ROL
Wellness.™

The power of flexibility

The idea behind ROL Wellness was the problem of being sedentary for long periods of time, which causes harm to our bodies! By using our unique position as a manufacturer of desk frames, we had the possibility to integrate this into our solution.

ROL Wellness is an app working in combination with our height-adjustable tables to help you vary your work-posture according to individually set goals.
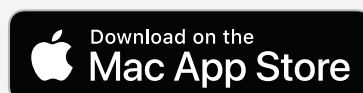
Like a personal trainer, it:

Guides you to setting and achieving personal goals
Coach yourself to sit and stand with intervals
Contributes to health and well-being by reducing injuries related to sedentary work.

You can download the application by going to the Microsoft Store or Mac App Store and search for "ROL Wellness".


NOTE! You need to have a ROL Ergo desk together with a ROL Desk Connect for this application to work as intended. After you downloaded the desktop app, open it and connect it to your desk!

Controlling The Desktop App:

After connecting your desk with the Desk Connect and log in into the app. You are presented with controller page. Showing your desk, current position, heights for sitting and standing and buttons going up and down. Also a weekly analysis of your usage. Simply put in your desired standing and sitting position either by typing, using the buttons in the app or using. And you are good to go!
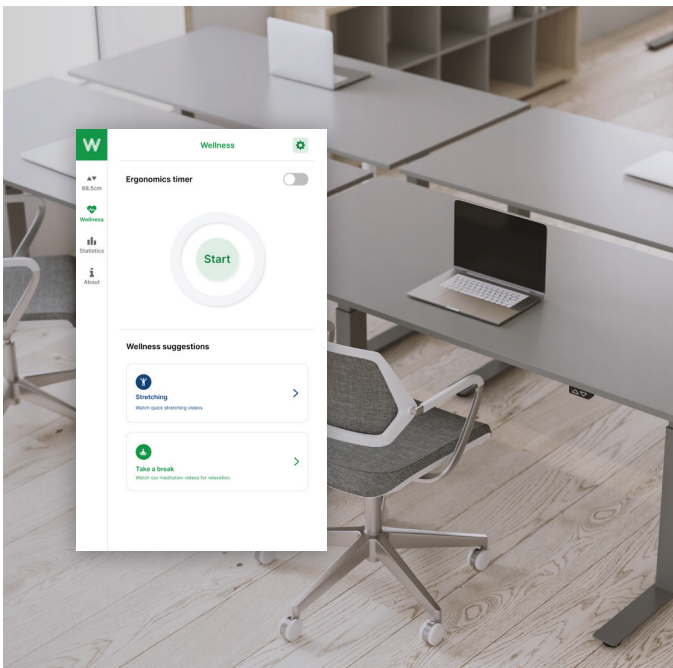
How The Wellness Timer Works:

When you have managed your standing and sitting positions, it's time to put the desk to work. In the Timer page you can choose one of three premade goals, or make your own. It's this simple!

Evaluating Your Stats:

On the last page of the app, Statistics. You will find some interesting information. The amount of hours standing, how many times you changed the position, calories burned and lasts how much time you spent active at the desk.

How to use the desk control

Desk control

Desk control is all about controlling your desks height, position and settings. When you click on the Control menu item, in the menu to the left, the application will check if you are connected to your desk. If you are not connected to your desk, you will see a message saying:

You are not connected to any desk. Make sure your USB cable is properly connected.
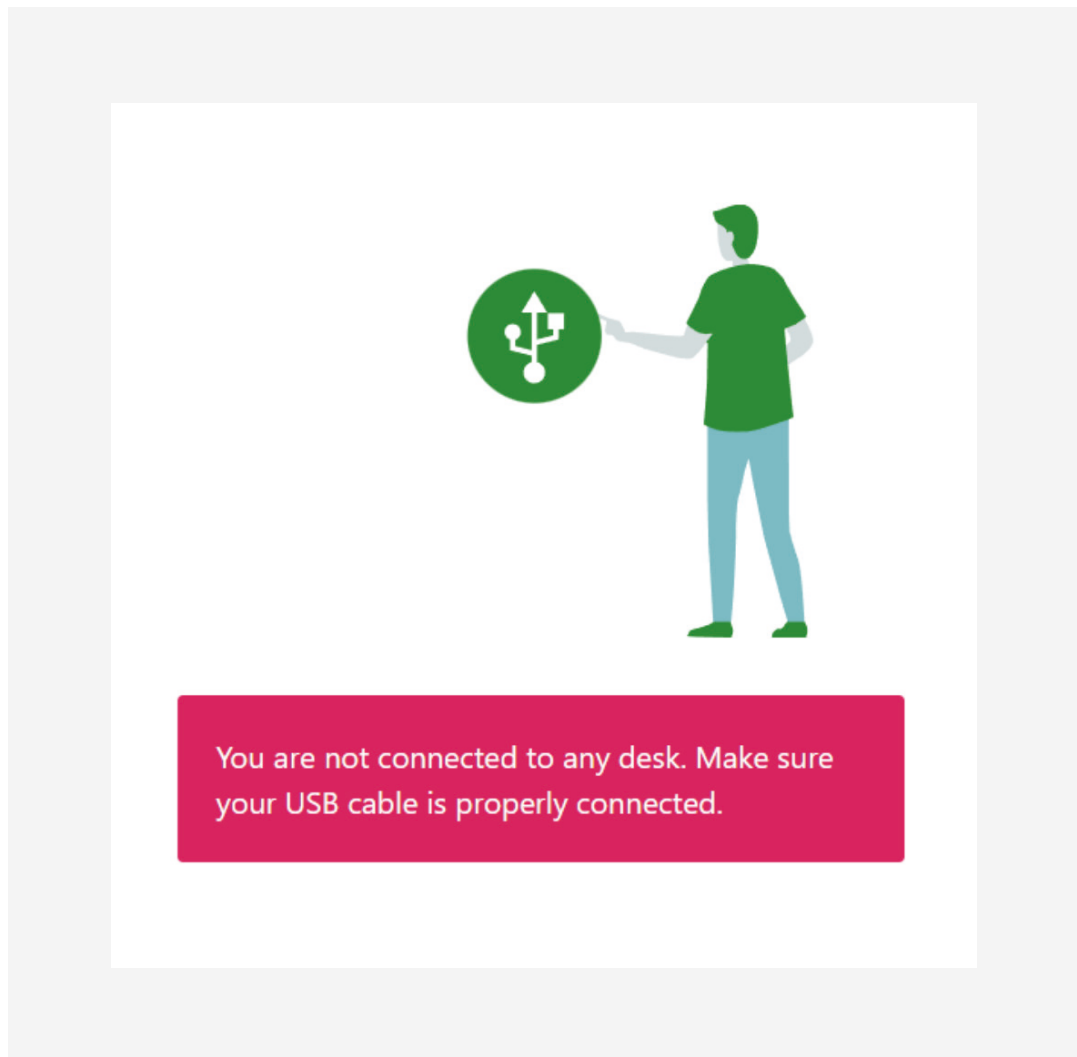
Otherwise, you will be taken to the Desk Control view.

NOTE! If your are connected to your desk, you will also see the current height of your desk underneath the Control icon in the menu.

Connect your desk

If you have bought a ROL Ergo desk kit with a ROL Desk Connect, you will find the instructions on how to connect it to the desk.

After the ROL Desk Connect is installed, your can put the USB cable either directly into your USB-port on the computer or via the docking station.

Desk Control view

When your desk is connected, you will see the Desk Control view on the left and the Weekly analysis on the right. Current height is displayed above the height bar and in the menu. The height value changes as you change the desks height.

