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## Introduction

WORK & MOVE is your personal coach, providing enough alternation between digital screen work and mental and physical movement. It provides insight and feedback based on your computer behaviour. The software advises an optimal work, movement, break rhythm based on your personal needs and will help you create your own rhythm. WORK & MOVE also fills the gap between having a sit-stand desk and using it. When a sit-stand desk is connected it will prompt to raise and lower the table during computer usage. If no desk is connected it will instead prompt the user to move around for a few minutes.

# 02

## Program architecture

WORK & MOVE has an application folder and an user folder. The default location of both folders is determined by which installation setup is used. The program loads its settings & license information from the user folder. WORK & MOVE will use an internet connection when available to download RSS feeds, online licenses and for uploading data. The RSS feeds are downloaded by default. The downloading of online licenses and the uploading of data is not enabled by default.

## MSI

The default application folder is located at:

- C:\Program Files\WORK & MOVE for 32 bit version of windows
- C:\Program Files (x86)\WORK & MOVE for 64 bit version of windows

The default user folder is located at:

- C:\Users\“User name”\Appdata\Roaming\WORK & MOVE

Startup settings:

The following registry setting is added during installation with the MSI so WORK & MOVE is able to start automatically at computer startup:

- HKLM-Software-Microsoft-Windows-CurrentVersion-Run (32bit)
- HKLM-Software-Wow6432node-Microsoft-Windows-Currentversion-RUN (64bit)

## Microsoft Store

Due to security reasons you can't access the application folder directly. This is because the installation is handled by the Microsoft Store.

The default application folder is located at:

- C:\Program Files\WindowsApps\

The default location of the user folder is located at:

- C:\Users\“Username”\Appdata\Local\Packages\#####.WorkMove\_#####\LocalCache\Roaming\WORK & MOVE

The # are characters generated by windows.

Startup settings:

- Microsoft Store manages the startup settings.

## ClickOnce

The default application folder is located at:

- C:\Users\username\AppData\Local\Apps\2.0\

The default location of the user folder is located at:

- C:\Users\“User name”\Appdata\Roaming\WORK & MOVE

Startup settings:

The ClickOnce installation will create a shortcut to WORK & MOVE in the startup folder of Windows.

## Encryption

Within WORK & MOVE we use FIPS compliant encryption methods to encrypt user data and application settings.

## Terminal server environment

It is possible to run our software in a terminal server/citrix environment. There are, however, a few choices to be made regarding installation, each with its own advantages and disadvantages.

### Option 1: Installation in terminal server environment

If you install the software in a terminal server environment, the software will measure the computer usage that takes place within the terminal server session. However, the software cannot measure computer usage occurring outside the terminal server session. This is due to technical limitations of the terminal server protocol. This setup will function very well if the user works within the terminal server session, however, it will function worse when the user works outside the session or in other sessions. We recommend an installation in a terminal server environment when you are working with a thin client or hosted desktop environment. From our data we can tell that the user works for >90% of the time within the terminal server session in these environments. Our software contains options for storing data files in different locations (standard user profile), which is desirable in some terminal server establishments. Citrix devices require additional settings.

### Option 2: Installation on the client

We recommend an installation on the client if the users work in multiple terminal server sessions or work outside the terminal server sessions. This is also recommended for when you are working with a remove app environment. When installed on the client the software is able to record the computer usage on the entire computer including the terminal server sessions. We have various options for pushing the installation to the client by using an MSI installation.

There is also a solution if you happen to work in a BYOD environment. Our licenses are named per user and can be installed on an unlimited number of PCs. The software can easily be installed through the Microsoft Store or through a ClickOnce installation. Additionally, we have a portal available where you can issue, and revoke named user licenses (only necessary in BYOD environments).



## 02



### Application virtualization

There are a lot of different ways to virtualize the application for example Citrix, APP-V, Res Workspace etc. The challenge in getting the virtualized application to work is, it needs to be allowed to interact with the local machine. Because of the different versions and software for application virtualization it is not possible to write a standard manual for it. Questions regarding virtualization please contact the helpdesk.

## Program architecture

## 03

### Requirements

#### Operating Systems

The following operating systems are supported, including both 32 and 64 bit versions:

- Windows 7 sp1, 8 and 10
- Windows server 2008 r2 and higher

#### .Net Framework

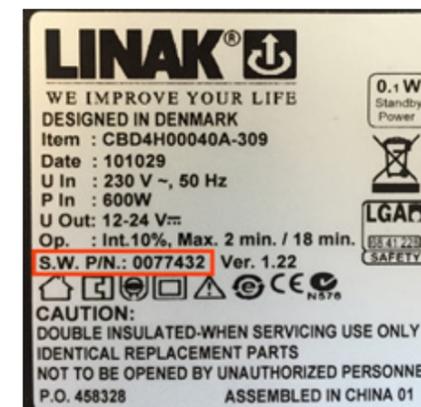
WORK & MOVE requires at least the full version of the .NET Framework (version 4.6.2) to be installed.

