



BAKKER ELKHUIZEN

*Work Smart - Feel Good*

## Quick Start



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## Preparation

For a successful installation of CtrlWORK on your computer, you will need to have sufficient rights on your computer. If you do not succeed in installing CtrlWORK via the producer in this document, please contact your IT department to check whether you are allowed to install this program.

If you are working within a Citrix or other Terminal Server environment, you will not be able to install CtrlWORK via this route. Please contact your internal IT department for assistance.

You can trial CtrlWORK for free for 30 days. You will need a new license key (data.key file) when you would like to continue using CtrlWORK after this period.

## Installation steps

The installation file can be download here:

<https://www.bakkerelkhuisen.com/productsupport/software/ctrlwork/downloads/>

### Step 1

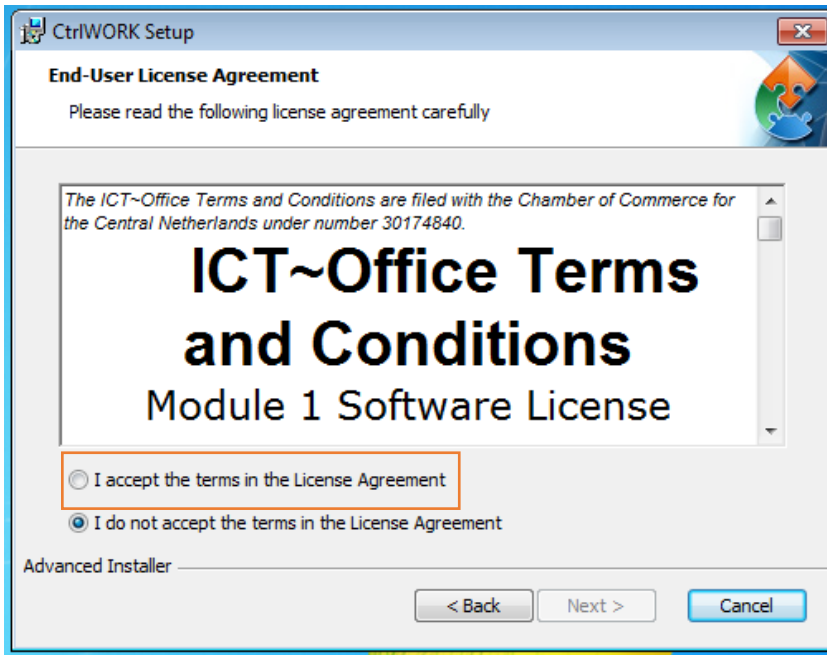
Open the file CtrlWORKv3.EXE to start the installation.

### Step 2

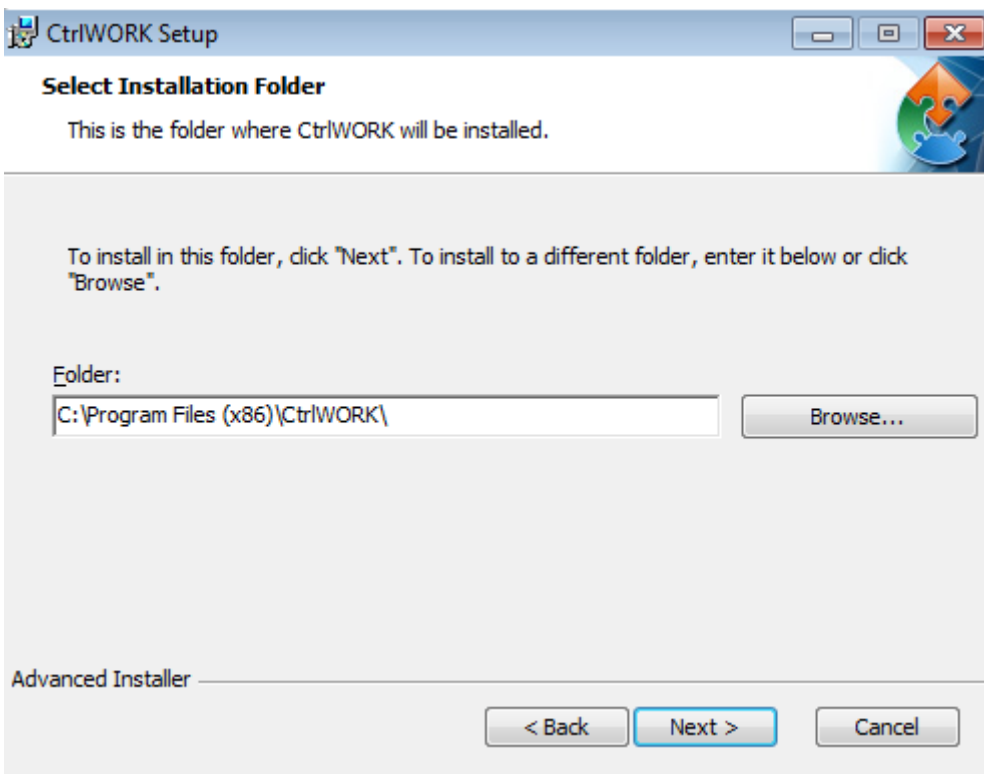
The installation wizard.



