ergoDRIVEN

TEMPO

SMART DESK CONTROLLER

USER MANUAL

2022.08.15

CONTENTS

WARNING!

With the **Cruise Control** feature enabled, the desk will raise and lower automatically when the controller thinks someone has been present at the desk for the scheduled duration. However, the desk could move when no competent adult is present, potentially hurting children or pets, or damaging equipment. If this is a concern, either **Lock** the desk whenever leaving the room (see **Lock** on page 11), or do not use **Cruise Control**.

Whether or not you enable **Cruise Control**, you must configure the workspace around your sit-stand desk so there are no pinch point or crush hazards when the desktop moves up or down. For example, if you have a small filing cabinet beneath your desk, ensure that when the desk is in the lowest position, there is ample clearance to prevent injury or property damage. As it descends, a moderate or heavily loaded desk can apply high force to limbs or objects beneath it, which may cause injuries, and in rare cases, even death.

If the lowest position the frame can travel to is not safe for your workspace, you must make adjustments to your workspace or to your desk. Your desk model may have provisions to configure height travel limits or provide mechanical stops to limit the available height range. If you cannot prevent crush or pinch point or crush hazards in your workspace, you should NOT USE A SIT/STAND DESK WITH AN ELECTRIC MOTOR DRIVE.

FEATURE OVERVIEW

- Basic desk control
- Saved Preset heights
- Cruise Control automatic height changes
- Status summary of usage
- Switchable between two users
- Bluetooth® (BLE) interface to update firmware, control settings, and view history via the Ergodriven Tempo mobile app

INSTALLATION

Mount Tempo on the right side of your desk.
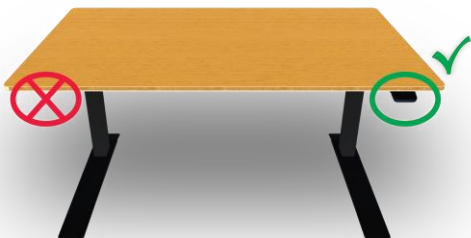
Tempo will not work properly mounted on the left side!

Use one or more of the included plastic cable holders to prevent the cable from snagging during desk motion.

BASIC OPERATION

Desk Up/Down Control

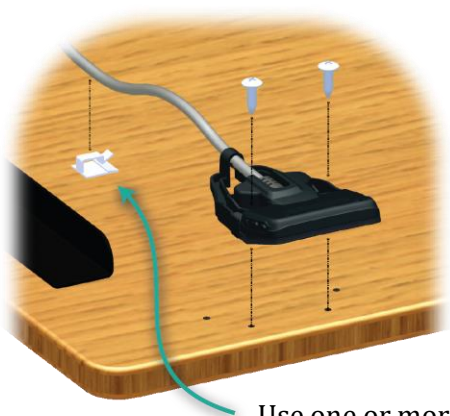The body of the controller itself acts as a paddle style switch. To manually move the desk up or down, pull up or press down on the entire controller and hold until the desk reaches the desired height.

Menu Navigation

To use features other than manual up/down control, use the three buttons on the right side of the controller to navigate the menus. Press any of the buttons to open the menus, and then use the buttons as follows:
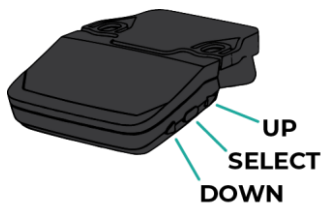
- UP button: the button closest to the desk is used to scroll up in the current menu.
- SELECT button: the middle of the three buttons is used to act on the currently displayed menu item. An ellipsis (…), indicates that selecting will open a sub-menu.
- DOWN button: the button farthest from the desk is used to scroll down in the current menu.
- "Back" action: to go back to a previous menu, scroll to the top (or one past the bottom) of the current menu and select "Back".

Presets (saved favorite heights)

The controller allows you to save up to four presets named "Stand", "Sit", "Custom1", and "Custom2" that will be easy to return to later. To set one, use the following procedure.

- Move the desk up or down to the desired height.
- In the top-level menu that opens when you press any button, select "Presets".
- Scroll down to the preset that you wish to set ("Stand", "Sit", "Custom1", or "Custom2").

- Press the SELECT button once to choose the currently displayed preset as the one you wish to set, and again to accept the current desk height for that preset. You should see a confirmation checkmark.

