



# SOFTWARE-BASED REMINDERS

## Increase Sit-Stand Desk Utilization in Pilot Program

One of the current issues facing widespread adoption of sit-stand desks is the phenomenon of the desks not being used properly (if at all) by the employees.

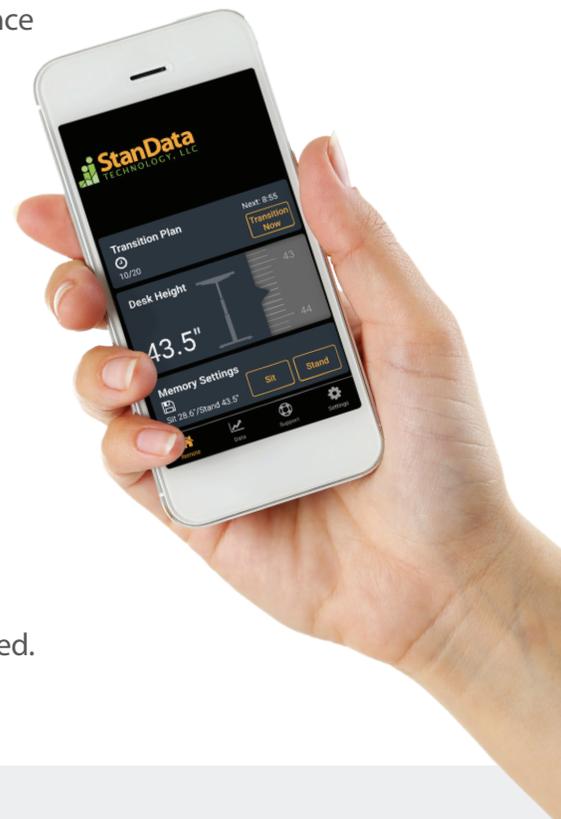
As part of a recent Pilot Program in the offices of a City Government, usage data (StanData, Boca raton, FL) was collected from motorized adjustable height desks (LifeDesk, Manchester, NH) and analyzed to determine whether smartphone-based timed transition reminders impacted the user experience and/or desk utilization.

In the Pilot Program, users that received software reminders from the smartphone app had the following benefits over those that did not:

- 65% Increase in the Daily Transition rate (3.8 vs 2.3)
- 10% Decrease in the Daily Amount of Sitting (57.8 vs 68.0)
- 1 less Daily Break Needed due to discomfort (3.5 vs 2.5)
- 35% increase in the number of users who reported being “More Active in General” (85% vs 50%)

Reported productivity changes (+12 vs +15%) and decreases in workplace discomfort (54 vs 50%) were essentially equivalent amongst both groups.

Despite a relatively small number of study participants (N=20), the results suggest that future investigation with a larger sample size may be warranted.



*The power of frequent postural transition is real and has been documented by many in books and journal articles. Encouraging proper use of sit-stand workstations through reminders and education can have significant effects on wellness — particularly for those individuals who would be considered “at-risk” employees.*

*This is a factual case, but of course, results may vary for every individual, and these are not intended to represent medical claims.*

*While this case study is anecdotal, a “positive impact on overall health” is self-reported as an effect by about 60% of surveyed employees using sit-stand workstations powered by StanData’s technology.*

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