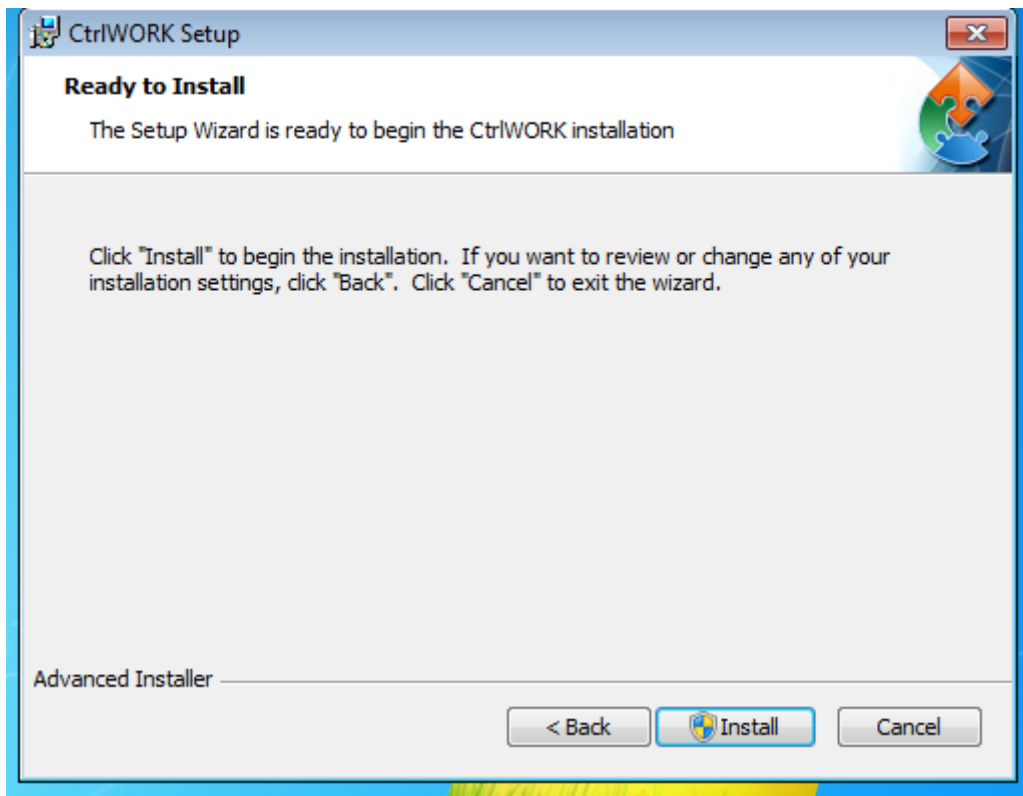
Click 'Next'



