



Users Guide for MacOS

Welcome to the User Guide for the BLiINK App!

Digital displays have become an essential part of our lives during the last 30 years. According to statistics, individuals spend 12-16 hours every day looking at digital devices. However, staring at digital screens for a lengthy amount of time is harmful to human eyes and posture. Eye dryness, redness, myopia, migraines, neckache, backache, potbelly, and other health issues are related to incorrect usage of digital displays.

Certain rules should be followed by computer users to avoid/reduce the negative effects of computer usage (such as blinking at least 15 times per minute, keeping a minimum of 35-40 cm distance from screens, and sitting appropriately). However, most of us (80-90%) are unaware of it or have forgotten about it. The illustration below shows how the proper sitting position should be adapted while working in front of computers.



1. Dashboard

The Active Button

Here's one of the best interactive features that BLiINK offers its users. You can effortlessly pause or start the application depending on your needs by clicking on the **Active** button.

Expiration Date

Your license's validity is of utmost importance. The **Expiration Date** ensures you stay informed about the duration of your license.

Explore Our Blogs

Looking to stay up-to-date with the latest wellness information? Or are you seeking interesting tips to improve your health? Explore our Blog! This section serves as a reservoir of useful articles and updates about health, wellness, corporate wellbeing, and much more!

BLiINK is more than just a software application; it's a wealth of knowledge at your fingertips.

The screenshot shows the BLiINK dashboard with a sidebar on the left containing the logo, an 'Active' toggle switch, and navigation links for Dashboard, Records, Settings, Exercises, and Share. The main content area features a 'Welcome to Bliink' message, a 'User Guide' link, and a subscription validity date of 19/03/2024. Below this is a 'Explore our blogs' section with four featured articles: 'The Benefits of Doing Stretches at Work and How To Maximize Them', 'The Dark Side of Remote Work: 5 Drawbacks and How to Address Them', 'Balancing Gaming: Why Are Video Games Bad?', and 'Proper Distance from Screens: Tips for Eye Health'. A 'Subscribe' button and a 'Dark mode' toggle are also visible in the sidebar.

