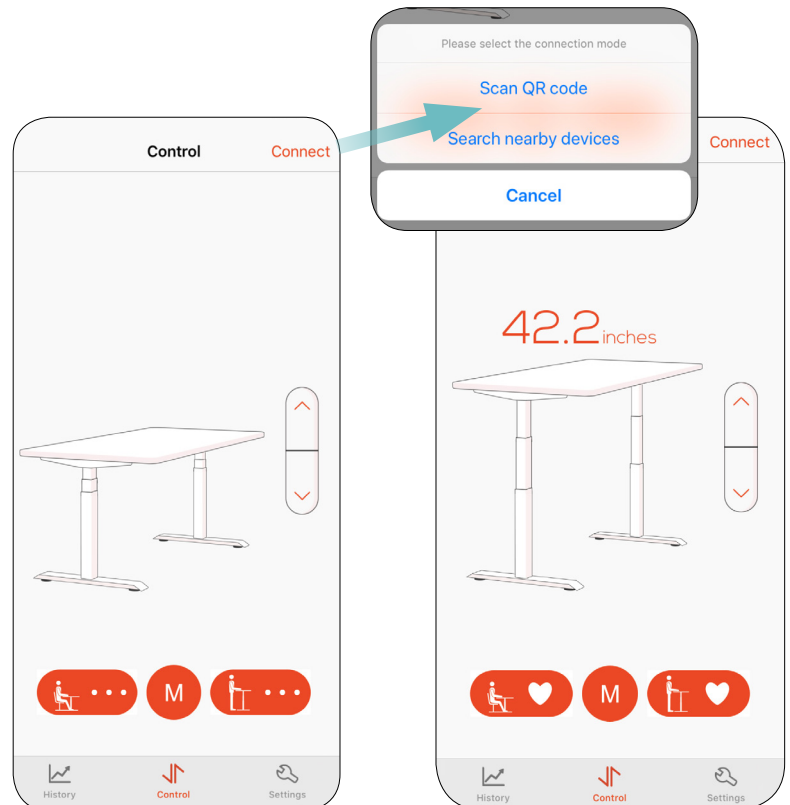
Search for and download the **AiDesk App** available in both Android and iOS. Once downloaded, click the icon and register your account to keep track of your preferences, or hit use without registration to begin using the app.



2. Connecting your Table

After logging in, you will need to connect to your table. This is done by hitting the **Connect** button in the upper right corner, then choosing **Scan QR Code** or **Search Nearby Devices**. Your table should appear on your Bluetooth search, or else scan one of the QR codes located on your Bluetooth dongle. Once connected, a number should display showing your table's height, and a heart symbol on your favorite sit and stand icons.

Note: To reset your favorite sit and stand heights, navigate to your desired height and press **M** then press either the adjacent sit or stand icon.



No table connected

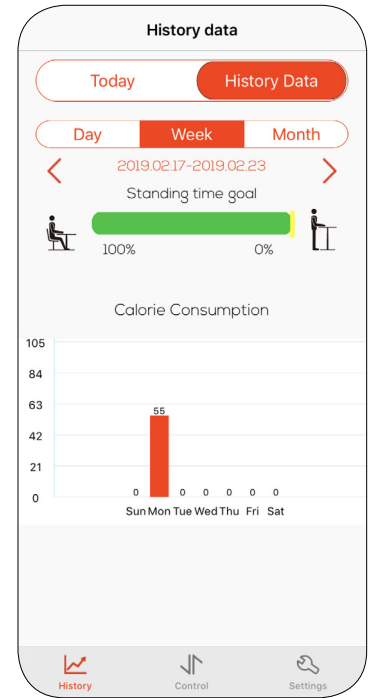
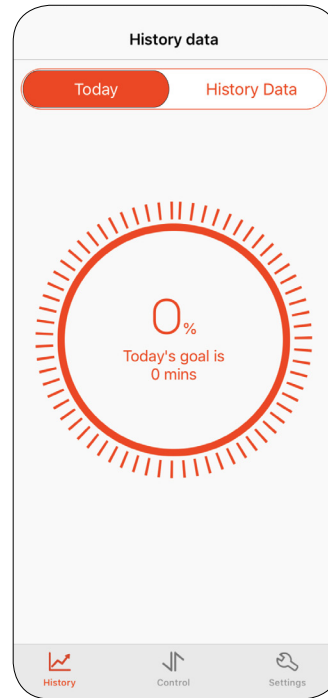
Table connected

If your table is not displaying under the **Search Nearby Devices** function under **Connect**, try to locate and **Scan the QR Code** on your Bluetooth dongle.



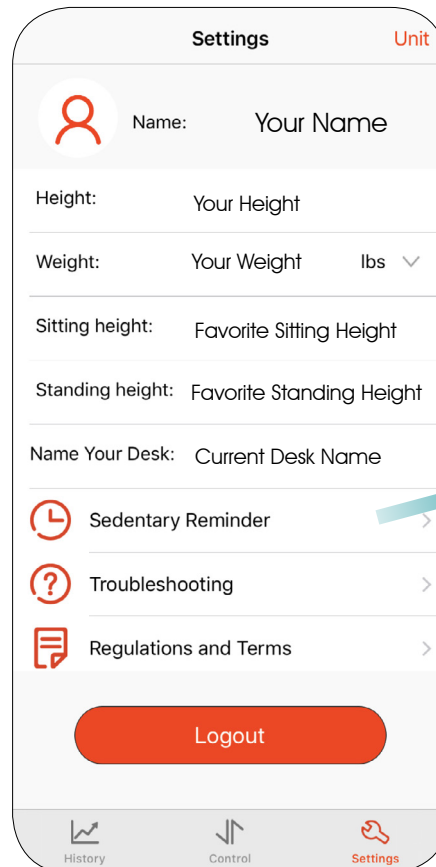
The History Tab

Located on the bottom left, the **History Tab** covers all information related to tracking your sitting and standing habits. **Today** will show an overview based on your goals set under the **Settings Tab**, while **History Data** will let you see your previous sitting and standing goals.



The Settings Tab

The **Settings Tab** allows users to personalize and update their profile. Here you can edit your name, height, weight, and favorite standing and sitting heights. There are other useful tabs such as **Sedentary Reminder**, **Troubleshooting**, and **Regulations And Terms** to help with any issues you may be having with your table. The **Logout Button** will log you out so you can change your profile.



The **Sedentary Reminder Tab** is used to set up personalized goals which can be tracked in the **History Tab** above.