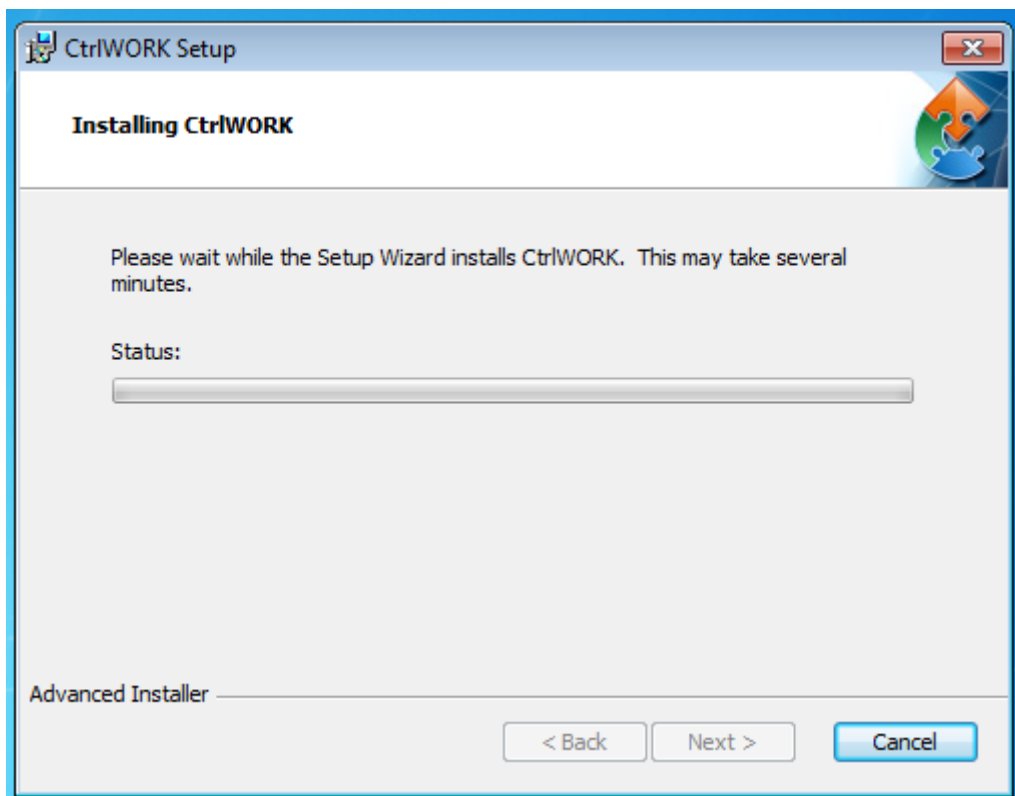
Select 'I accept the terms in the License Agreement' and click next

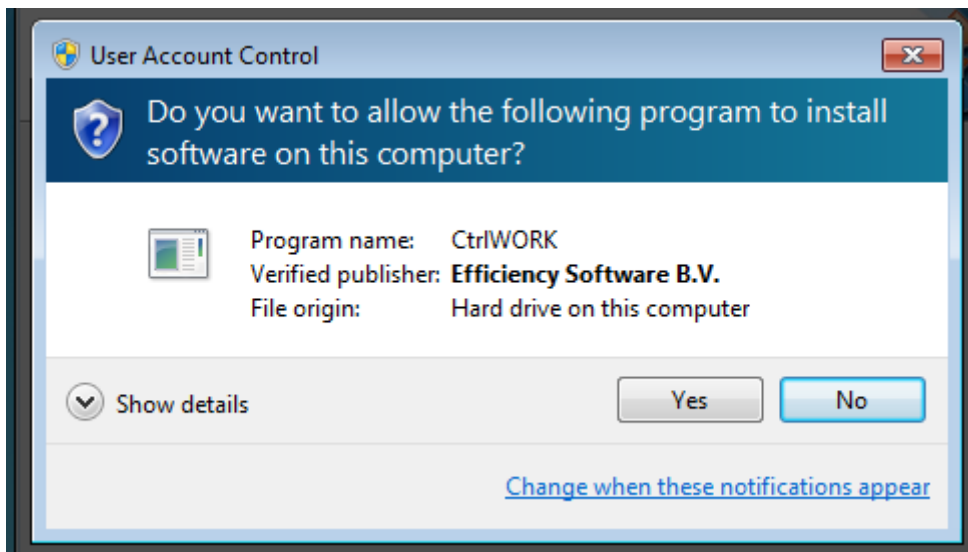


Click 'Next'.