2. Records

Historical Performance

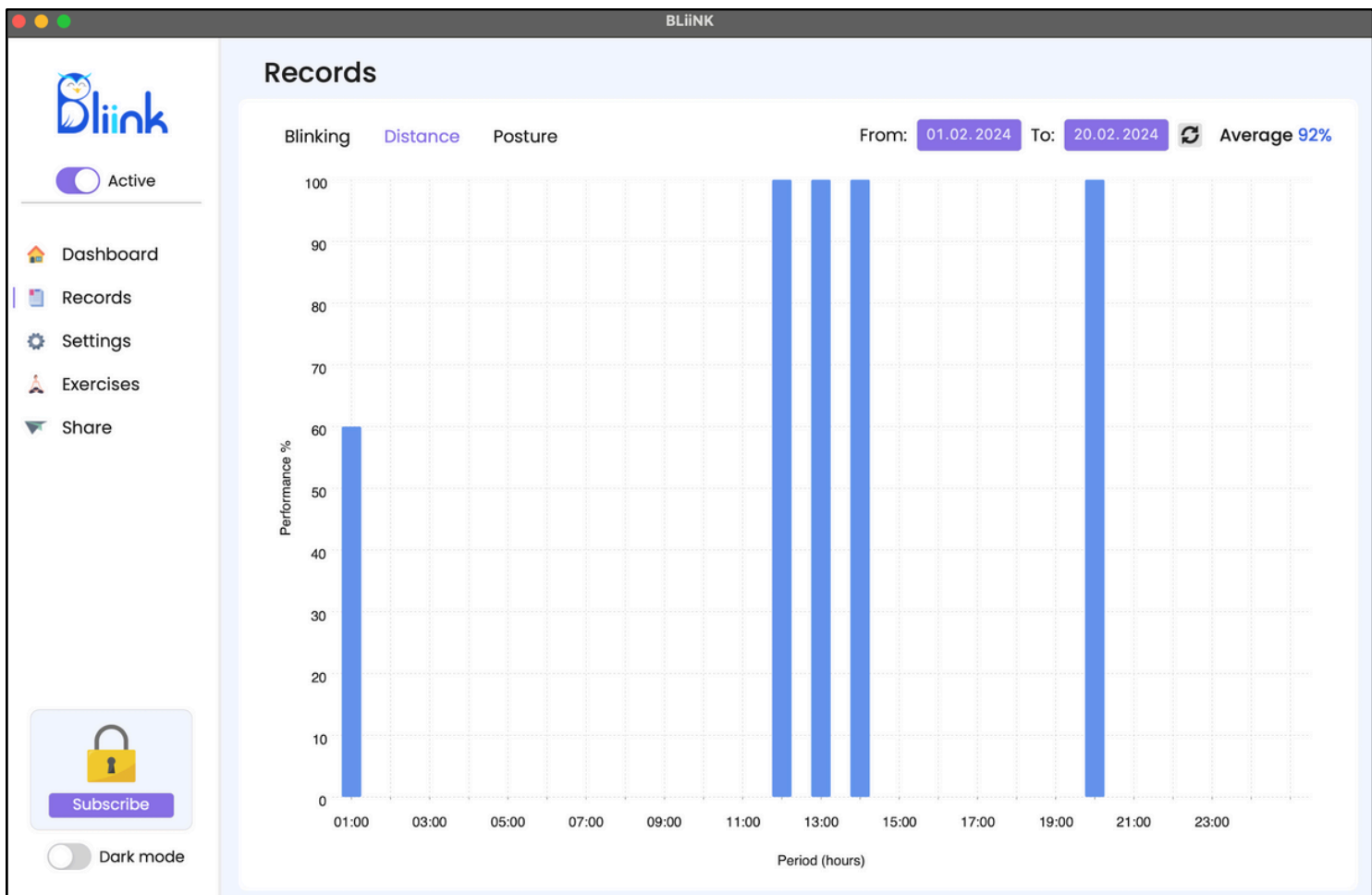
Keep an eye on your performance throughout the day. This functionality lets you view your daily data, providing valuable insights into your health patterns both for blinking, Distance and Posture.

Average Daily Performance

Get an accurate snapshot of your health habits by observing your average daily performance on the upper right part of the window. This metric offers a reliable way to gauge your daily performance and make necessary adjustments to your health routines