Height bar

Underneath the height value, you will see a bar, this is called the Height bar. It is a visual representation of your desks movement. The white area represents the highest and the lowest limit your desk can have. On default, the desk will set the limits itself, but you can change it in Desk Settings. On the right of the bar, you can see your Standing and Sitting positions marked out. When your desk is moving, you will see the green bar move inside of the height bar inside of the application. When the green bar is close to a position height, the marked out icon will turn green, and when it has reached the highest or lowest limit the numbers will appear.
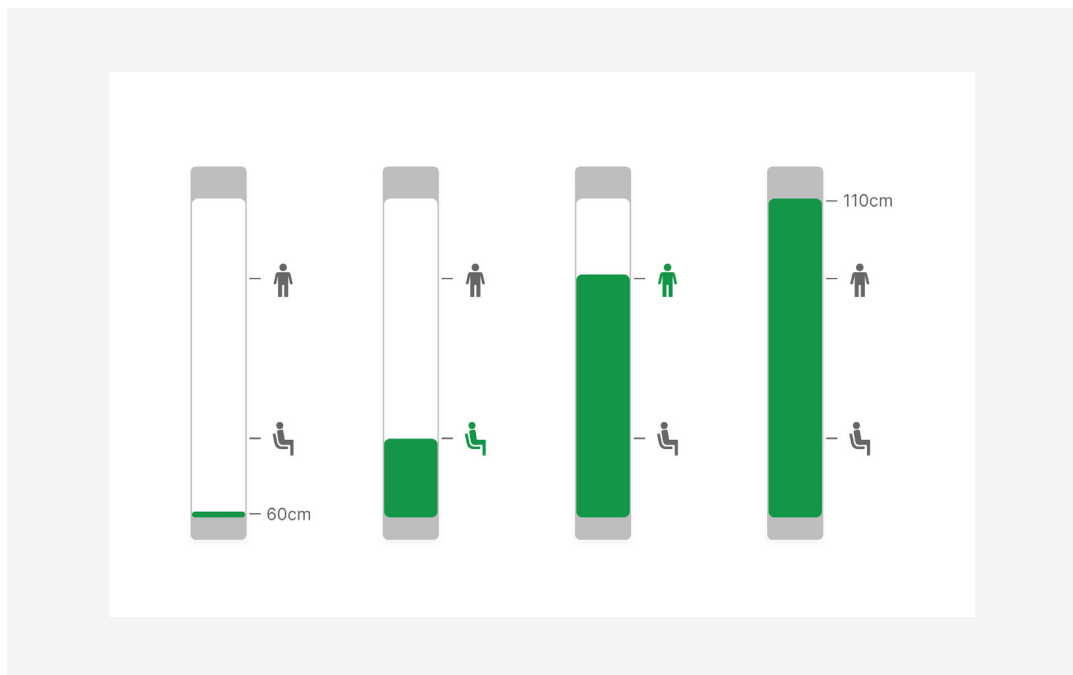

Desk Controller and/ or Handset

At the bottom of the Desk Controller view, you can see two buttons with arrows, Up and Down. By clicking and holding the buttons, you will move your desk height in that direction.
You can also move your desk by the handset attached to it, and the desktop app will update with the correct height value.

When you have reached the lowest or highest limit, the corresponding button will be disabled and will display a help text for why the desk can't move lower or higher.
You will also see when you reach the limit by the Height bar above.

Desk positions

Between the Height bar and Desk controller, you will see the positions list. There are two different positions: Standing, and Sitting.
If you click on one of the positions, the desk will move to that position.
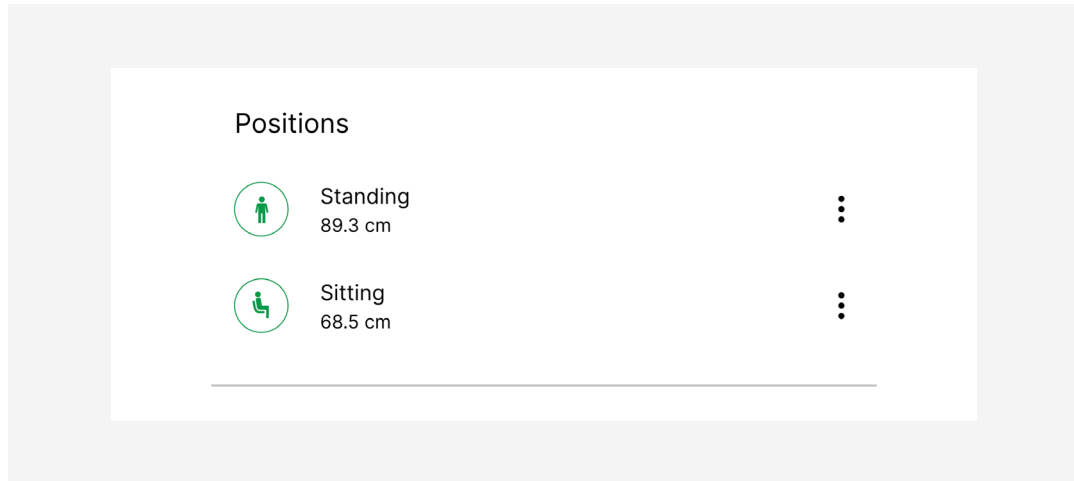
While the desk is moving to the position, you will see the desk value change and see the green bar inside of the height bar move. You can stop the desk at anytime by clicking on the red button that displays the "Stop" icon. This icon is located at the bottom of the view, or will also be displayed by the position you clicked on. It will then stop moving and the Desk Controllers will appear again.
You can also edit the positions by clicking on the more icon (three dots) next to the position. You will get two choices: Set to current height and Position settings.

Set To Current Height
You can change the Sitting or Standing height to your current height quickly by clicking on the more icon (the three dots) next to either one of the positions, and choose "Set to current height". The height will now change to the height your desk is currently at. Next time you click on that position, it will move to that height.

Position Settings
You can change the name and height of either of the positions by clicking on the more icon (the three dots) next it, and then choose "Position settings".
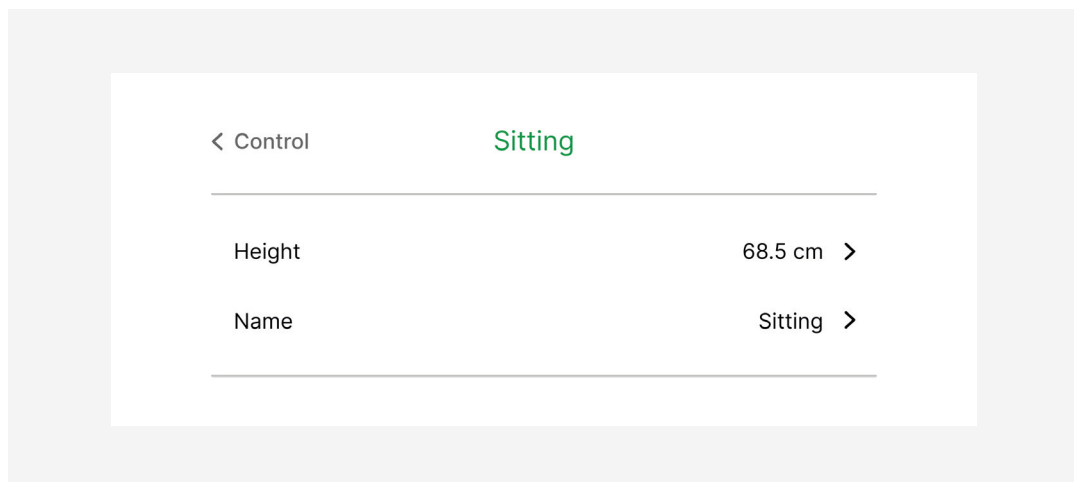
If you want to change the height of the position, click on the "height" in the settings view and you will be directed to the edit view. Type in the height you want for that position and then click on the "Update" button to save it. You will then be directed back to the settings view and see the new height value.
If you click on the Cancel or back button, the changes will not be saved.

If you want to change the name of the position, click on the name in the settings view and you will be directed to the edit view. Type in the new name and click on the "Update" button to save it. You will then be directed back to the settings view and see the new name.
If you click on the Cancel or back button, the changes will not be saved.

Click on the back button in the left corner of the sidebar to save all the changes and go back to the Desk Control view.

Desk settings
You can change some settings regarding your desk and desk control:

↗ Units
↗ Calibrate height
↗ High limits
↗ Low limits

In the Desk Control view, click on the settings icon above the height bar and you will be directed to the Desk settings view.