#### LINAK powered Sit-Stand desk

The sit-stand desk needs to be equipped with a supported LINAK control box. WORK & MOVE supports:

- Control Box CBD 4 with S.W. P/N number 77432 and higher (cable type 1)
- Control Box CBD 5 (cable type 1)
- Control Box CBD 6 (cable type 1 or cable type 2)

The number of the LINAK Control Box can be found on the sticker. See the example below where the number is marked with a red outline.



## 03

### — Requirements

You also need an USB cable to connect your control box. WORK & MOVE supports the following cable types:

1. The LINAK USB2LIN Version 1.63 or higher.
2. The orange WORK & MOVE desk connector cable with firmware version 1.71 or higher.

<https://www.bakkerelkhuizen.com/sit-stand-desks/work-en-move-desk-connector/>

Please check if the cable type is compatible with the control box.

#### **LOGICDATA powered Sit-Stand desk**

The sit-stand desk needs to be equipped with a supported LOGIClink controller. WORK & MOVE has experimental support for:

- LOGICDATA LOGIClink Personal Lite connected with a USB cable.
- LOGICDATA LOGIClink Personal Standard connected with a USB cable.
- LOGICDATA LOGIClink Corporate connected with a USB cable.

Please note the experimental logiclink support needs to be enabled in the desk settings screen. Please contact your LOGICDATA supplier to check if your control box and handset are compatible with LOGIClink.

<https://www.logicdata.net/logiclink>

## 04

### Installation

#### **Preparation**

Choose if you want to use the Microsoft Store, ClickOnce or the MSI setup.

For personal use we advise to use the Microsoft Store setup if you are using Windows 10 version 14393 and above. If your using windows 7 or up to Windows 10 version 14393 we advise to use the ClickOnce setup.

For corporate use we advise to use the MSI Setup as you can customize the setup for your corporate environment. Please see the [MSI configuration](#) chapter of this manual.

The Microsoft Store setup can be found here:

<https://www.microsoft.com/store/apps/9N6LSW316K90>

Continue with [Microsoft Store installation](#)

The ClickOnce setup can be downloaded here:

<https://download.workandmove.com/public/winclient/oneclick/WorkAndMove.application>

Continue with [ClickOnce installation](#)

The MSI setup can be downloaded here:

<https://download.workandmove.com/public/winclient/msi/WorkAndMove.msi>

Continue with [MSI installation](#)

## 04

### Microsoft Store installation

Open the Microsoft Store and search for 'WORK & MOVE'. The WORK & MOVE application should show up. A button to install the application should show up on the right side. Click on this button to begin installing WORK & MOVE. Once it's installed the Microsoft Store will ask you to run WORK & MOVE.

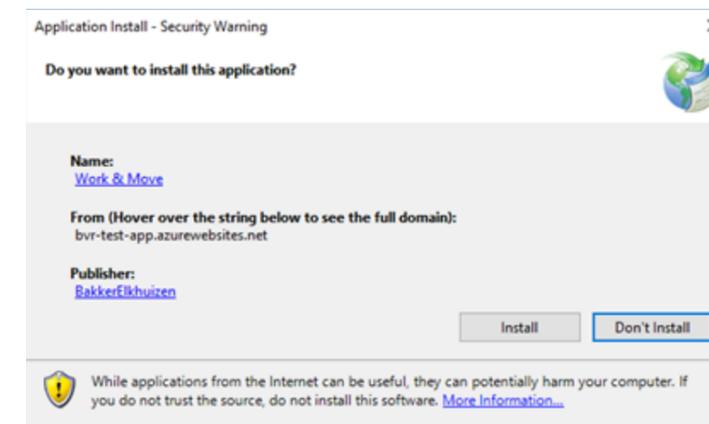
Please run WORK & MOVE and go to the [Setup wizard](#) chapter of this manual.

# 04

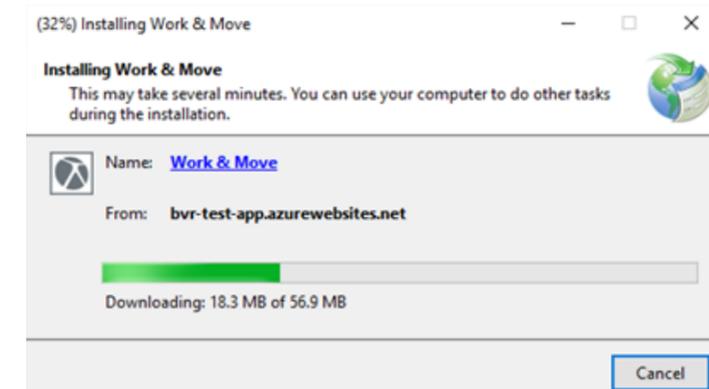
## 04

### ClickOnce installation

Depending on the internet browser used to download the ClickOnce setup, the installation will start or you need to double click the downloaded file ("WorkAndMove.application") to start the installation.



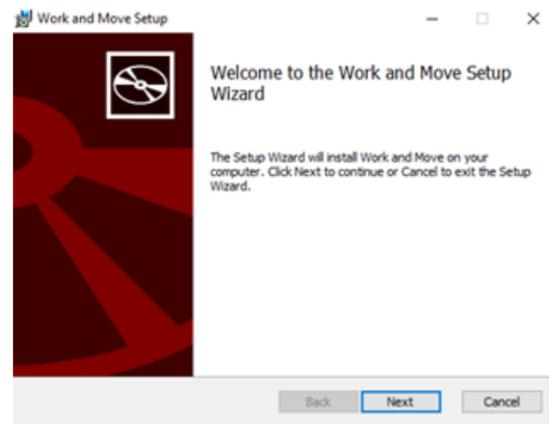
Click on the Install button to start the installation.