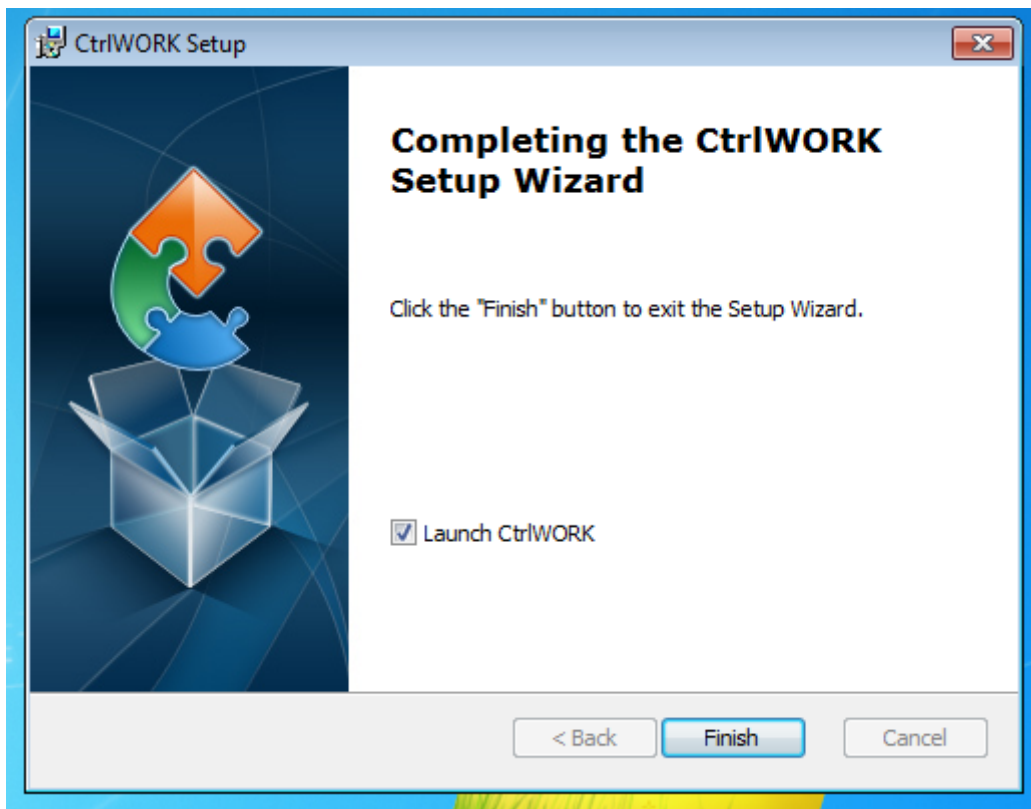


Click 'Install'



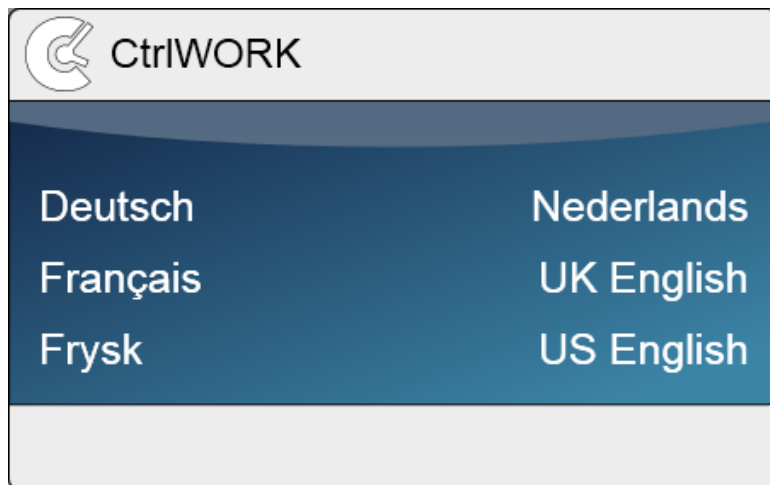


If the above screen pop-up Click yes.