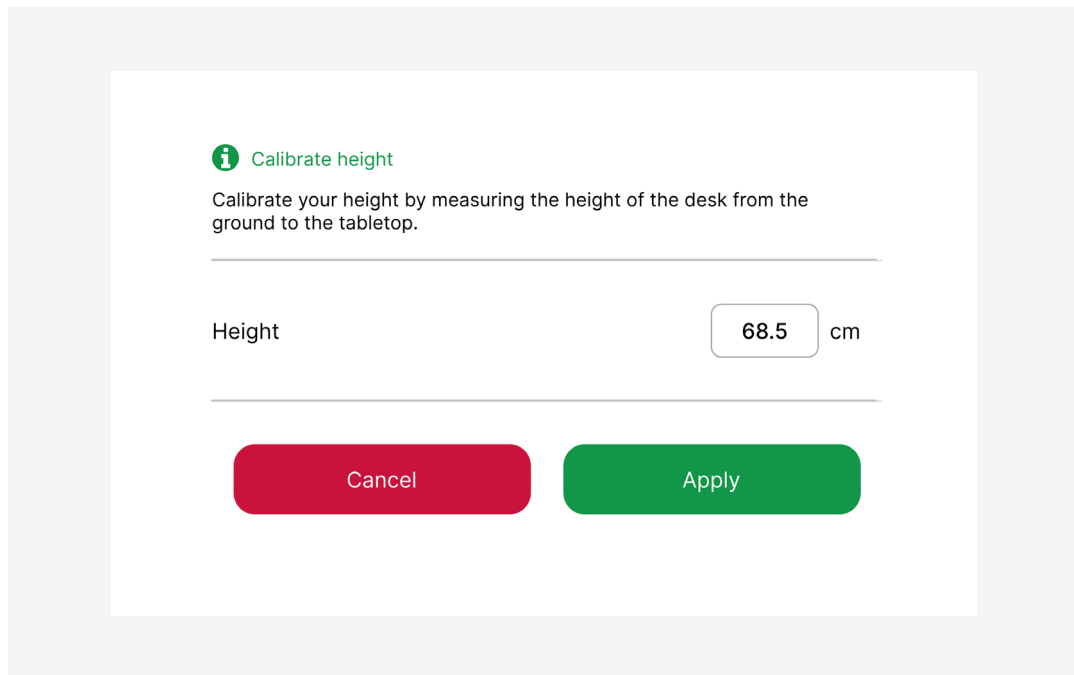| ‹ Control	Desk setting	
Units	Metric	›
Calibrate height	68.5 cm	›
High limit	No limit	›
Low limit	No limit	›
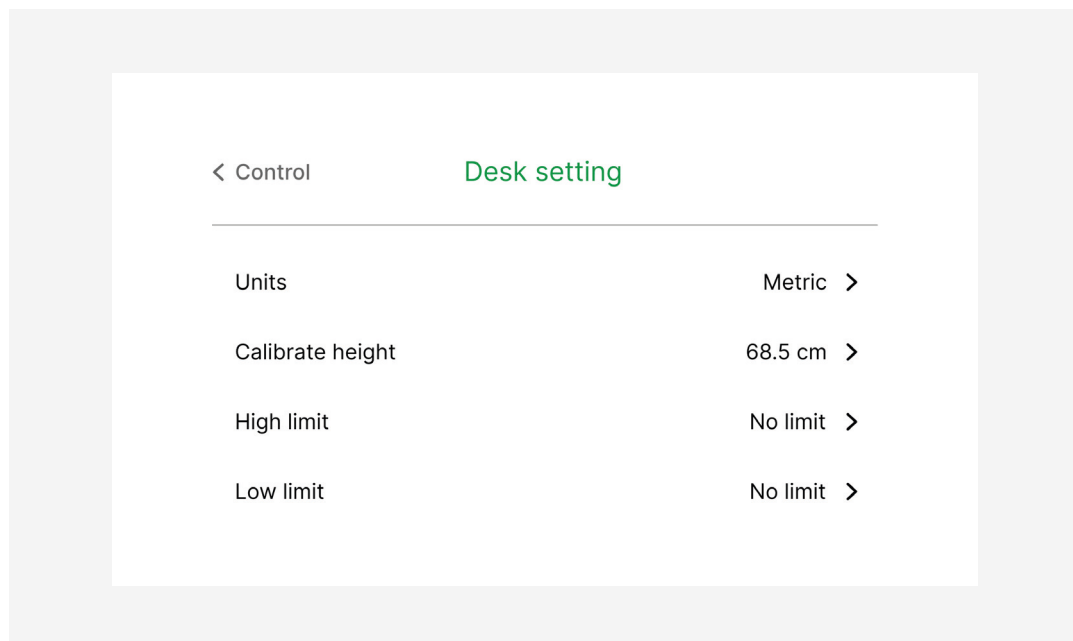
Units

To change the measurement units displayed in the desktop app, click on the "Units" tab. This will take you to the edit view. Metric is selected by default, but here you can change it to Imperial. Click on the back button to save and go back to the Desk settings view.

Calibrate height

You can calibrate the height of the desk, meaning, the height from the ground to the tabletop. This can come in handy when the desk is located on an object instead of the ground, to make the application display the correct height of the desk.

NOTE! You don't need to change this, but there are some special cases when this is needed to change

To calibrate the desk, click on the "Calibrate height" tab, this take you to the edit view. Type in the new value you want instead of the default value and click on the "Apply" button to save your changes and go back to the Desk settings view. If you click on the Cancel or back button, the changes will not be saved and you will go back to the Desk settings view.
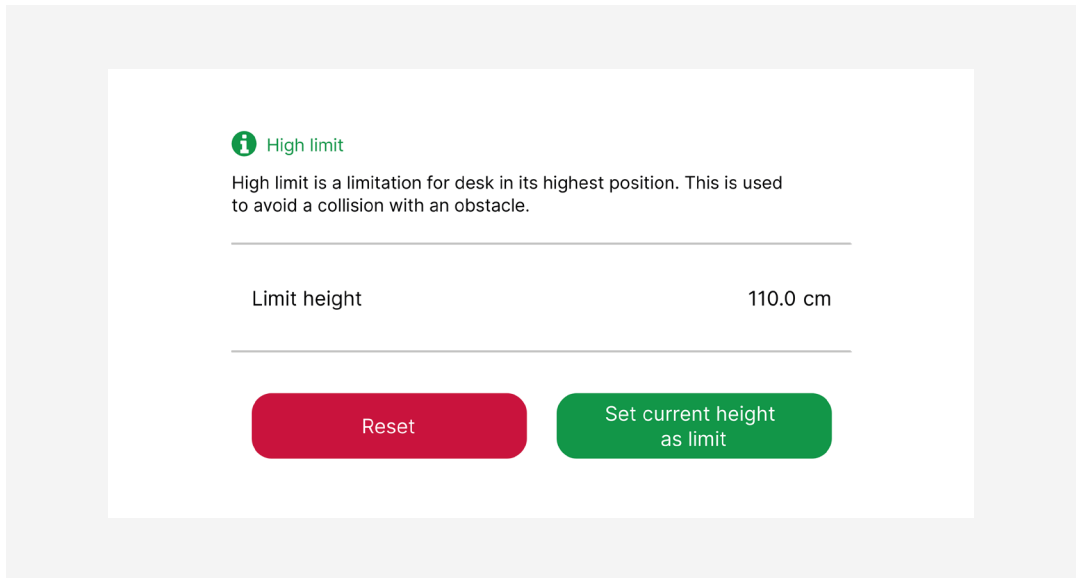

Highest limit

High limit is the maximum height the desk can go up to, this could be changed due to obstacles or things in the way so the desk never goes higher than that.

If you want to change the limit of how high the desk should move, click on the "Highest limit" and you will be directed to the edit view. In the edit view, change the height by clicking and holding on the Desk Controllers at the bottom of the screen or via the handset attached to the table. As the desk moves, you will see the value change as well.
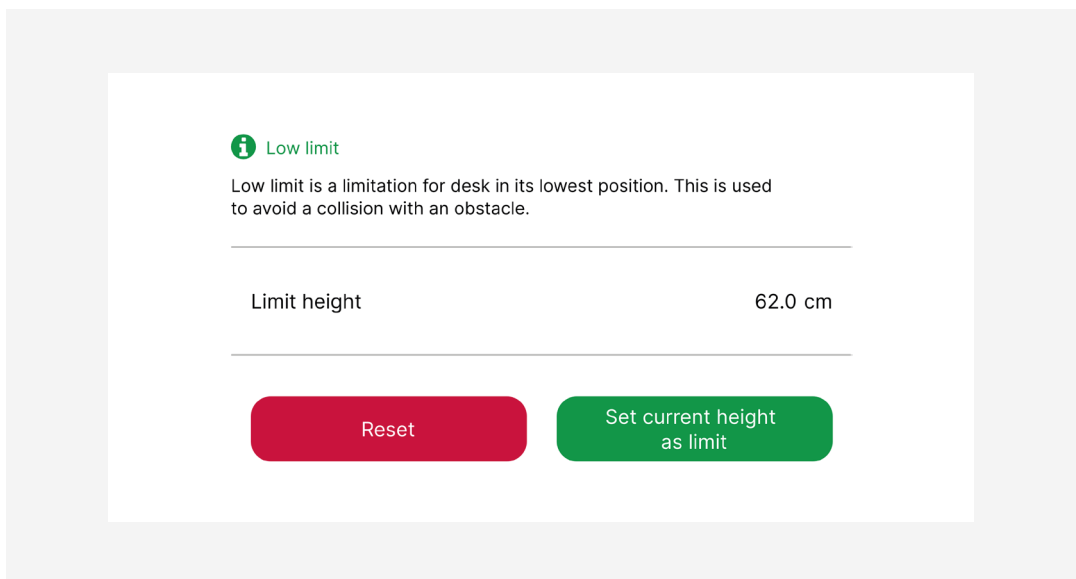
High limit

High limit is a limitation for desk in its highest position. This is used to avoid a collision with an obstacle.