Performance Over a Selected Date Range

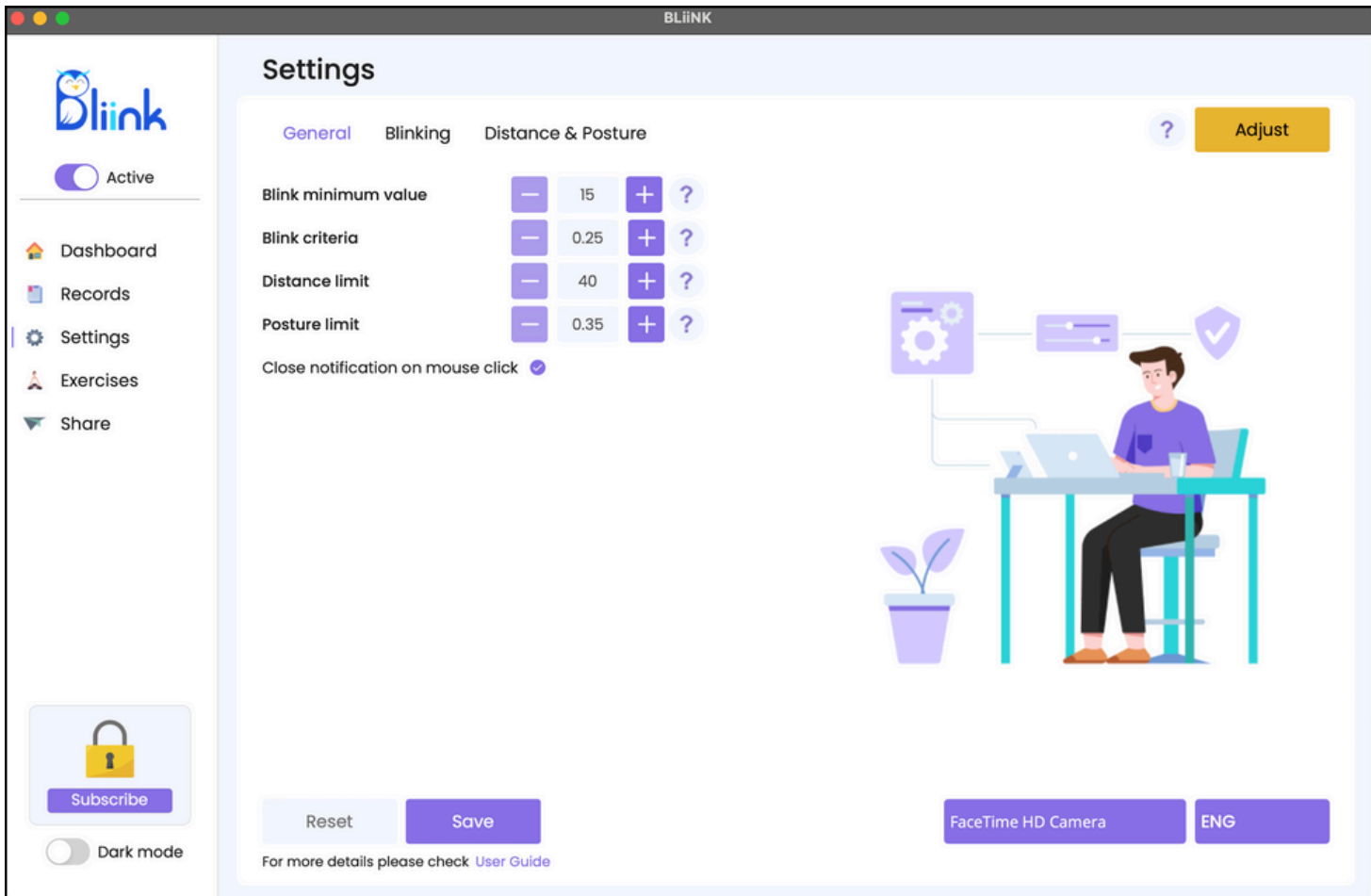
Want to examine your performance over a specific period? Use this feature to select a range of dates and view your average version within that time frame. This allows for meaningful comparisons, whether you track improvements over weeks, months, or even years.



3. Settings

In the 'Settings' tab, you'll find three main components for customization: General, Blinking, and Distance & Posture. Within the **General** settings, you'll find the following adjustable options:

- **Blink Min Value:** This setting allows you to establish the minimum number of blinks per minute. For healthy eyes, it's recommended to blink at least 15 times per minute. If your blink count falls below this, our app will notify you. Feel free to adjust this value according to your comfort.
- **Blink Criteria:** This value aids in the blink detection algorithm. Adjust this number if the app underestimates or overestimates your blinking rate.
- **Distance Limit:** This plays a vital role in the distance detection algorithm. Customize the distance limit to receive notifications that suit your preferences.
- **Posture Limit:** This value assists in the posture detection algorithm. You may need to adjust this number depending on your camera's position. Using the 'Adjust' button, you can find suitable criteria after positioning yourself correctly and applying them accordingly.
- **Close Notification on Mouse Click:** This checkbox allows you to close notifications by clicking on them. However, it's generally recommended not to enable this and instead respond by correcting your sitting position or blinking rate.



3.1. Settings – Adjust

On the right upper side there is an **'Adjust'** button. This button allows you to setup your posture based on your working conditions (as similar as possible to the reference picture on page 1) and update algorithm parameters. This is the same as **Sync** button during the installation process. Please note, that you have an option (right bottom part) to select your preferable webcam from the list before using Adjust button.

To adjust criterion:

1. Use the **'Adjust'** button to open a frame in a few seconds.
2. Position yourself correctly and hit **'Q'** or **'Esc'** to exit. The frame will disappear, and the corresponding criterion will be modified.
3. Click on **'Save'** to retain these changes.