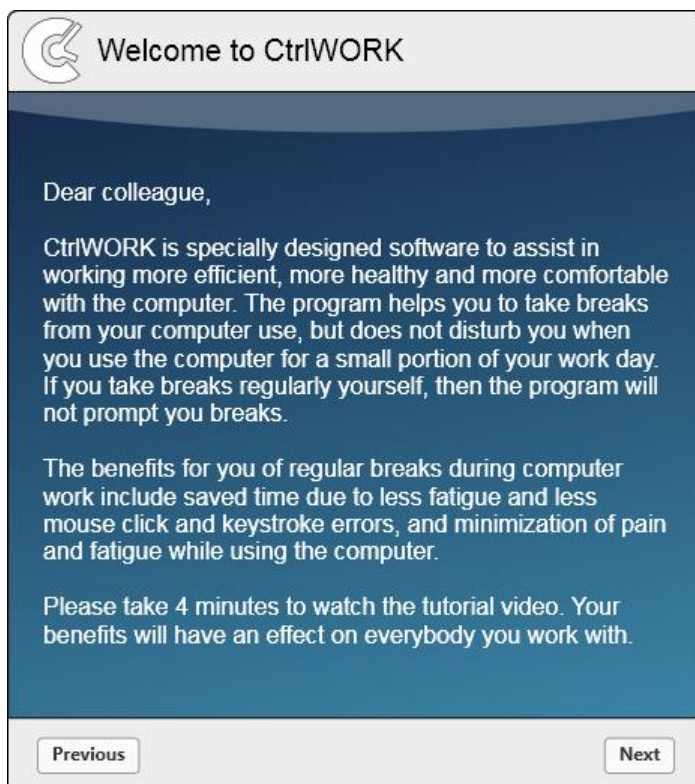


Click 'Finish'. CtlWORK wil startup for the first time.

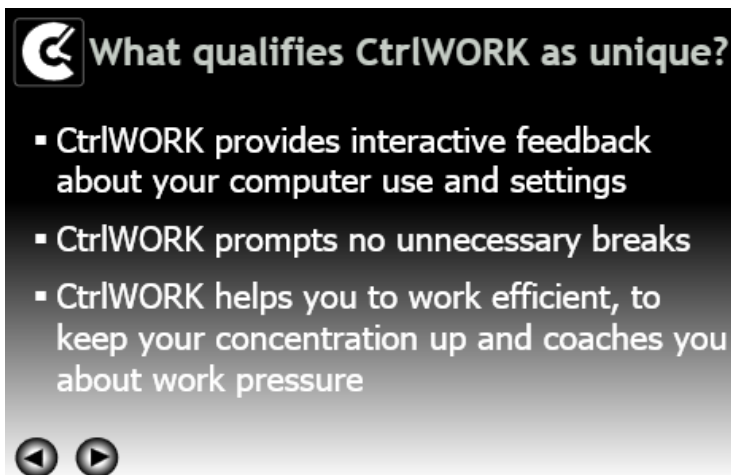
## First time start-up



After starting up, you can select your language.



You will be directed to the welcome screen. Please click 'Next' after reading to go to the introduction video



This 4-minute video will start automatically after a number of seconds. You can also navigate through the video via the arrows

Click 'Next' after watching the video.

You will get options to choose your settings yourself. The following profiles are available:



**Note:** During the first hour after starting up your pc, by default no breaks are shown for the profile Pro (silent period).

Click 'Next'.



 Select and save your tips to be displayed during interventions / click 'Next' immediately

Energiser (morning) Save

Tips

Energiser (afternoon)

Tips

Ergo Boost (morning)

Shortcut key tips    Shortcut keys Browsers    Shortcut keys 2

Energy exercises    Time management tips    Email tips

News flashes

Ergo Boost (afternoon)

Shortcut key tips    Shortcut keys Browsers    Shortcut keys 2

Energy exercises    Time management tips    Email tips

News flashes

Previous Next

Select the content you like to be displayed during popups. If you change anything, please do not forget to click the Save button.