Limit height   110.0 cm

Reset   Set current height as limit

When you have found the right height for your highest limit, click on the button "Set current height as limit". It will set the current height as the highest limit and direct you back to the desk settings view. If you click on the reset button instead, it will go back to the default height of the highest limit and turn off the custom limit.

Clicking on the back button, will redirect you back to the desk settings view and not save the changes.

Lowest limit

Low limit is the minimum height the desk can go down to, this could be changed due to shelfs underneath the desk or things in the way so the desk never goes lower than that.

If you want to change the limit of how low the desk should move, click on the "Low limit" and you will be directed to the edit view. In the edit view, change the height by clicking and holding on the Desk Controllers at the bottom of the screen or via the handset attached to the table. As the desk moves, you will see the value change as well.

Low limit

Low limit is a limitation for desk in its lowest position. This is used to avoid a collision with an obstacle.

Limit height   62.0 cm

Reset   Set current height as limit

When you have found the right height for your lowest limit, click on the button "Set current height as limit". It will set the current height as the low limit and direct you back to the desk settings view. If you click on the reset button instead, it will go back to the default height of the low limit and turn off the custom limit.

Clicking on the back button, will redirect you back to the desk settings view and not save the changes.

Wellness timer

 Timer

When you click on the Timer menu item in the menu to the left, you will be directed to the Timer view. From here, you can set a timer for Goal Cycles (Standing and Sitting positions) and get a notification when the time is up.

Ergonomics timer

Starting timer

Low limit is the minimum height the desk can go down to, this could be changed due to shelfs underneath the desk or things in the way so the desk never goes lower than that.

If you want to change the limit of how low the desk should move, click on the "Low limit" and you will be directed to the edit view. In the edit view, change the height by clicking and holding on the Desk Controllers at the bottom of the screen or via the handset attached to the table. As the desk moves, you will see the value change as well.
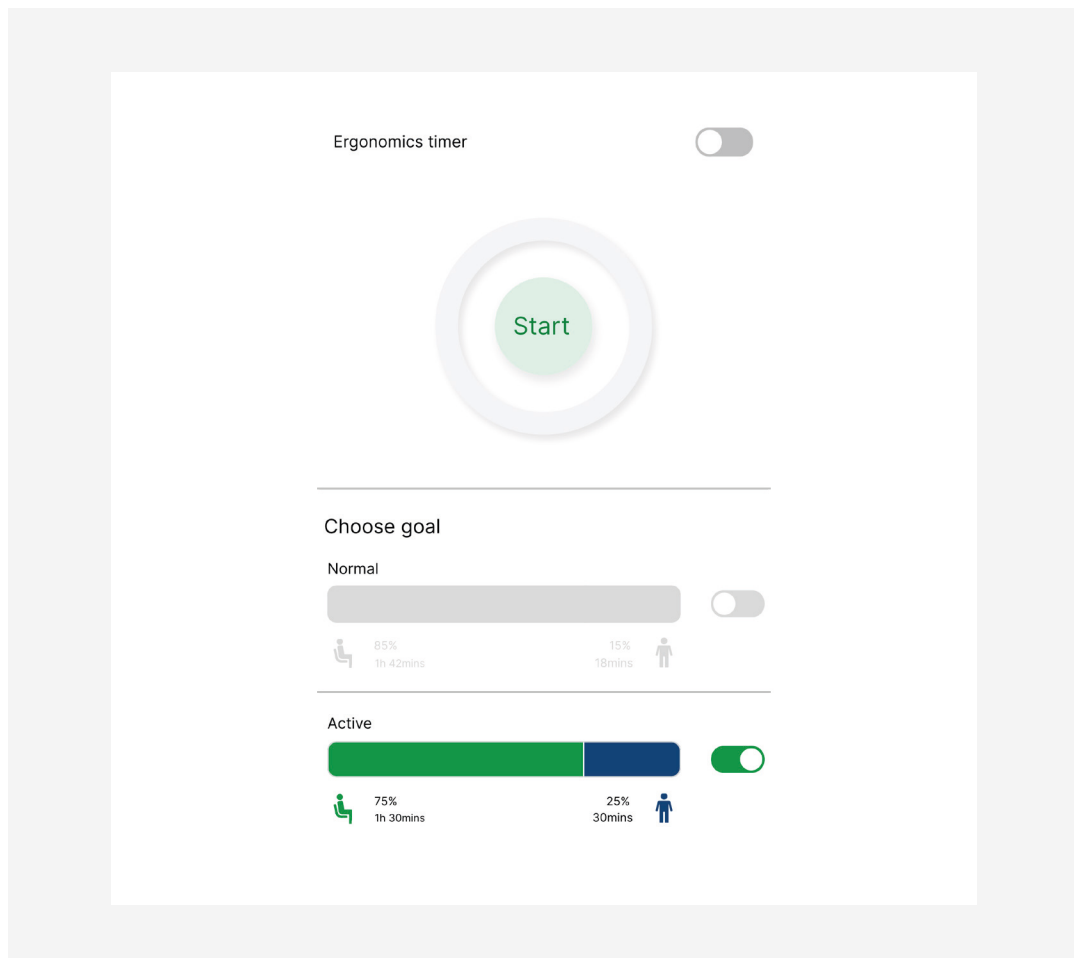
Ongoing Timer

When the timer starts, the gray ring will turn green and you will see the time start ticking. You will also see the same timer on the menu to the left. The remaining time for the timer will be shown in hours, minutes and seconds on the Timer view. In the menu, the timer will be shown in hours and minutes.
Depending on how much time is left, the ring will change color. When the timer starts, the ring is green. When there is 70% to 35% of the time remaining, the ring will turn yellow. When there is 35% of the time remaining, the ring will turn red.
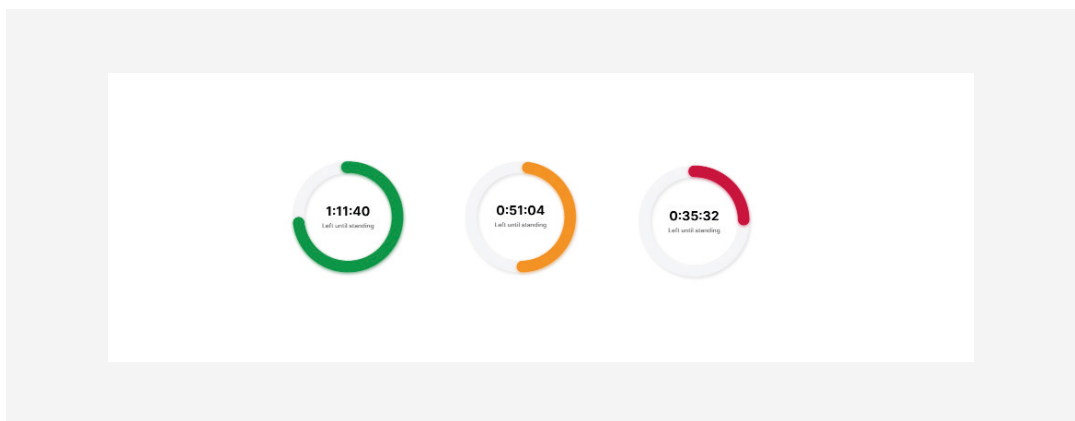
End of timer

When the time is up, you will get a notification. When you click on the notification it will open the application and show the Timer view. The timer is blinking in a red color, both in the Timer view but also in the menu to the left.
You will get two choices: Change position or Snooze the timer.
You can turn off the timer by clicking on the toggle in the right upper corner in the view.