The screenshot shows the Bliink application's settings window. The interface is clean and modern, with a light blue and purple color scheme. The settings are organized into a sidebar and a main content area. The main content area is divided into tabs, and the 'Adjust' button is prominently displayed in the top right corner. The adjustable parameters are clearly labeled and easy to modify.

3.2. Settings – Blinking

Under this tab, you can configure settings for blink detection:

Period: Refers to the duration the webcam checks for blinks.

Frequency: Refers to how often the inspections are performed.

For instance, setting the period at 10 seconds and frequency at 10 times per hour means the webcam will operate 10 times in an hour (every 6 minutes), each time for 10 seconds.

Size: Choose from three options – small, medium, and big.

Position: Select where on the screen the notification appears: center, top left, top right, bottom left, or bottom right.

Type: Choose between three notification gifs: man, woman, and owl.

Click '**Save**' to retain your changes or '**Reset**' to revert to default settings.

The screenshot displays the Bliink application's settings interface. On the left is a navigation sidebar with options: Dashboard, Records, Settings (selected), Exercises, and Share. Below the sidebar are a 'Subscribe' button and a 'Dark mode' toggle. The main content area is titled 'Settings' and has three tabs: 'General', 'Blinking' (active), and 'Distance & Posture'. Under the 'Blinking' tab, there are two input fields: 'Frequency' set to '10 times per hour' and 'Period' set to '10 seconds', each with a help icon. Below these are 'Blink Notification Settings' with three dropdown menus: 'Size' set to 'Medium', 'Position' set to 'Center', and 'Type' set to 'Owl', each with a help icon. To the right of these settings are two circular illustrations of an eye, labeled 'Before' and 'After', showing a red eye with a blue iris and a purple eye with a blue iris. At the bottom of the settings area are 'Reset' and 'Save' buttons. At the bottom right of the application window are 'FaceTime HD Camera' and 'ENG' buttons. A footer note at the bottom of the settings area reads: 'For more details please check [User Guide](#)'.

3.3. Settings – Distance and posture

In this tab, you can adjust settings for posture and distance checks:

- **Frequency:** Like in the Blinking tab, this determines how often the checks are performed. Note that there's no 'Period' parameter here, as a single capture is used for detection.
- **Notification Size, Position, and Type:** These options work the same as in the Blinking tab.

Click '**Save**' to retain your changes or '**Reset**' to revert to default settings.

The screenshot shows the Bliink application interface. On the left is a sidebar with navigation options: Dashboard, Records, Settings (selected), Exercises, and Share. Below the sidebar are a 'Subscribe' button and a 'Dark mode' toggle. The main content area is titled 'Settings' and has three tabs: 'General', 'Blinking', and 'Distance & Posture' (which is active). The 'Distance & Posture' settings are divided into two sections: 'Posture Notification Settings' and 'Distance Notification Settings'. Each section has three dropdown menus for 'Size' (set to 'Medium'), 'Position' (set to 'Center'), and 'Type' (set to 'Owl'). To the right of these settings are four circular diagrams illustrating posture and distance. The top row shows a person's spine from the side, labeled 'Before' and 'After', with a dashed line indicating the spine's alignment. The bottom row shows a person sitting at a desk with a laptop, labeled 'Before' and 'After', with a dashed line indicating the distance between the person and the laptop. At the bottom of the settings panel are 'Reset' and 'Save' buttons. Below these buttons is a link to the 'User Guide'. At the bottom right of the interface are two buttons: 'FaceTime HD Camera' and 'ENG'.

3.4. Settings – Exercises

In this tab, you can adjust settings for the office-adapted exercises:

- **Exercise:** Select the name of the exercise (can be enabled from Exercises tab on main meny)
- **Character:** Select your preferable character (we have 4 characters available)
- General Settings
 - **Workday start/end:** Time range for the exercises to be shown on screen
 - **Frequency:** The frequency of a given exercise to be shown within a workday
 - **Start Time:** Exact time to start showing exercises (for adjusting minutes)
 - **Week days:** Days of the week to do exercises

You can check also **Next run time** on the right button side to make sure your desired settings are working. Finally, click '**Save**' to retain your changes or '**Reset**' to revert to default settings.