Click 'Next'. The program will start up.

## License replaced by CtrlWORK

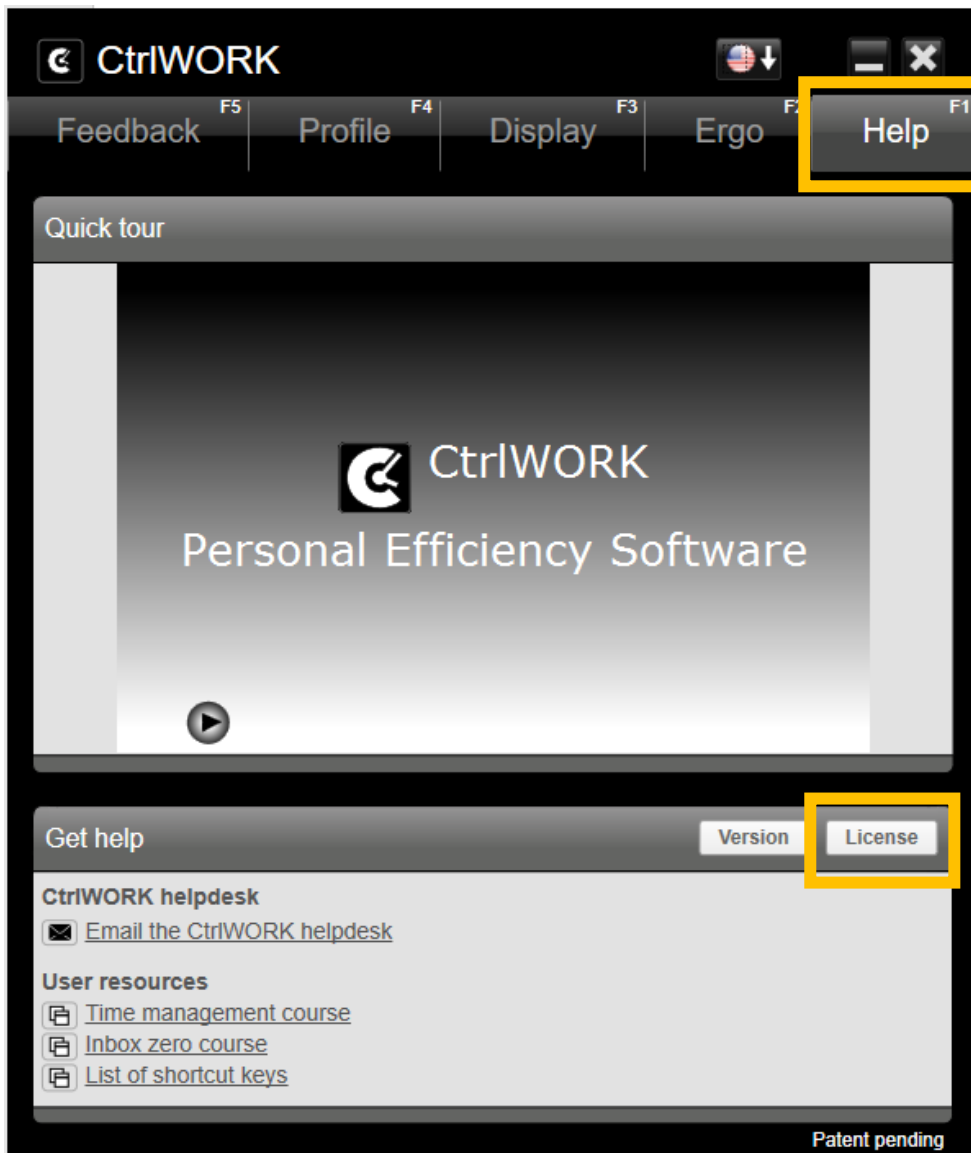
Here are the instructions for replacing the license through the program CtrlWORK.