To send the desk to a saved preset, pull up or press down in the direction of that preset for 1 second and release. During this 1 second, the controller will offer to go to the closest preset in that direction by displaying "→ Sit", for example. To immediately stop the desk while it is traveling to a preset, simply pull up or press down on the controller to interrupt its movement.

If you want to go to a preset that is beyond the closest preset in either direction, hold the controller pulled up or pressed down longer (2 seconds). The on-screen offer will change to that preset. For example, changing from "→ Sit" to "→ Custom1" as you hold for longer than one second. Release to go to that preset. To go to the third preset in that direction, hold even longer (3 seconds), etc. If there is no preset beyond the closest preset, holding for longer than 1 second causes the on-screen offer to disappear and the input to enter a direct control mode where the desk motion will stop whenever you release the controller.

If multiple people use your desk, each user can select their personalized preset heights by following the Multi-User configuration described on page 11.

ADVANCED FEATURES

Cruise Control

You might have heard that sitting is the new smoking. That's why you have a standing desk. But better than standing is changing your position regularly. To help you do that, the **Cruise Control** feature of Tempo can automatically move your desk between sitting and standing, and vice versa, at healthy intervals.

You are in control

Before the desk moves, an on-screen countdown appears, and the desk will "bump" or move slightly several seconds before a full move. If you don't want to change positions, you can "dismiss" the move by pulling up, pushing down, or pressing any button on the controller.

Only when present

The controller only counts time and moves the desk if it believes that someone is present at the desk (or immediate vicinity). It determines this using an infrared proximity/motion sensor. However, sensors can sometimes be fooled, so before leaving your desk, be sure computer cords and any other obstructions will not restrict or be affected by the motion of the desk.

Configuration

To enable and configure the **Cruise Control** feature, do the following:

1. Set "Sit" and "Stand" presets (see "Presets (saved favorite heights)" on page 5; note that the Sit and Stand presets must differ in height by at least 3 inches to use **Cruise Control**).
2. In the top-level menu, select "Cruise Control".
3. In the **Cruise Control** menu, scroll down and select an option for the number of minutes per hour that you would like to stand. If you are new to standing at a desk, we recommend starting with "Stand 10 min per 60 min". (For more options, see Mobile App on page 12.)
4. Read the confirmation screens.

When you are present at your desk, it will now move in a pattern of, e.g., 50 minutes sitting/10 minutes standing.

Pause for meetings

If you don't want the desk to disturb you during meetings, you can pause Cruise Control for some number of hours. Before a 1-hour meeting, quickly press down on and release the controller twice (like

double clicking a mouse). To pause for an additional hour, double press down a second time, etc. To unpause, double pull up.

Pause for the day

After dismissing a move, a "Pause cruise for today?" prompt is displayed for a few seconds. If you don't want any more automatic moves that day, press the SELECT (middle) button indicated by the arrow on the prompt.

Bump Only

Rather than **Cruise Control** moving the desk all the way between sitting and standing and vice versa, if you prefer that it only move slightly to remind you to manually change the desk height yourself, you can enable "Bump Only" mode. To do so, navigate in the menus to Setup->Bump Only.

Wave for Status

When the display is blank, if you wave your hand up and down a least twice near the left side of the controller, a status screen will appear. You can use the side buttons to scroll between the various screens.

Status

The status screens show you several things:

- The first screen shows a progress circle that indicates how far you have progressed through your current sit or stand session. If **Cruise Control** is enabled, the desk will move when the circle is complete. If **Cruise Control** is not enabled, a completed progress circle means that you haven't changed your position for 1 hour, so Tempo recommends you manually change from sitting to standing or vice versa.

- The top of the second screen ("Stand % Today") shows what portion of your time has been spent standing today. (Note: "standing" means you are at your desk and the height is closer to the "Stand" preset than the "Sit" preset.)
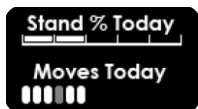
- The bottom of the second screen ("Moves Today") shows a white oval for each significant (> 3 inches) desk height change that day and a gray oval for each time you have dismissed a recommended move.

Achievements

To acknowledge your progress in building healthy practices, Tempo will occasionally present various **Achievements** when you wave for status. It will only do this once for each **Achievement**, though you can see your most recent **Achievement** again by waving and scrolling down past the status screens.