The screenshot displays the Bliink application's settings interface for exercises. On the left, a sidebar contains the Bliink logo, an 'Active' toggle, and navigation links for Dashboard, Records, Settings, Exercises, and Share. The main area is titled 'Settings' and features four tabs: General, Blinking, Distance & Posture, and Exercises. The 'Exercises' tab is selected, showing configuration options for the 'Visualization' exercise. These include selecting the exercise name, character (Lily), and general settings such as workday start/end times, frequency (Every 1 hour), start time (20:40), and week days. A circular illustration of a woman at a desk is positioned to the right of the settings. Below the settings, a 'Visualization' section provides detailed instructions: 'How to Do: Close your eyes and visualize a peaceful scene or setting.', 'Importance: Encourages relaxation and mental clarity.', 'Duration: 60 seconds', and 'Next run time: 05/16/2024 22:40'. At the bottom of the settings area, there are buttons for 'Save', 'Remove', and 'Reset'. Additionally, there are buttons for 'FaceTime HD Camera' and 'ENG'. In the sidebar, there is a 'Subscribe' button and a 'Dark mode' toggle.

4. Exercises

In this tab, you can activate office-adapted exercises designed to relieve muscle tension, reduce stress, and enhance overall well-being.

We offer five groups of exercises/stretchers, each with a short description, its importance, and the duration. Each exercise is performed by 4 characters (**Lily, Thomas, James and Olivia**). You can select your desired character in the **Settings** part.

Clicking the "**Enable**" button will redirect you to the **Settings/Exercises** page for configuration.

The exercises are divided into five groups to ensure every part of your body is addressed.

We also offer water reminders and mental health exercises to prioritize your overall well-being.