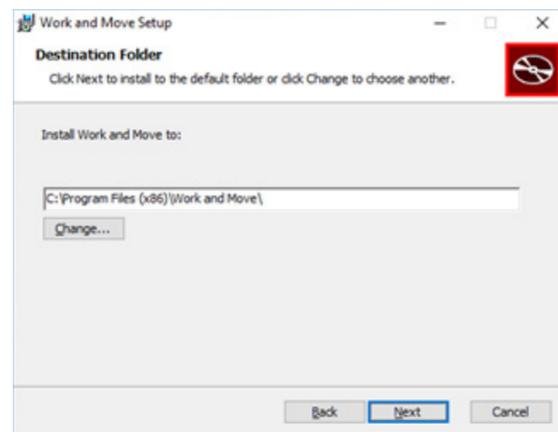
WORK & MOVE will be downloaded and installed.

Go to the [Setup wizard](#) chapter of this manual.

## 04 MSI Installation



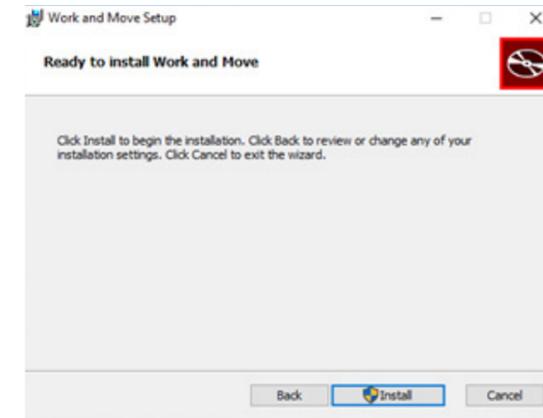
Click on next to start the preparation for installing WORK & MOVE.



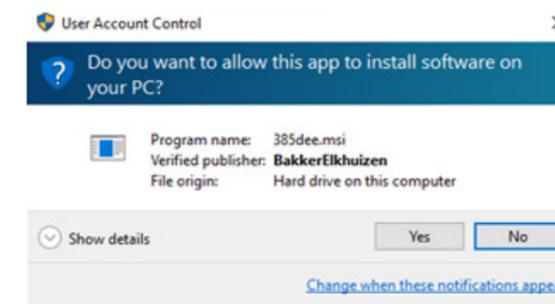
Here you can change the installation directory. We recommend leaving the installation directory set to the default location, unless you have a specific reason to change the location.

Click next to continue the installation.

## 04

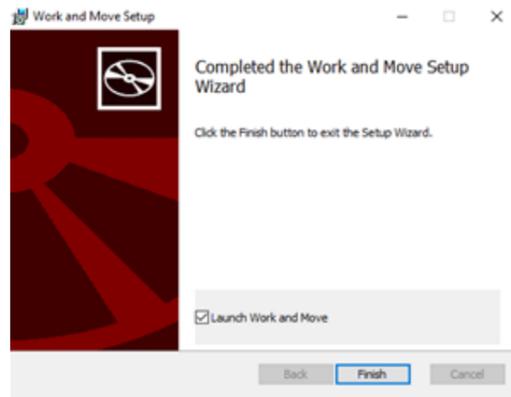


Click on install to start the installation.



The windows operating system will verify if you want to install WORK & MOVE.

Click Yes to continue the installation.



Once all the necessary files are copied. Click on the Finish button.

Optionally you can uncheck the box Launch WORK & MOVE to not start WORK & MOVE directly.

Go to the [Setup wizard](#) chapter of this manual.

# 04

## MSI Configuration

### 05

The MSI setup allows you to configure certain options before installation. You will require the InstallSettings.json and if needed, also require the AppSettings.json, License.json, TipsSettings.json and/or Logo.png. These files should be stored in the same folder as the WorkAndMove.msi as the installer will pick them up automatically.

The files can be created manually in a text editor. All files use a standard file format called JSON (<https://en.wikipedia.org/wiki/JSON>). The following characters are reserved in JSON and must be properly escaped to be used in strings:

- Backspace is replaced with `\b`
- Form feed is replaced with `\f`
- Newline is replaced with `\n`
- Carriage return is replaced with `\r`
- Tab is replaced with `\t`
- Double quote is replaced with `\"`
- Backslash is replaced with `\\`

You are only required to specify which options you want to change. Any options you do not include will be set to their default settings. When receiving a corporate license for WORK & MOVE you will also receive the InstallSettings.json and the Licence.json files. These will make it easier to distribute the license throughout your corporation.

# 05

## InstallSettings.json

This is the file which determines the main installation option. You can configure where the data files are stored in the RoamingUserSettingsPath (location for settings files that should be roamed across machines) and the NonRoamingUserSettingsPath (location for settings files that should not be roamed across machines).

