



Users Guide for Windows

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 displays the BliiNK dashboard. On the left is a sidebar with the BliiNK logo, an 'Active' toggle switch, and navigation links for Dashboard, Records, Settings, Exercises, and Share. At the bottom of the sidebar is a 'Subscribe' button with a lock icon and a 'Dark mode' toggle. The main content area features a 'Welcome to BliiNK' section with a motivational message and a 'User Guide' link. Below this is an 'Explore our blogs' section with four article cards: 'The Dark Side of Remote Work: 5 Drawbacks and How to Address Them', 'Balancing Gaming: Why Are Video Games Bad?', 'Proper Distance from Screens: Tips for Eye Health', and 'What is Te'. A 'Find more' link is located at the top right of the blog section.

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 17 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 blink 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 blink rate.

The screenshot shows the Bliink app's Settings interface. The main content area is titled 'Settings' and has three tabs: 'General', 'Blinking', and 'Distance & Posture'. The 'General' tab is selected. It contains the following settings:

- Blink minimum value:** 15 (with minus and plus buttons and a help icon)
- Blink criteria:** 0.25 (with minus and plus buttons and a help icon)
- Distance limit:** 37 (with minus and plus buttons and a help icon)
- Posture limit:** 0.36 (with minus and plus buttons and a help icon)
- Close notification on mouse click:**

At the bottom of the settings area, there are 'Reset' and 'Save' buttons, a link to 'User Guide', and dropdown menus for 'Integrated IR Webcam' and 'ENG'. The sidebar on the left includes a navigation menu with 'Dashboard', 'Records', 'Settings', 'Exercises', and 'Share', along with a 'Subscribe' button and a 'Dark mode' toggle.

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 interface. The left sidebar includes a navigation menu with 'Settings' selected, a 'Subscribe' button, and a 'Dark mode' toggle. The main 'Settings' panel is titled 'Settings' and features three tabs: 'General', 'Blinking', and 'Distance & Posture'. The 'General' tab is active, displaying four adjustable parameters: 'Blink minimum value' (15), 'Blink criteria' (0.25), 'Distance limit' (37), and 'Posture limit' (0.36). Each parameter has minus and plus buttons and a help icon. A checkbox for 'Close notification on mouse click' is also present. At the bottom of the settings area are 'Reset' and 'Save' buttons. On the right side, there is an 'Adjust' button and a dropdown menu for 'Integrated IR Webcam'. At the bottom right, there is a language dropdown menu set to 'ENG'. An illustration of a person sitting at a desk with a laptop and a potted plant is visible on the right side of the settings area.

3.2. Settings – Blinking

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

Period: Refers to the duration the webcam checks for blinking rate.

Frequency: Refers to how often the checkings are performed.

For instance, setting the period at 10 seconds and frequency at 8 times per hour means that the webcam will operate only 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 shows the Bliink application's Settings page. 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' (active), and 'Distance & Posture'. Under the 'Blinking' tab, there are two sections: 'General' and 'Blink Notification Settings'. The 'General' section includes 'Period' (10 seconds) and 'Frequency' (10 times per hour). The 'Blink Notification Settings' section includes 'Size' (Medium), 'Position' (Center), and 'Type' (Owl). To the right of these settings are two circular icons labeled 'Before' and 'After', each showing a stylized eye with a red and blue iris. At the bottom of the settings area are 'Reset' and 'Save' buttons. In the bottom right corner, there are dropdown menus for 'Integrated IR Webcam' and 'ENG'. A footer note says '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: Active, Dashboard, Records, Settings (selected), Exercises, and Share. At the bottom of the sidebar is a 'Subscribe' button with a lock icon and a 'Dark mode' toggle. The main content area is titled 'Settings' and has three tabs: General, Blinking, and Distance & Posture (selected). Under the 'Distance & Posture' tab, there are two sections: 'Posture Notification Settings' and 'Distance Notification Settings'. Each section has three dropdown menus for Size, Position, and Type, all set to 'Medium', 'Center', and 'Owl' respectively. To the right of these settings are four circular diagrams illustrating posture and distance. The top row shows a person's spine in a 'Before' state (curved) and an 'After' state (straight). The bottom row shows a person's head and neck in a 'Before' state (tilted) and an 'After' state (upright). At the bottom of the settings area are 'Reset' and 'Save' buttons. In the bottom right corner, there are dropdown menus for 'Integrated IR Webcam' and 'ENG'. A link to the 'User Guide' is provided at the bottom of the settings area.

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. The left sidebar contains navigation links: Dashboard, Records, Settings (active), Exercises, and Share. The main content area is titled 'Settings' and features four tabs: General, Blinking, Distance & Posture, and Exercises. The Exercises tab is selected, showing configuration options for a chosen exercise. The 'Exercise' dropdown is set to 'Mindful Breathing', and the 'Character' dropdown is set to 'Olivia'. Under 'General Settings', the 'Workday start' is 09:00 and 'End' is 18:00. The 'Frequency' is set to 'Every 1 hour', 'Start Time' is 09:00, and 'Week days' are selected. On the right side, there is a circular profile picture of a woman with the text 'Mindful Breathing' below it. Below the profile picture, there is a detailed description for 'Mindful Breathing' including 'How to Do', 'Importance', 'Duration' (60 seconds), and 'Next run time' (05/15/2024 17:05 PM). At the bottom, there are 'Save', 'Remove', and 'Reset' buttons, and a 'Subscribe' button in the sidebar. The interface also includes a 'Dark mode' toggle and a 'User Guide' link.

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. On the left is a sidebar with navigation options: Active (toggle), Dashboard, Records, Settings, Exercises (selected), 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 five tabs: Lower Back, Eye and Vision, Neck and Shoulder, Hand and Wrist, and General wellness (selected). Below the tabs are four exercise cards, each with an illustration of a character, a title, instructions, importance, duration, and an 'Enable' button. The 'Water Reminder' card's button is labeled 'Enabled'.

Exercise Group	Exercise Name	How to Do	Importance	Duration	Status
General wellness	Visualization	Close your eyes and visualize a peaceful scene or setting.	Encourages relaxation and mental clarity.	60	Enable
General wellness	Gratitude Reflection	Reflect on things you are grateful for.	Promotes positive thinking and mental wellbeing.	60	Enable
General wellness	Short Walks	Take a brief walk around your office or outside.	Clears the mind and reduces stress, improving mental health.	60	Enable
General wellness	Water Reminder	Water controls body temperature, lubricates joints, prevents infections, delivers nutrients, and supports organs.	Staying hydrated is crucial for maintaining overall health.	20	Enabled

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.

The screenshot displays the 'Share' tab of the BliiNK application. On the left sidebar, there is a navigation menu with options: 'Active' (with a toggle), 'Dashboard', 'Records', 'Settings', 'Exercises', and 'Share' (highlighted). At the bottom of the sidebar, there is a 'Subscribe' button with a lock icon and a 'Dark mode' toggle. The main content area is titled 'Share' and features an illustration of two people at a desk. Below the illustration, there is a call to action: 'Invite your friends to Bliink.ai' with social media icons for Facebook, Instagram, LinkedIn, and Twitter. Underneath, a section titled 'What our clients say' displays testimonials from Kiran Liamet, Lasha, and Ewelina Piwek. A 'View All' link is present at the end of the testimonials section.

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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