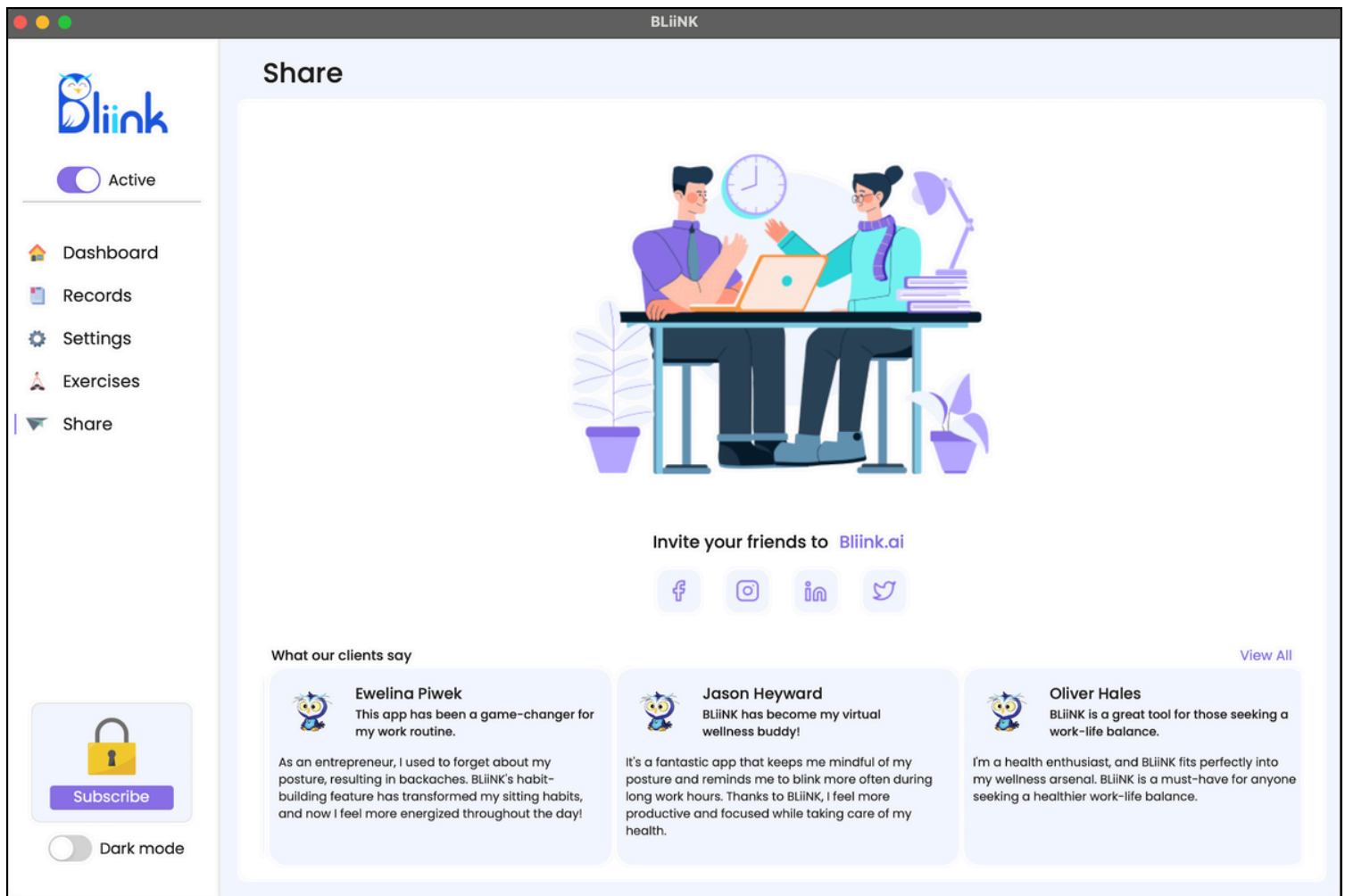
The screenshot displays the Bliink application interface for the 'Exercises' section. The sidebar on the left contains the Bliink logo, an 'Active' toggle, and navigation links for Dashboard, Records, Settings, Exercises (highlighted), and Share. At the bottom of the sidebar is a 'Subscribe' button and a 'Dark mode' toggle. The main content area is titled 'Exercises' and features a grid of six exercise cards. The cards are categorized under 'General wellness' (highlighted in purple). Each card includes a character illustration, a title, a 'How to Do' instruction, an 'Importance' statement, and a 'Duration' of 60. The 'Mindful Breathing' and 'Visualization' cards are marked as 'Enabled', while the others have 'Enable' buttons.

Category	Exercise Name	Status	How to Do	Importance	Duration
General wellness	Mindful Breathing	Enabled	Sit comfortably, close your eyes, and focus on deep, slow breathing.	Reduces stress and enhances focus.	60
General wellness	Progressive Muscle Relaxation	Enable	Tense and relax each muscle group in your body, starting from your toes and moving up.	Reduces physical tension and mental stress.	60
General wellness	Visualization	Enabled	Close your eyes and visualize a peaceful scene or setting.	Encourages relaxation and mental clarity.	60
General wellness	Gratitude Reflection	Enable	Reflect on things you are grateful for.	Promotes positive thinking and mental wellbeing.	60
General wellness	Short Walks	Enabled	Take a brief walk around your office or outside.	Clears the mind and	
General wellness	Water Reminder	Enable	Water controls body temperature, lubricates joints, prevents infections, delivers		

5. Share

In our **'Share'** tab, you can invite your friends to join the BLiINK community through social platforms like Facebook, LinkedIn, Instagram, and Twitter and view user feedback. Providing real-life testimonials and insights into the advantages of BLiINK, these feedbacks offer valuable perspectives.

Furthermore, we believe in continuous improvement, and your feedback is incredibly valuable in making BLiINK even better. Just a right-click away, and you have the power to contribute to the enhancement of the application by providing your feedback. So don't hesitate to share your experience and help us optimize BLiINK's performance and user-friendliness.



Have more questions?

If you still have questions, troubles, or suggestions, feel free to contact us.



THANK YOU FOR CHOOSING BLIINK!

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