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## Promote Movement, Personalize Wellbeing

People are made to move – even at work. Research shows changing postures improves productivity, concentration and overall health,<sup>1</sup> and that workers who use height-adjustable desks stand and change postures more often.<sup>2</sup> Desks and benches with the Active Touch controller can connect to the Steelcase Rise app and make it easy to achieve healthy movement throughout the workday. They give people new choice and control over how they work – an advantage for attracting and engaging top talent.



### Active Touch Controller

Make effortless adjustments without taking your eyes off work. The Active Touch controller lets you set personal posture reminders at desired intervals. Equipped with Active Motion, the surface delivers a subtle up/down motion when it's time to move. With an easy double tap, Active Touch moves the worksurface to your preset standing or seated height.



### Steelcase Rise App

Pair Active Touch with the free Steelcase Rise app, which allows you to set height preferences and posture reminders and take them with you from desk to desk. Track how often you sit and stand throughout the day and view progress toward your movement goals over days, weeks or months.

### Product Details

- The Active Touch controller is Bluetooth-enabled to pair with the Steelcase Rise app
- The Steelcase Rise app is available free of charge for iOS or Android devices
- Posture reminders can be set in 15-minute increments, for intervals of up to 90 minutes
- Assign preset heights, reminders and names to favorite desks with Steelcase Rise app
- Steelcase Rise app does not store or share movement data in order to protect user confidentiality

### Available with Active Touch + Steelcase Rise

- Ology height-adjustable desk
- Ology height-adjustable bench
- Steelcase Flex height-adjustable desk

#### ERGO SETUP GUIDE

The Steelcase Rise app includes an easy guide users can reference anytime to learn how to sit and stand in proper neutral postures.

### NOTES

<sup>1</sup>“Stand up to Work: Assessing the Health Impact of Adjustable Workstations,” *International Journal of Workplace Health Management*, April 2018. See Steelcase summary of this research: [Year-Long Study Reinforces Benefits of Standing Desks](#).

<sup>2</sup>A 2011 study in *Preventive Medicine* shows that workers who experienced multi-point interventions including height-adjustable desks spent two more hours standing and made two additional sit-to-stand transitions than those in the control group.



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