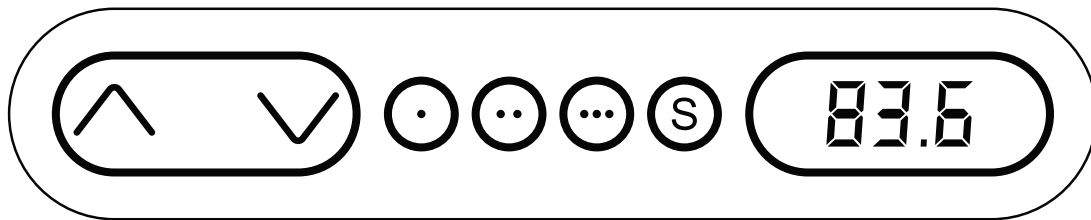


# ASSEMBLY

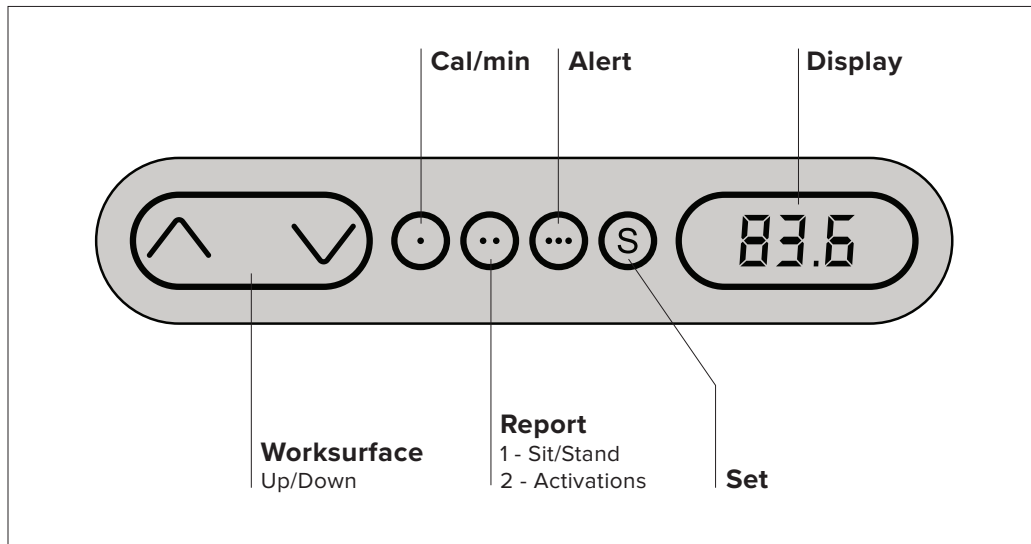
Watson Wellness Switch



View Digitally

# WELLNESS SWITCH

The Wellness Switch is a perfect companion to your new adjustable workstation. You can view and track your usage, the number of minutes you stood and how many calories you burned. In addition, you can set a reminder for sitting and standing intervals to keep you moving throughout your day.



## Quick Start Guide

### Worksurface:

- ^ \_\_\_\_\_ Up
- v \_\_\_\_\_ Down
- (^ v) (press for 5 seconds) \_\_\_\_\_ Set Height
- (S) (press for 3 seconds) \_\_\_\_\_ Set Standing-Point Height (default is 32")

### Calories & Minutes:

- (.) \_\_\_\_\_ Cal/Min Toggle Between:
  - Standing Calories (CAL)
  - Standing Minutes (CLO)
- (.) (press for 5 seconds) \_\_\_\_\_ Reset\* CAL & CLO to zero
- (.) + (S) (press for 5 seconds) \_\_\_\_\_ Set Weight (default is 175lbs)

### Report:

- (..) \_\_\_\_\_ Report Toggle Between:
  - Total Sit-stand adjustments (-1-)
  - Total Adjustments (-2-)
- (..) (press for 5 seconds) \_\_\_\_\_ Reset report (-1-) & (-2-) to zero
- (..) + (S) (press for 5 seconds) \_\_\_\_\_ Change between inches/centimeters (default is

inches)

### Alert:

- (...) \_\_\_\_\_ View Alert Setting
- (...) (press for 5 seconds) \_\_\_\_\_ Set Alert (default is 45 minutes)

\* CAL and CLO will automatically reset when: (1) CLO exceeds 999 (2) weight is changed (3) unit loses power or (4) measurement units are changed

### Features:

- Track total number of worksurface adjustments from a sit to stand position and total number of adjustments.
- Count standing minutes (CLO) and calories burned while standing (CAL).
- Prompt users to stand up and work with adjustable alert.
- Toggle display to show standing minutes or calories burned while standing.

# Full Function Reference



## Cal/min:

Tap button to toggle between showing calories burned and minutes standing when in the standing range. The display will flash "CAL" for calories and "CLO" for minutes standing.

Hold button for 5 seconds to reset Calorie count and stand time.

Standing minutes and calories will also reset if:

- Standing minutes exceeds 999
- Weight setting is changed
- Unit display is changed (inches or centimeters)
- Unit loses power/unplugged



## Report:

Tap button to toggle between viewing reports (-1-) and (-2-).

(-1-): A count of sit to stand movement (any input that crosses the mid-point moving up)

(-2-): A count of activations (any input moving more than 0.5")

Hold "Report" button for 5 seconds to reset (-1-) and (-2-) to zero.

Reports (-1-) and (-2-) will also reset if:

- Activations exceeds 999
- Unit loses power/unplugged



## Alert:

Tap button to view the current alert setting.

Hold button for 3 seconds to access menu for changing alert settings. Pressing the up/down keys will scroll through different alert times (OFF, 15, 30, 15, 60, 90, 120). Default is 45 minutes.



## Set Standing-point:




Hold "Set" button for 3 seconds to set standing-point.

Default is 10" (imperial unit setting) or 25.4 cm (metric unit setting) above full retraction (22").

## Adjusting initial display height:

It may be necessary to adjust the displayed height due to different thicknesses of worksurfacetops etc. The DPF1W will as standard show 22" as the default worksurface height.

## Procedure:

Press both  keys at the same time and keep them pressed for 5 seconds. This allows the initial height to be adjusted. Until the initial height can be adjusted, the display will show three minuses (- - -), hereafter the display will flash the height. The height can then be adjusted by either  or  until the desired height has been reached. The system will return to normal operation (and give a short blink) after 5 seconds of inactivity on the keys.



## Up/down arrows:

Press the buttons and drive the worksurface up or down

A standing or sitting graphic will flash on the display when driving the table above or below the standing-point, indicating the table is considered to be in the sitting or standing range. The standing-point can be adjusted, please see the section describing the "Set" key for details



## Set Weight:

Hold "Set" + "Cal/Min" buttons for 5 seconds to set weight. Pressing the up/down key will adjust the weight. Default weight is 175 lbs (imperial unit setting) or 80 kg (metric unit setting).



## Switch between metric units (cm, kg) and imperial units (inch, lbs):

Hold "S" + "Report" buttons for 5 seconds to set change between displaying units (imperial or metric). Default is imperial units.



## Reset all settings and return to factory default:

Hold the "Cal/Min" + "Report" buttons for 5 seconds

## Error codes

Below please find the possible error codes that can be displayed. The error codes will only be displayed when a button is pressed. The display will blink while showing the error code. The E16 error will overrule any other errors as the detection is registered only in the display and no message is sent to the control box.

E01 — The worksurface has an unknown position and needs to be initialized.

E02 — Overload is upward direction has occurred.

E03 — Overload is downward direction has occurred.

E15 — Unrecognized keys are pressed