NOTE! You can turn off the timer at anytime by clicking on the toggle in the right upper hand corner.
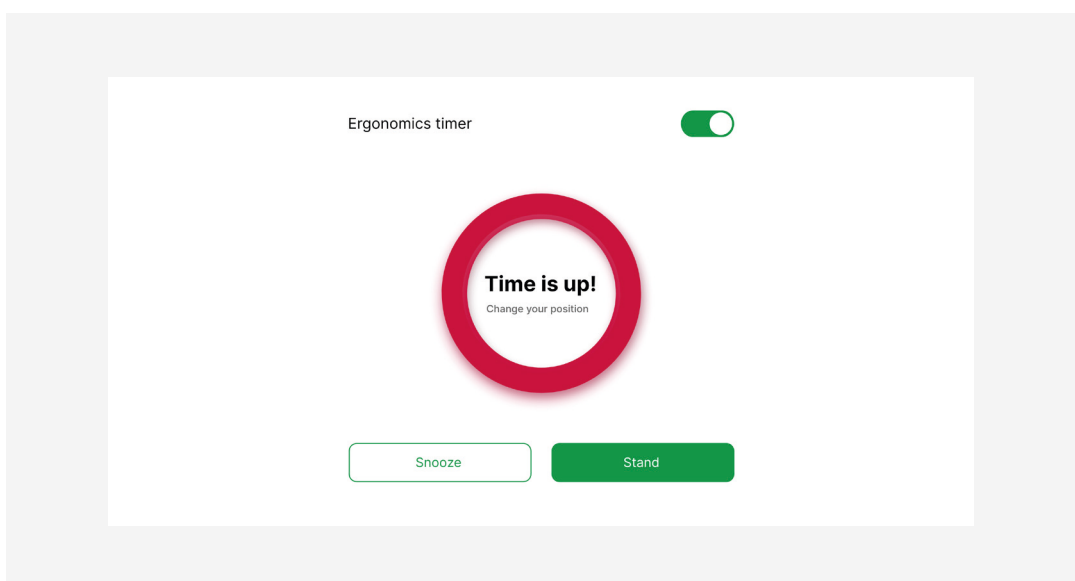
When the timer is turned off, it will stop the cycle and when you turn it on again, it will be a "new" cycle. The timer cannot be paused.

Changing position, Sit or Stand

When the time is up, you will see a Stand or Sit button underneath of the timer, depending on what position you were on when the timer started. For example, if you were on the Standing position, the button will say "Sit".
Click the button to change to that position. You will be directed to the Desk Control view and the desk will move to the new position. When the desk reaches the height of the Sitting or Standing position, the timer will start for the new position, you will see the timer start in the menu to the left. The position cycle (Standing and Sitting) will continue until you turn off the timer.

You can at anytime cancel the move, by clicking the red "Stop" button displaying in the bottom of the Desk Control view or next to the position you are changing to. If you stop the move to that position the desk will stop moving, and the timer together with the cycle will stop as well.

Snoozing timer

When the time is up, you will see a "Snooze" button underneath the timer. Click the button to go to the snooze view with different options.

Ergonomics timer

Time is up!
Change your position

Repeat   10 mins   30 mins   Cancel
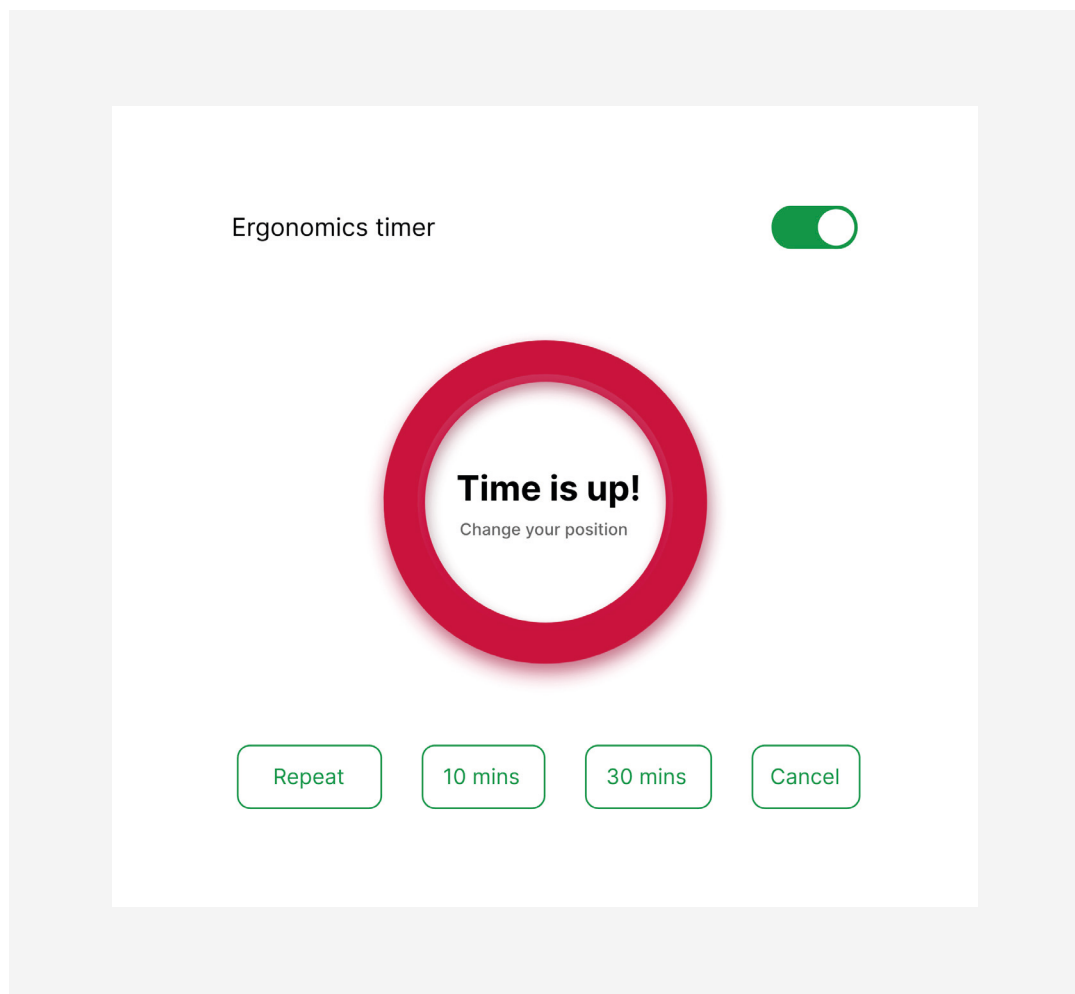
1. Repeat

Underneath the timer, you will see a "Repeat" button. Click the repeat button to repeat the timer for the same amount of time as you had before in the same position. This will not change your position.

The timer will start again and when the time is up, you will get the two choices again: Change position or Snooze the timer.

2. Snooze time options

In the same row, you will see two time options to snooze the timer : 10 minutes, and 30 minutes.
When you click one of the time options, it will set up a timer for that time and not change the position.

NOTE! It is not possible to pause the timer
When the snooze timer is up, you will get the two choices again: Change position or Snooze the timer.

You can turn the timer off by clicking on the toggle in the upper right corner. The timer and the goal cycle will be turned off.

3. Cancel

On the same row as the time options and repeat button, there is a Cancel button on the right. Click on the cancel button to cancel the snooze, and you will get the two choices again: Change position or Snooze the timer.