The installIds contain a list of additional settings files that should be distributed with the setup without the json extension. If the value (in the example below specified as initial) is changed the current file is overwritten with the newly distributed file when a user starts WORK & MOVE the next time.

```
{
  "InstallIds": {
    "License": "Initial",
    "AppSettings": "Initial",
    "TipsSettings": "Initial"
  },
  "RoamingUserSettingsPath": "%APPDATA%\\WORK & MOVE",
  "NonRoamingUserSettingsPath":
    "%LOCALAPPDATA%\\WORK & MOVE"
}
```

## 05

### License option

Go to the folder where you saved the WorkAndMove.msi. If you already own a license key you can place the License.json file next to the MSI alongside an InstallSettings.json file. The InstallSettings.json file should at least contain the following:

```
{
  "InstallIds": { "License": "Initial" }
}
```

The installation will automatically use the license file during installation. If you want to update the license, please reinstall your application specifying a different InstallId for the license file. This can be any text you want, example:

```
{
  "InstallIds": { "License": "License updated on 20230101" }
}
```

## AppSettings options

The InstallSettings.json file should at least contain the following:

```
{
  "InstallIds": { "AppSettings": "Initial" }
}
```

If you want to configure AppSettings options you have create appsettings.json file to specify the options you want to change.

Example:

```
{
  "ShowSetupWizard": false,
  "SingleClickTableMove": true
}
```

<b>"ShowSetupWizard": false</b>	Disables the setup wizard.
<b>"SingleClickTableMove": true</b>	Turns on the option to move a table up or down with a single click.
<b>"EnableRssFeature": false</b>	Turns off the RSS features.

To hide certain elements in WORK & MOVE you can set one of the following options:

<b>"HiddenElements": 1</b>	Hides License agreement.
<b>"HiddenElements": 2</b>	Hides option to update license.
<b>"HiddenElements": 4</b>	Hides option to sign in to the server.
<b>"HiddenElements": 8</b>	Hides option to exit WORK & MOVE.
<b>"HiddenElements": 16</b>	Hides contact information.
<b>"HiddenElements": 32</b>	Hides option to display license information.
<b>"HiddenElements": 64</b>	Hides calories burned tile.
<b>"HiddenElements": 128</b>	Hides option to snooze from tray icon.

To hide two or more elements you have to sum up option numbers. For example if you want to hide all the elements you need to count up the numbers (1+2+4+8=15) and set it to: "HiddenElements":15.

To hide Pit stop profiles you can specify which profile you want to hide. You have to specify the option in the PitStop section.

Example:

```
{
  "PitStop": { "HiddenPitStopProfiles": 1 }
}
```

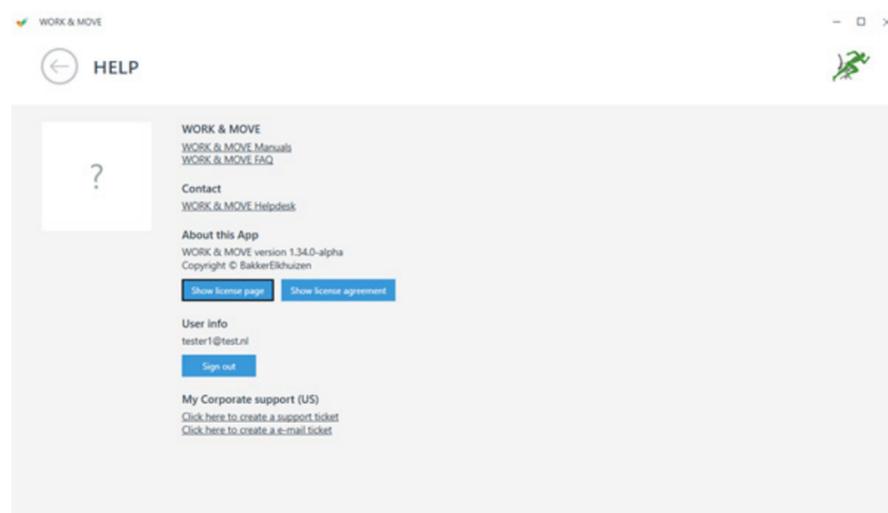
<b>"HiddenPitStopProfiles": 1</b>	Hides the Monitor profile.
<b>"HiddenPitStopProfiles": 2</b>	Hides the Light profile.
<b>"HiddenPitStopProfiles": 4</b>	Hides the Pro profile.
<b>"HiddenPitStopProfiles": 8</b>	Hides the Recovery profile.
<b>"HiddenPitStopProfiles": 15</b>	Hides all the pit stop profiles. The profile specified in the settings will be used, by default this is the Pro profile.