Yesterday

The first time you wave each day, Tempo will show you a summary of your desk usage for the previous day that you were present. You can also see this summary anytime by waving and then scrolling down.

- Stand %: The portion of your time at the desk that you spent standing vs. sitting.
- Moves: The number of times the desk changed height significantly (> 3 inches.) This includes **Cruise Control** and manual moves
- Dismisses: The number of times **Cruise Control** attempted to move, but you manually dismissed it.

Collision Sensitivity

For safety, your desk automatically detects if it thinks something might be obstructing its movement to a new height. If you have a lot of false alarms, i.e., the desk stops during moves and displays "Collision?", you can make the desk's detection less sensitive. The procedure depends on electronics that shipped with your desk:

- If your desk originally shipped with a controller with touch buttons, do the following:
    1. Open the menus and browse to Setup->Sensitivity and set it to "Medium Sensitivity."
    2. If you still have a lot of false "collisions," set it to "Least Sensitive"

- If your desk originally shipped with a controller with old-school buttons that move when you press them, it's a little more complicated:

    1. Press down on the whole controller until the desk reaches the lowest position. Then release it.

    2. Press down on the controller again for several seconds until the display shows "In Reset".

        In Reset

        > The desk is now in a special configuration mode. There are three available sensitivity settings:
        >
        > - "10.5" means the most sensitive, or most cautious, setting. False "Collision?" warnings are more likely.
        > - "10.6" means the medium setting.
        > - "10.7" means the least sensitive setting.
        >
        > Sadly, there is no way to see the current setting; you can only change it to the next setting. So, to return to the current setting, you will have to loop back around.

    3. To select your preferred setting, pull up on the controller for several seconds until display shows the new setting ("10.5", "10.6", or "10.7") and again displays "In Reset". If the displayed value matches your preference, you are done. Otherwise, repeat this step.

        > If you have held up for 10 or more seconds and the display has only shown "In Reset", then you have a very old desk, and no sensitivity options are available.

    4. To exit this special configuration mode and re-level the desk, press down on the controller again for several seconds until the desktop lowers slightly, then rises slightly, and the display changes back to the numeric height reading.

Multi-User

If two people use the desk, they can each have their own presets, **Cruise Control** and other settings, and usage history and Achievements. To enable the second user, browse in the menus to Setup->Users->Add User2.

Now, whenever you change the desk height, the display will indicate which user is currently selected.

Also, now that multiple users are added to the controller, a new item, **User**, is inserted first within the on-screen menus to facilitate easy switching between users.

Units (in/cm)

The desk height can be displayed as inches or centimeters. To change between these, navigate in the menus to Setup->Units.

Min/Max Height Limits

To limit the range of motion of the desk, pull up or press down on the controller to set the desk to the minimum or maximum height that you want, and navigate in the menus to Setup->Height Limits. Select Min Height or Max Height.

Lock

To lock the desk to prevent any height movement, either manually triggered through the paddle switch or automatically triggered via **Cruise Control**, hold the SELECT button (middle side button) for at least four seconds. The screen will acknowledge that the desk is locked. To unlock, hold the same button for at least four seconds again. While the desk is locked both height adjustment and the on-screen menus are disabled.

Factory Defaults

To reset the controller to factory default settings (such as when handing it off to a different user or if the controller is behaving unexpectedly,) do one of the following:

- Navigate in the menus to Setup->Factory Reset

- Or at power on as follows:
  - Unplug the controller from the desk.
  - While holding the UP button (side button closest to the desk), plug the controller back into the desk. You should see a countdown on the display.
  - Keep holding the UP button until the countdown finishes.
- Or in the app, select "Factory Reset" in the desk settings.

Reset and Relevel Desk

If the left and right legs of your sit/stand desk are uneven or the height displayed is inaccurate, reset the desk by doing the following:

1. Press down on the whole controller until the desk reaches the lowest position. Release.
2. Press down on the controller again for several seconds until display shows "In Reset". Release.

In Reset

3. Press down on the controller for several seconds again until the desktop lowers slightly, then rises slightly and the display changes back to the numeric height value.

MOBILE APP

For additional features and data visualization, install the Ergodriven Tempo mobile app in Google Play or the Apple App Store.