Wellness statistics

Statistics

In the Statistics view, you will get a weekly overview of the statistics. When you click on the Statistics menu item, in the menu to the left, you will be directed to the Statistics view. From here, you can view different graphs:

↗ How long have you been standing
↗ How often have you changed the positiont
↗ How many calories you have burnt
↗ How long you have been active on screen

Weekly Analysis

On the right side of the screen, you will see the Weekly Analysis. This view will be next to the Desk Control and the Timer view as well.
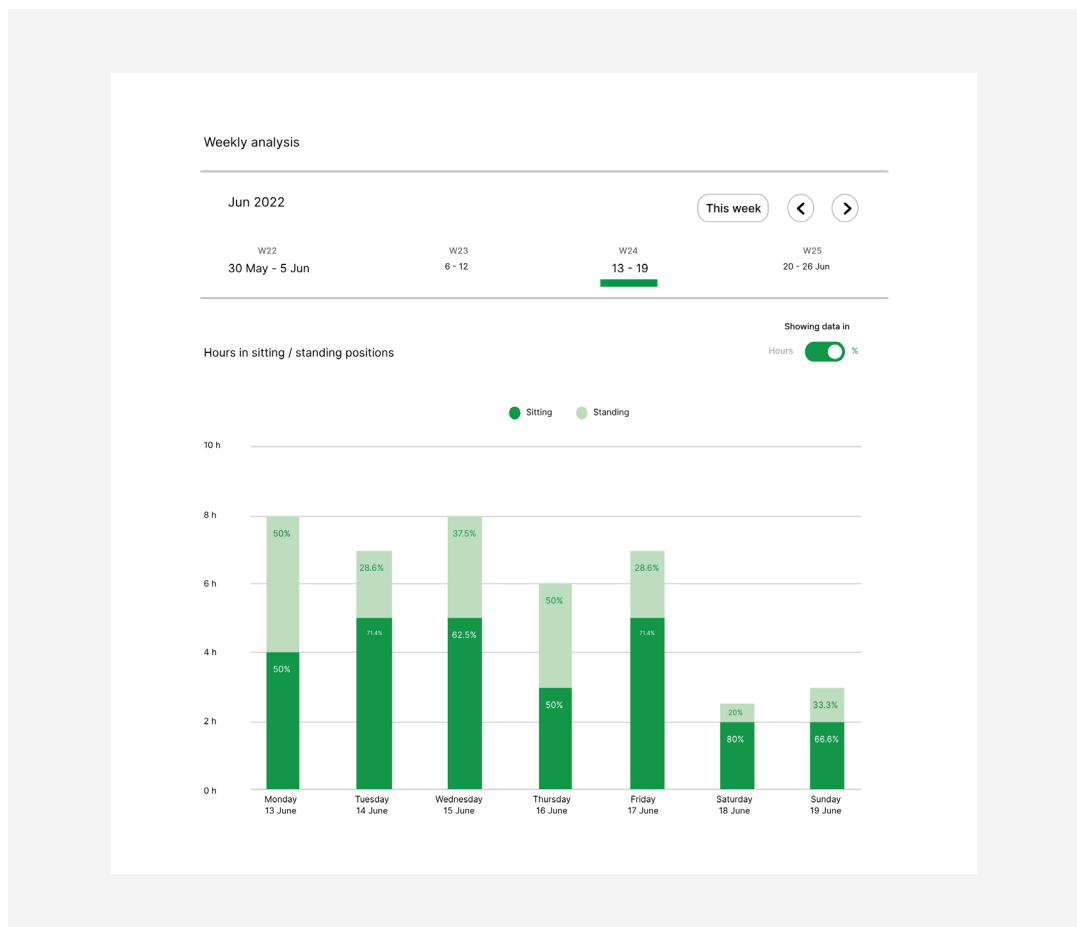
By default, it will show this week for this month in the weekly calendar above the chart, and it will show hours in Sitting or Standing position.

Weekly Calendar

You can select the week you want to see statistics from by clicking on a different week in the weekly calendar, which is located above the chart. The selected week has a green bar underneath. When you click on the arrows, you go between different months and weeks.

Chart

Underneath the weekly calendar, you will see the chart. By default, the chart will show you "Hours" in Sitting and Standing position, but you can also change it into percentage instead.

Different Graphs

In the statistics view on the left, you can see a list of boxes containing:

↗ Standing
↗ Position changes
↗ Calories burnt
↗ Active on screen

It will show short summaries of the different subjects. Each of the boxes has a "See chart" button. When you click on the button, a detailed chart will show up on the right side.

Standing

The first box in the list, is your Standing goal box. In the box you will see the total hours you have been standing this week. The total hours will be calculated to percentage in a progress bar, so you can check how many percentage you have been standing up in this week.
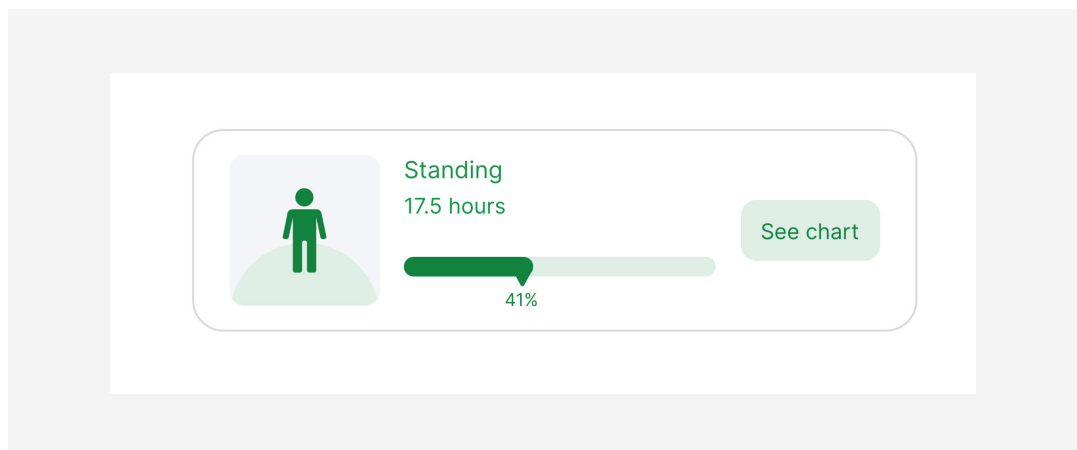

When you click on the "See chart" button next to the summary, the right view will go back to the regular view (Weekly Analysis with standing/sitting).

Position Change

The second box in the list, is your Position Change box. In the box you will see the average number of times you have changed the position for the week.
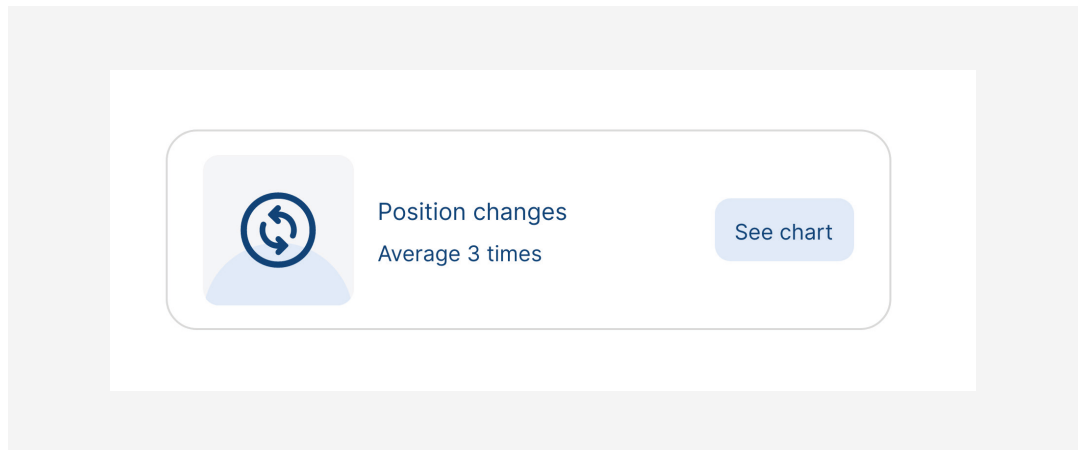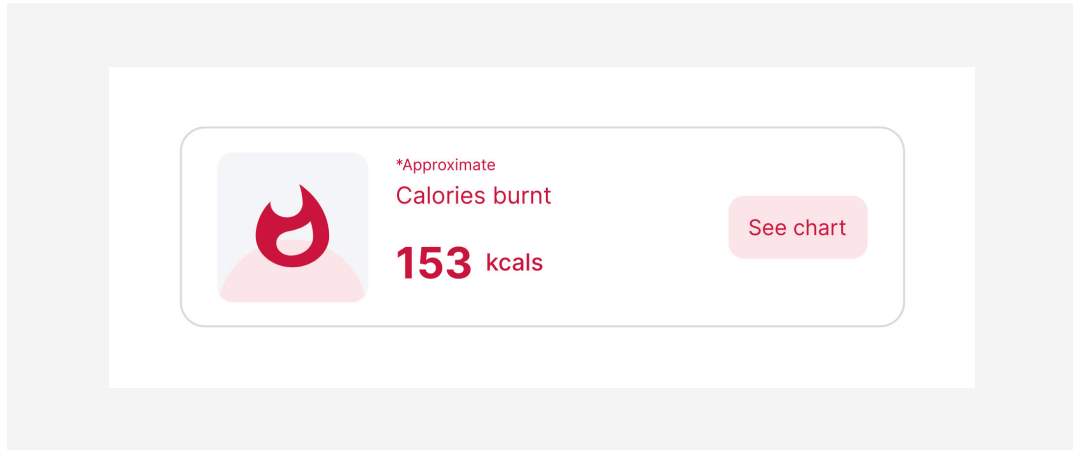