To increase the frequency of movement tips. You have to specify the You have to specify the "StimulateMovementOption" option in the PitStop section.  
Example:

```
{
  "PitStop": { "StimulateMovementOption": 0 }
}
```

<b>"StimulateMovementOption": 0</b>	Increase frequency of exercises
<b>"StimulateMovementOption": 1</b>	Go for a walk
<b>"StimulateMovementOption": 2</b>	No additional movement

It is possible to add additional information to the help screen including links as shown in the following screenshot:



You can use the following example to specify the additional information as shown in the previous screenshot:

```
{
  "HelpInfo": [
    {
      "Header": "My Corporate support (US)",
      "Language": 1,
      "Items": [
        {
          "Text": "Click here to create a support ticket",
          "Link": "https://www.mycorp.com/support"
        },
        {
          "Text": "Click here to create a e-mail ticket",
          "Link": "mailto:support@mycorp.com"
        }
      ]
    },
    {
      "Header": "My Corporate support (UK)",
      "Language": 5,
      "Items": [
        {
          "Text": "Click here to create a support ticket",
          "Link": "https://www.mycorp.co.uk/support"
        },
        {
          "Text": "Click here to create a e-mail ticket",
          "Link": "mailto:support@mycorp.co.uk"
        }
      ]
    }
  ]
}
```

## 05

For the language element you can use the following values:

Language:

- Dutch: 0
- EnglishUS: 1
- French: 2
- German: 3
- EnglishUK: 5

# 05

## 05 —

### TipsSettings options

The InstallSettings.json file should at least contain the following text:

```
{  
  "InstallIds": {"TipsSettings": "Initial"}  
}
```

The TipsSettings.json file is only required if you want to change the default options. All tips are enabled by default.

To disable 'Learning on the job' tips add the following to the TipsSettings.json:

```
{  
  "ShowLearningOnTheJobTips": false  
}
```

It is possible to restart 'Learning on the job' tips. To restart 'Learning on the job' tips add the following to the TipsSettings.json:

```
{  
  "ShowLearningOnTheJobTips": true  
}
```

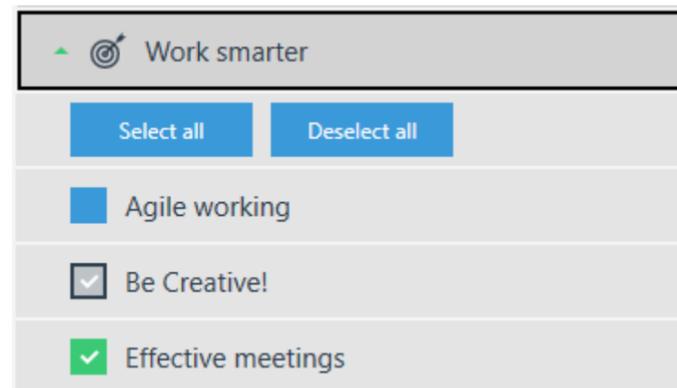
## 05 —

To disable(false) or enable(true) tip categories you have to add 'CategorySettings' to TipsSettings.json.

Example:

```
{
  "ShowLearningOnTheJobTips": false,
  "CategorySettings": [
    { "Language": 0, "MainCategory": "Nieuwsflitsen",
      "Category": "Nieuwsflitsen", "DefaultState": false },
    { "Language": 1, "MainCategory": "Work smarter",
      "Category": "Agile working", "DefaultState": false },
    { "Language": 1, "MainCategory": "Work smarter",
      "Category": "Be Creative!", "DefaultState": true, "IsEditable": false }
  ]
}
```

In the example above the 'Learning on the job' tips are disabled and 'News flashes' are turned off for the Dutch language. For the English (US) language the 'Agile Working' category is turned off and the 'Be creative' category is turned on and cannot be changed by user as shown in the following screenshot:



To enable or disable a category, MainCategory and Category must match the names in WORK & MOVE. The setting must be specified for each language.

For the language element you can use the following values:

Language:

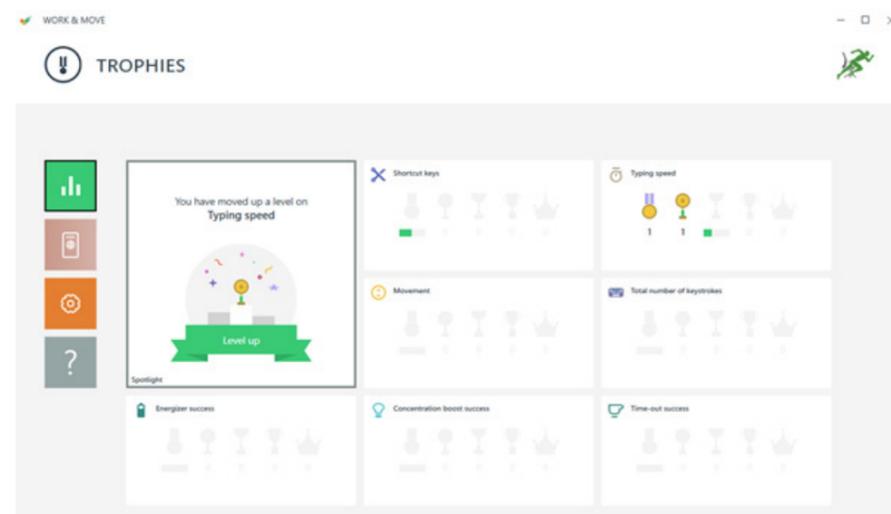
- Dutch: 0
- EnglishUS: 1
- French: 2
- German: 3
- EnglishUK: 5