App Feature Overview

- Graphical visualizations and statistics of your sit/stand usage
- Firmware updates
- Complete control of sit and stand times and other preferences
- Rename users and custom presets
- Automatic settings recommendations based on usage

TROUBLESHOOTING

Problem	Solution
Cruise Control does not move the desk for long periods of time	The proximity sensor is located on the left side, so for the controller to see you, it must be mounted on the right side of your desk (see **Installation** on page 4.) In rare cases, the configuration of your workspace may cause your presence signal to be below the threshold for detection. If you think this may affect you, please see **Contact** below.
"Error 07" or "Error 08" Error 07 Error 08	One or both legs are disconnected. Verify that both legs are plugged into the control box under the back of the desk. Then reset the desk (see **Reset and Relevel Desk** on page 12.)
"In Reset" In Reset	The desk legs are in reset. See the last step of **Reset and Relevel Desk** on page 12.
Collision detected Collision? Manually retry when ready	See Collision Sensitivity on page 9.
"Firmware update required" Firmware update required. Open Ergodriven app	Try unplugging Tempo and plugging it back in. If the problem persists, install the Ergodriven Tempo app to do a firmware update.

Overheated **Too hot!** Wait up to 20 min to cool	You have exceeded the 10% duty cycle and the desk is overheated. Wait 20 minutes and the desk should resume normal operation.
Controller is behaving unexpectedly	Try resetting to factory defaults. See **Factory Defaults** on page 11. If that doesn't help, see Contact below.

CONTACT

For videos, frequently asked questions (FAQ), more troubleshooting tips, and other information, visit us at:

https://ergodriven.com/tempo

If you have questions or problems with your controller, contact us at:

tempo@ergodriven.com
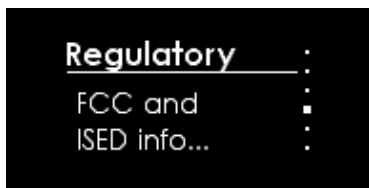
REGULATORY INFORMATION

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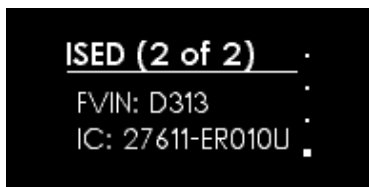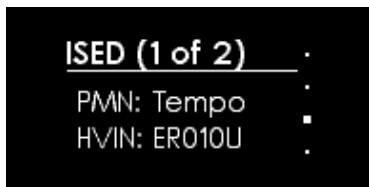
Accessing E-Label

Step 1: Scroll down to "About Tempo" and press SELECT.

About Tempo
Learn about
this desk...

Step 2: Scroll down to "Regulatory" and press SELECT.

Regulatory
FCC and
ISED info...

Step 3: Scroll down to go through the three pages with FCC and ISED information.

FCC
FCC ID:
2A2UP-ER010U

ISED (1 of 2)
PMN: Tempo
HVIN: ER010U

ISED (2 of 2)
FVIN: D313
IC: 27611-ER010U

FCC United States

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: changes or modifications not expressly approved by Ergodriven Inc. could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC: 2A2UP-ER010U

ISED Canada

This device contains licence-exempt transmitter(s)/
receiver(s) that comply with Innovation, Science and
Economic Development Canada's licence-exempt
RSS(s). Operation is subject to the following two
conditions:

1. This device may not cause interference.
2. This device must accept any interference, including
   interference that may cause undesired operation of
   the device.

Warning: changes or modifications not expressly
approved by Ergodriven Inc. could void the user's
authority to operate the equipment.

This Class (B) digital apparatus complies with Canadian
ICES-003.

L'émetteur/récepteur exempt de licence contenu dans
le présent appareil est conforme aux CNR d'Innovation,
Sciences et Développement économique Canada
applicables aux appareils radio exempts de licence.
L'exploitation est autorisée aux deux conditions
suivantes :

- L'appareil ne doit pas produire de brouillage;
- L'appareil doit accepter tout brouillage
  radioélectrique subi, même si le brouillage est
  susceptible d'en compromettre le fonctionnement.

Avertissement : Les changements ou modifications non
expressément approuvés par Ergodriven Inc. peuvent
annuler l'autorisation de l'utilisateur à faire fonctionner
l'équipement.

Cet appareil numerique de la classe (B) est conforme a
la norme NMB-003 du Canada.

CAN ICES-003(B) / NMB-003(B)
IC: 27611-ER010U