When you click on the "See chart" button next to the average number, it will show you a chart of how many times each day you have changed position in that week. There is also a line, showing the weekly average positions changes, so you can compare each day with the average.
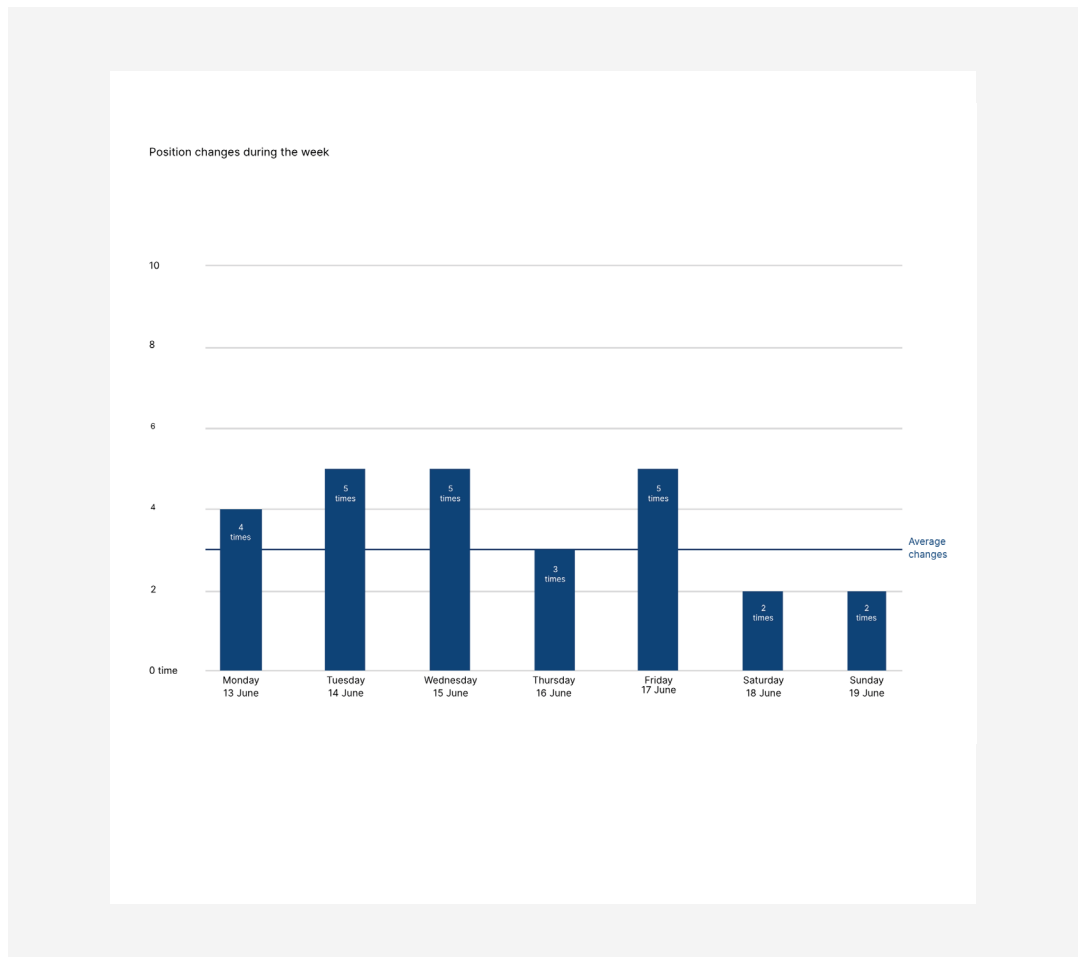
Calories burnt

The third box in the list, is your Calories burnt box. In the box you will see the average calories burnt in that week. The application calculates "approximate" calories while you are standing. The longer you stand, the more calories you burn.
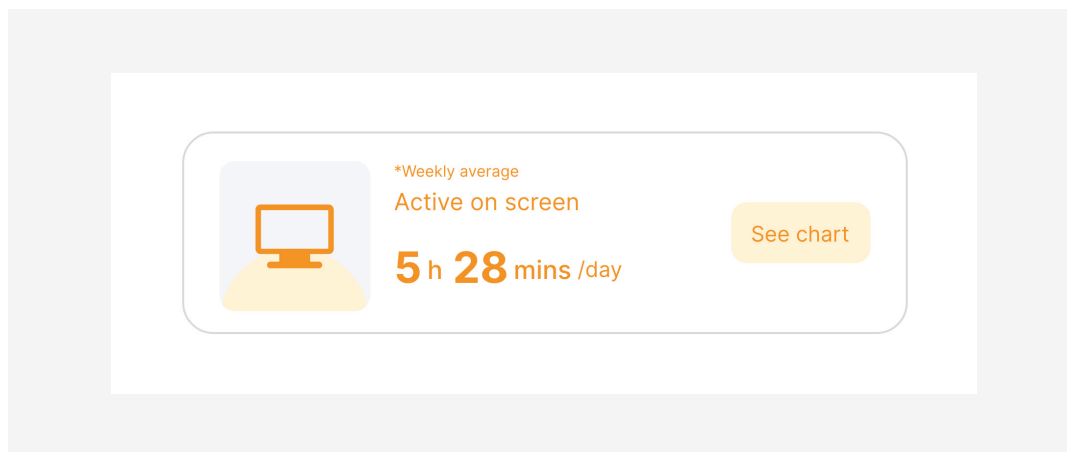

NOTE! The application cannot show precisely how many calories you burnt, it can only calculate an approximate of calories