# 05

## 05

### Add company logo

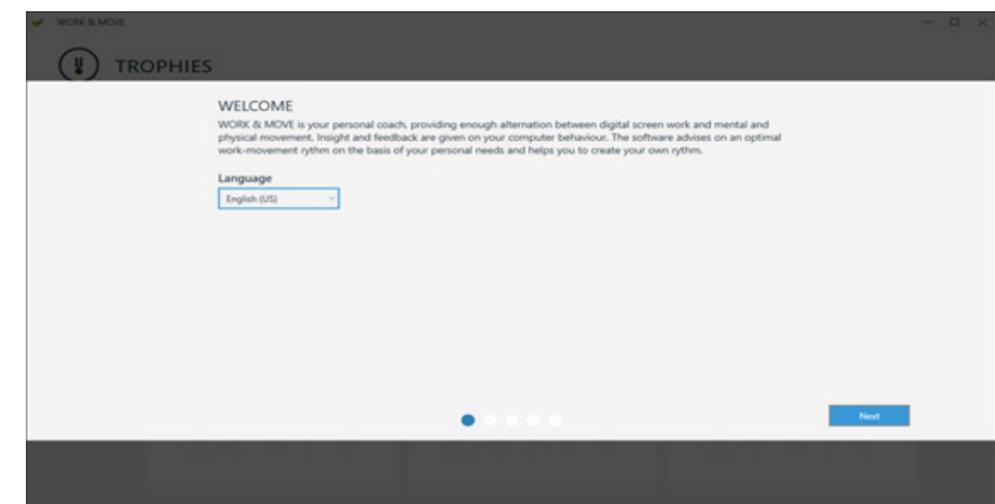
By placing the logo.png file next to the MSI file you can add a company logo to the top right corner of the application. The company logo will be sized to fit 50 x 50 pixels.



## 06

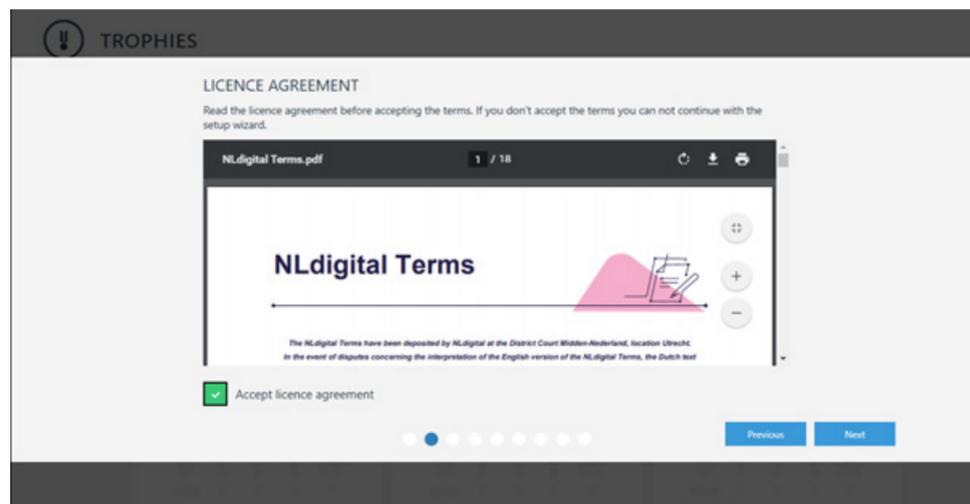
### — Setup wizard

When starting WORK & MOVE for the first time the setup wizard will be shown. The following steps will guide you through setting up WORK & MOVE to your personal preferences.

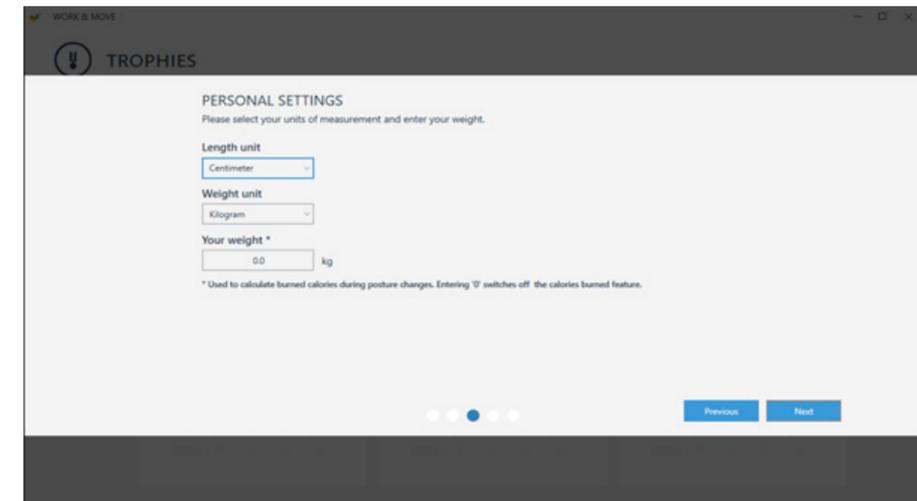


Select your preferred language and click on the next button.

