



**Pair the Rise app
to your desk**

Steelcase®

Follow these steps to pair the Rise app

- 1 Download the Steelcase Rise app from your Apple or Android app store.
- 2 Make sure your phone's Bluetooth is on by checking the settings on your device.
- 3 Using the desk controller, press and hold the 2 and timer icon buttons simultaneously for two seconds, until the desk identification number appears (e.g., ID DESK – 1234).
- 4 In the app, select the identification number that matches the desk you are pairing to. Your phone should read "Connected."

To download the Rise app, visit [Steelcase.com/rise](https://steelcase.com/rise).



SYNC

Simply pair your phone with any compatible desk via Bluetooth to take workplace wellbeing into your own hands.



MOVE

Be reminded to sit, stand and move throughout the day with gentle desk movements set at intervals of your choice.



SAVE

Save your desk preferences so they're automatically applied when you pair with any compatible desk.



TRACK

Track how often you sit and stand throughout the day and view progress over days, weeks or months for help achieving your wellbeing goals.