



RIO WELLNESS

Walkthrough

10 steps to get started

THESE ARE THE EASY OVERALL STEPS REQUIRED TO START USING RIO WELLNESS!

Use this quick walkthrough to get you started with RIO Wellness, a detailed version can be found on the bottom of the page, following this link <https://www.rolergo.com/rio-wellness/>

1. Install the Desk Connect device on your desk, according to the enclosed instruction.
2. Download RIO Wellness software (ID-Connect desktop application).
 - Mac OS X
<https://storage.googleapis.com/download.intelligentdesk.com/rol-desk/id-connect-1-2-14-installer-macos.dmg>
 - Windows
<https://storage.googleapis.com/download.intelligentdesk.com/rol-desk/id-connect-1-2-14-installer-windows.exe>

3. Install the RIO Wellness software on your computer.

4. Register a free user account.
<https://register.intelligentdesk.com/#/register/>

5. Sign In, using your newly created account

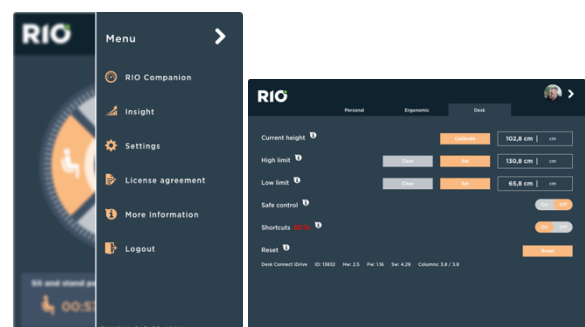
6. Learn how to control your desk using the application.
(sit and stand manually (up/down))

7. Choose your Sit and Stand height.
(configure your Sit and Stand height with the centric button “adjust height”)

8. Configure your personal and ergonomic settings and preferences.
(configure your personal settings under the “hamburger” menu, ☰)

9. Configure additional desk settings.
(under ☰, “settings” and the tab “desk”)

10. View your statistics
(under ☰ and “Insight”)



Now you are ready to dive into your work!