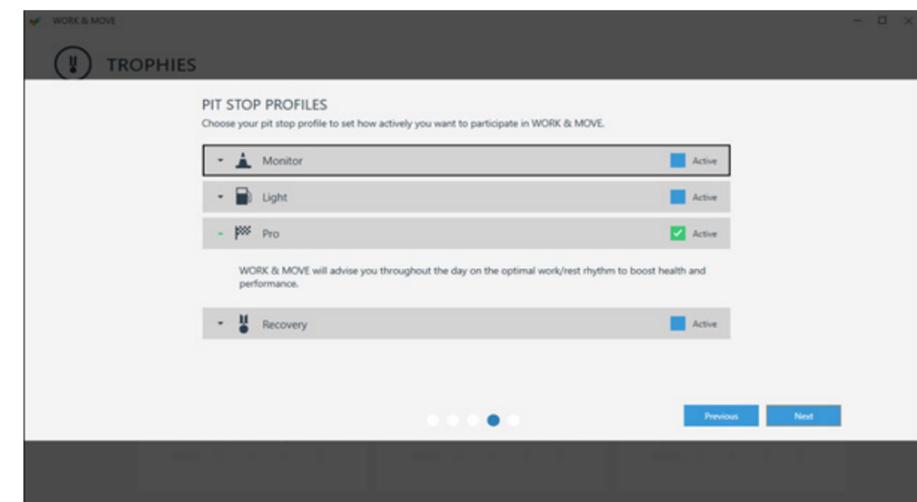
# 06



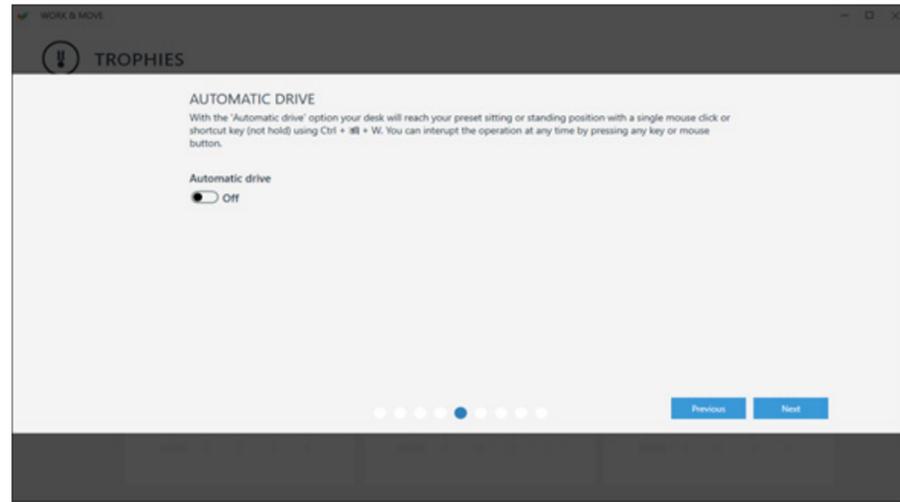
To use WORK & MOVE you need to accept the license agreement. Please read the License Agreement and click Accept license agreement, if you agree and click next.



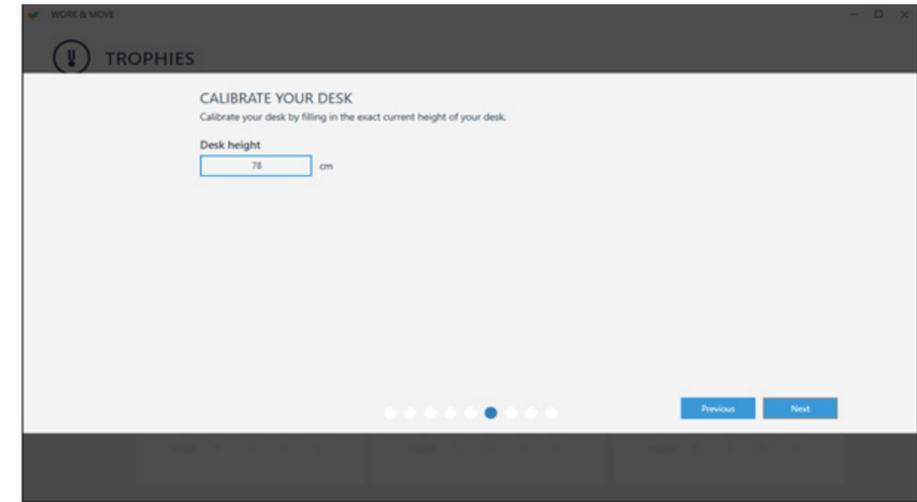
Choose your preferred measurement unit. To be able to calculate the calories burned, please enter your weight. You can leave the default value; however, you will not be able to see your personal overview of burned calories in the dashboard. Click next to continue.