When you click on the "See chart" button next to the average number, it will show you a chart of how many calories you "burnt" each day that week. There is also a line, showing the weekly
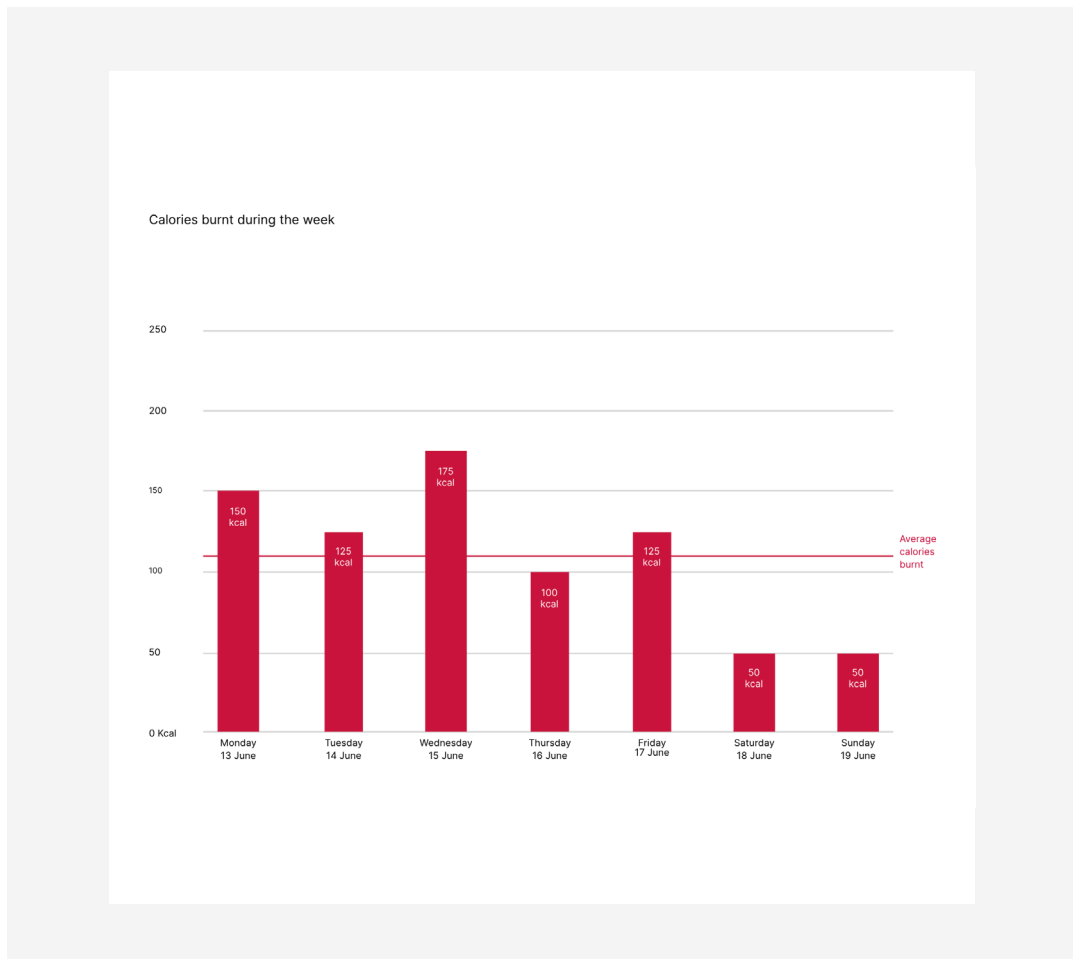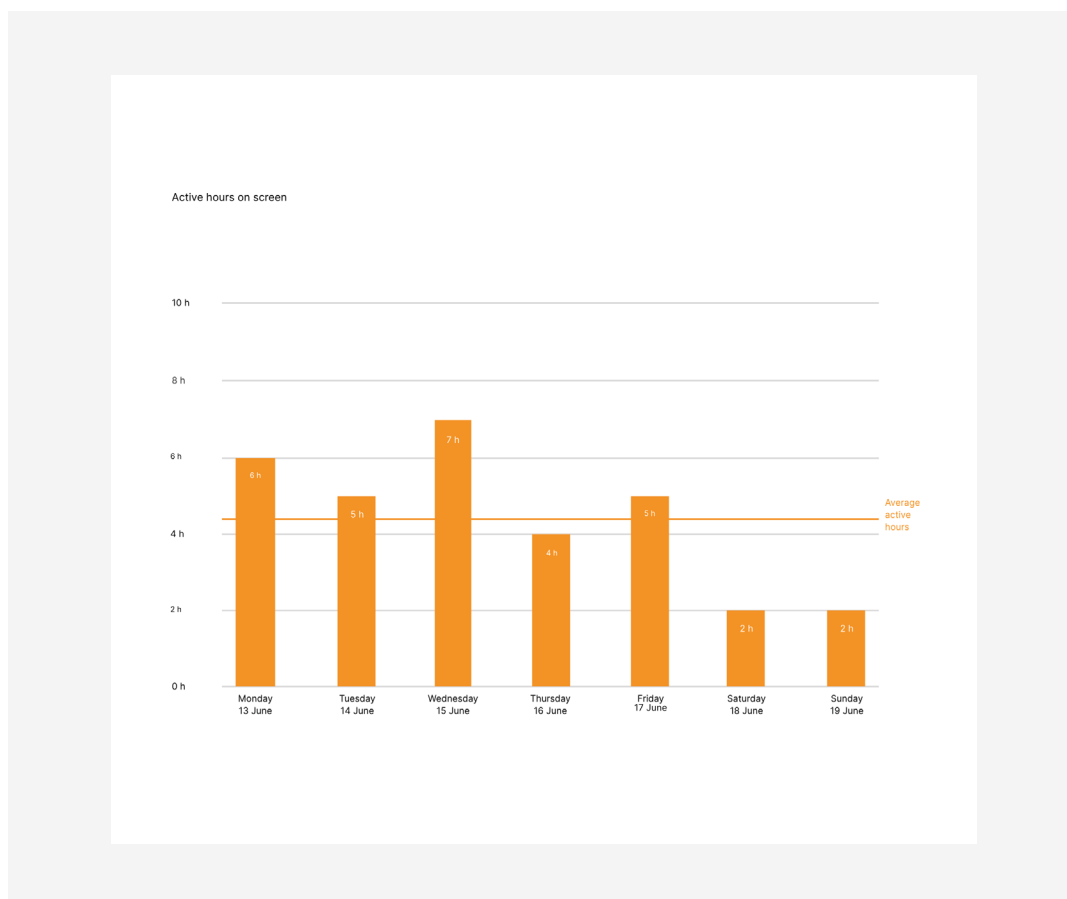
Active on screen

The fourth box in the list, is your Active On Screen box. In this box you will see the average time of active hours you have had in front of the screen that week. The application will add the times that you are active on the screen and calculate the average. When the screen is turned off or in Sleep mode, it counts as inactive time.

When you click on the "See chart" button next to the average number, it will show you a chart of how many times each day you have changed position in that week. There is also a line, showing the weekly average positions changes, so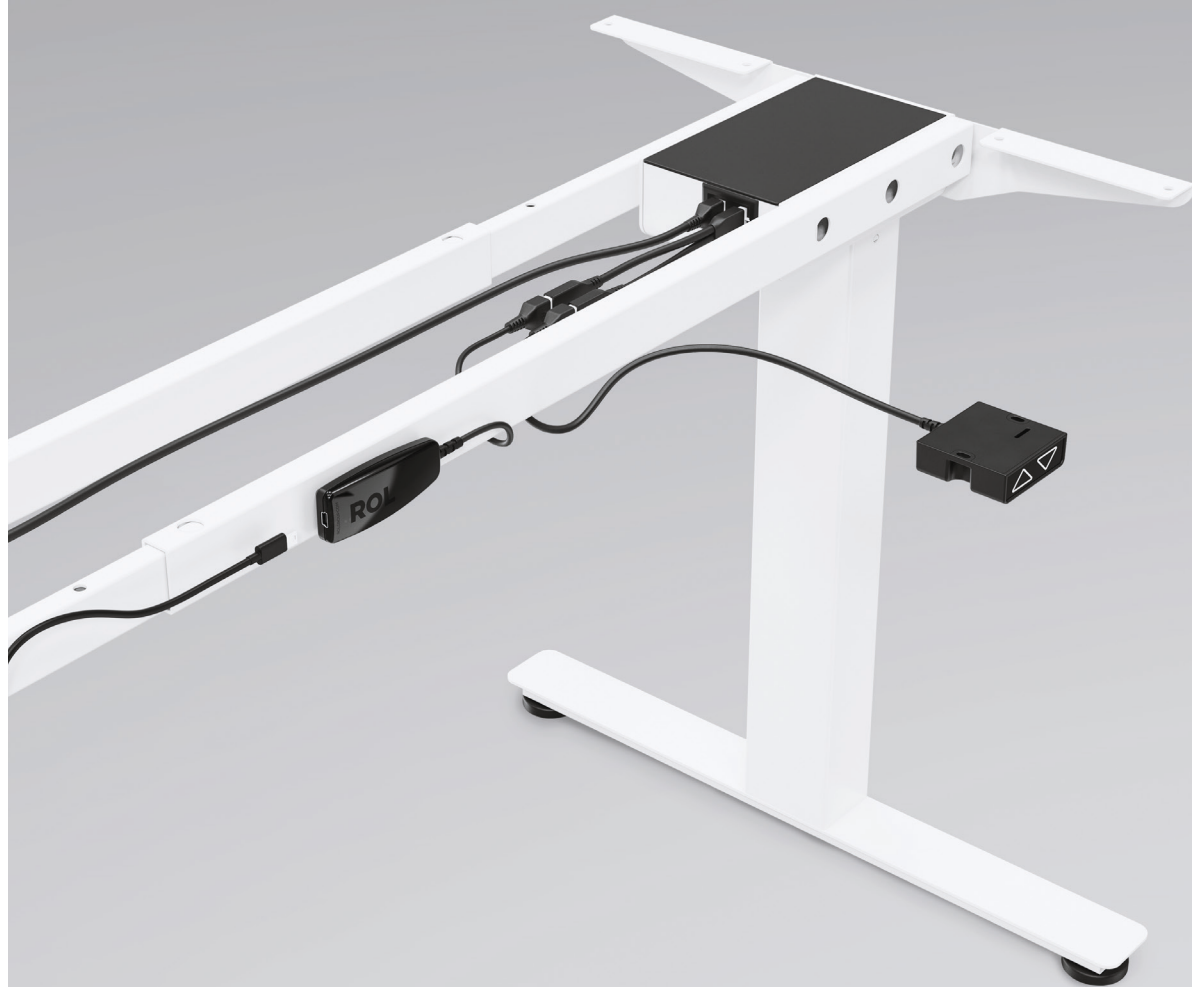 you can compare each day with the average.