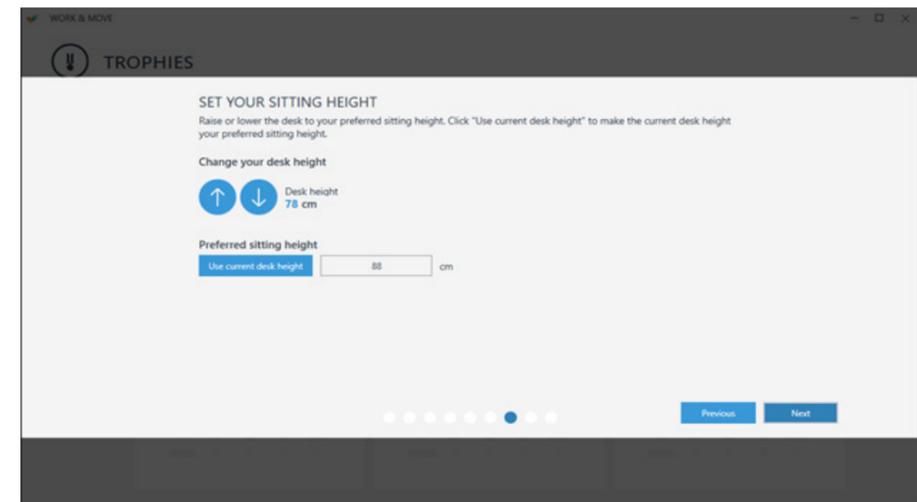
Choose your preferred Pit Stop Profile. We advise to keep the default value: Pro. Click next.



**This screen will only appear if your desk is connected to the software.** Automatic drive will enable you to move your desk to a specified height with a press of a button. To turn on Automatic drive click on the switch and click accept in the popup. Click next to continue.

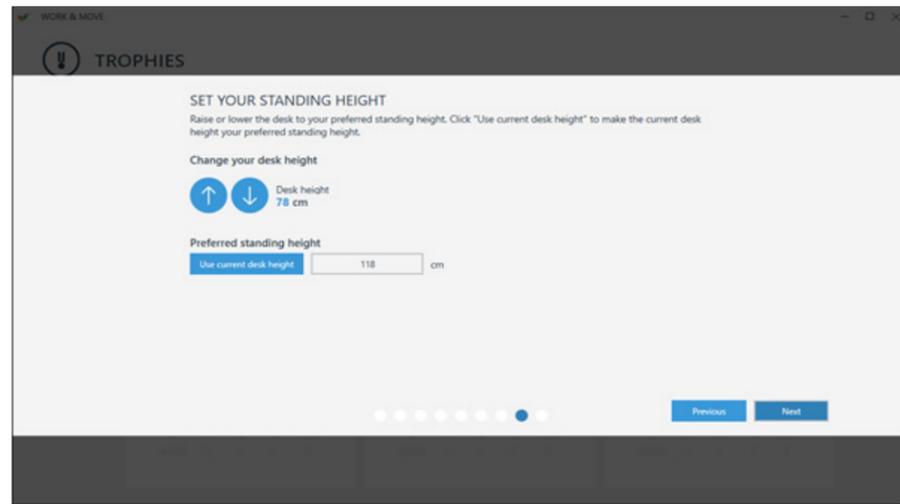


**This screen will only appear if your desk is connected to the software.** To calibrate your desk, please measure the current height of your desk. Change the desk height value to the value of the measurement. Click next.

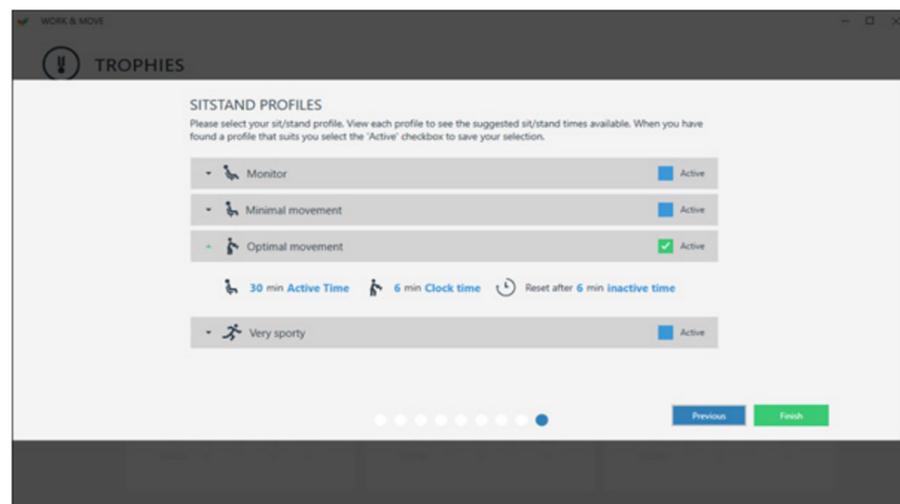


**This screen will only appear if your desk is connected to the software.** Use the arrow buttons to move the desk to your preferred sitting height. Click on Set current desk height as value to save the setting. Click on next.

# Setup wizard



**This screen will only appear if your desk is connected to the software.** Use the arrow buttons to move the desk to your preferred standing height. Click on Set current desk height as value to save the setting. Click on next.



**This screen will only appear if your desk is connected to the software.** Choose your preferred SitStand Profile. We advise to select Optimal movement. Click finish to close the setup wizard.

# 07

## Support

Please contact our support desk directly with this form:

<https://www.bakkerelkhuizen.com/productsupport/software/work-and-move/helpdesk/>

FAQs and other manuals can be found here:

<https://www.bakkerelkhuizen.com/productsupport/software/work-and-move/manuals/>