### Step 1

Save the Data.key file to the desktop or a location of your choosing. Remember the location, we will be needing it with step 3. You mostly likely have received the Data.key as email attachment from us. Will assume that CtrlWORK is already running in the next steps, if it is not running please start CtrlWORK through the windows start menu.

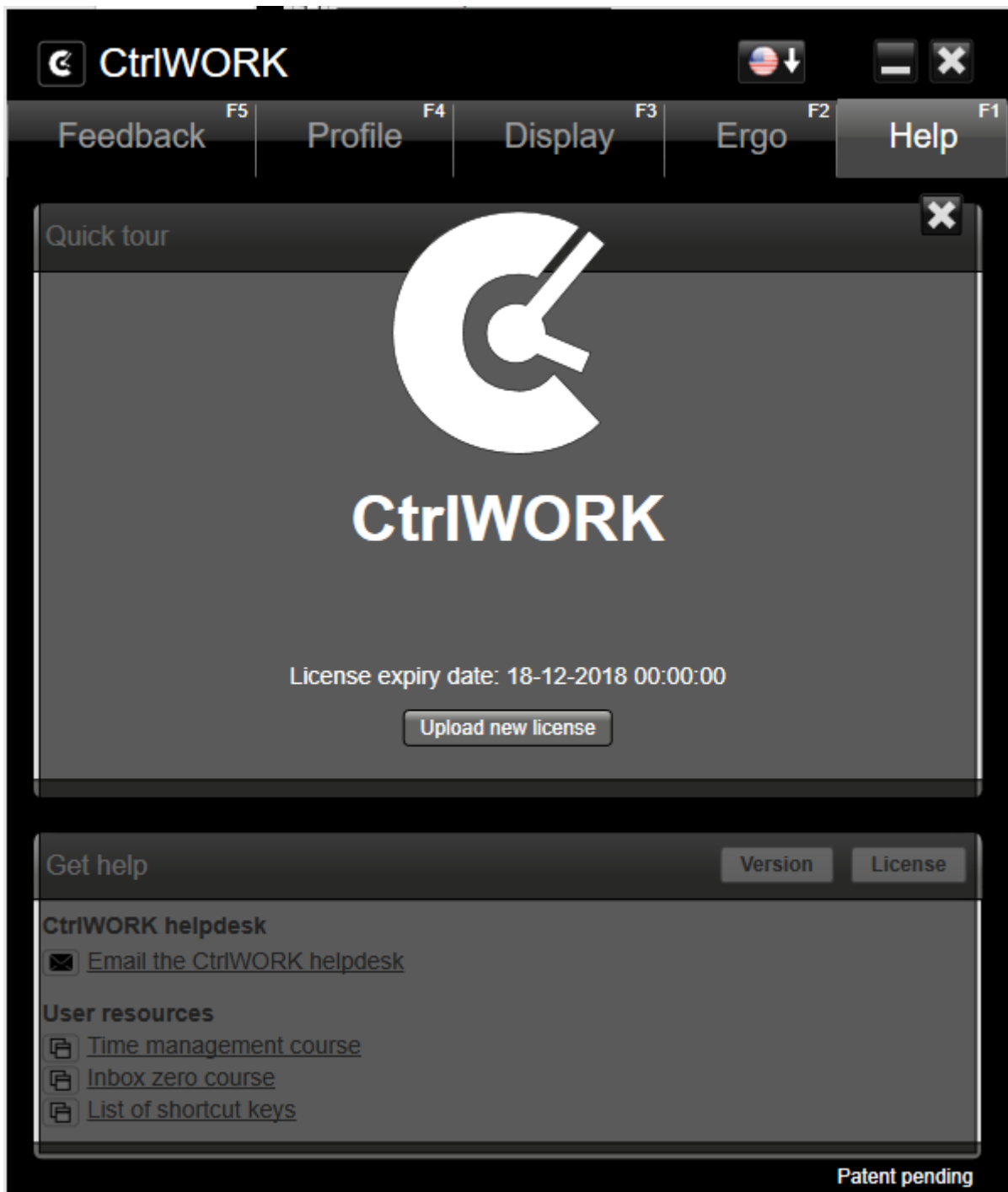
### Step 2

Select the tab Help (F1). Then Select the License tab

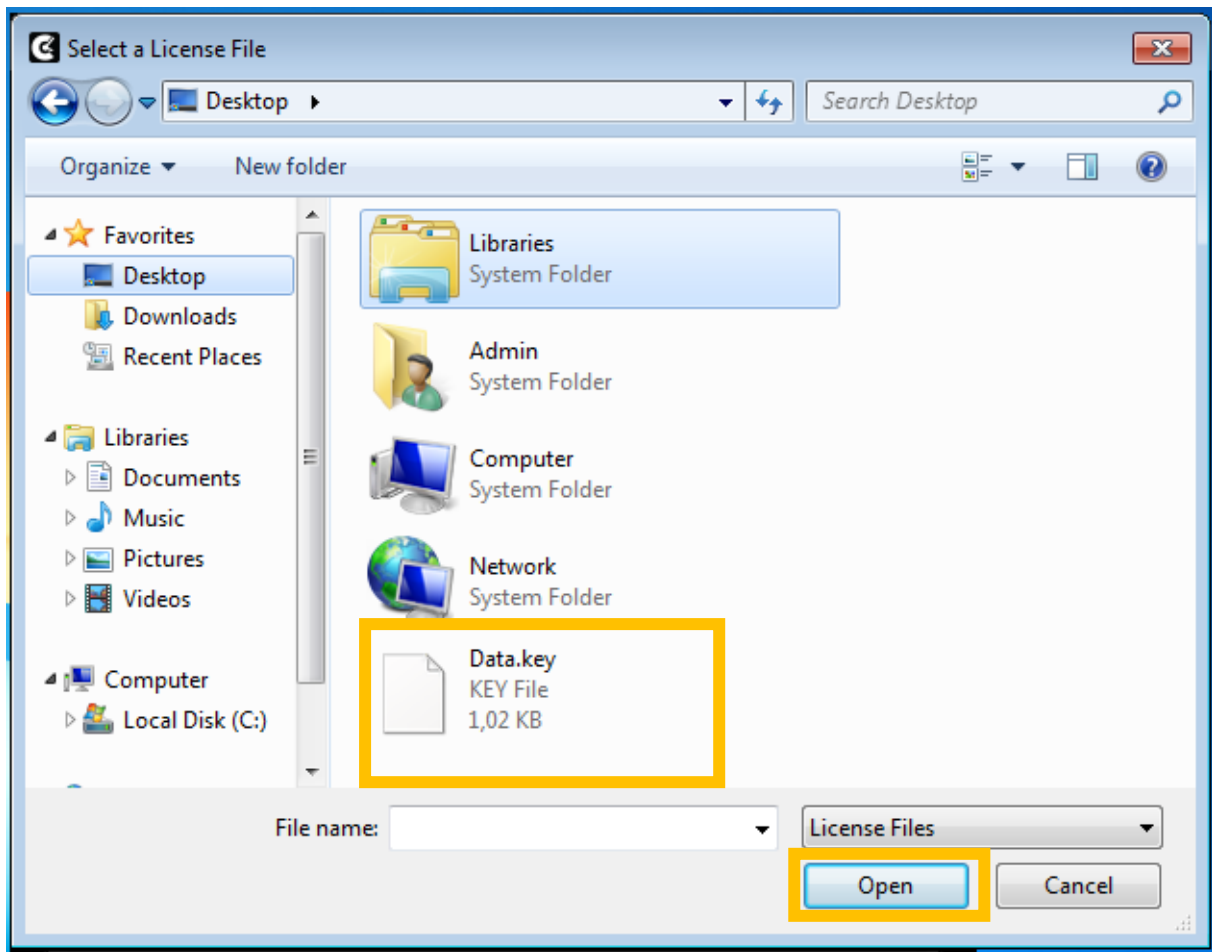


### Step 3

Click the button "Upload new license".

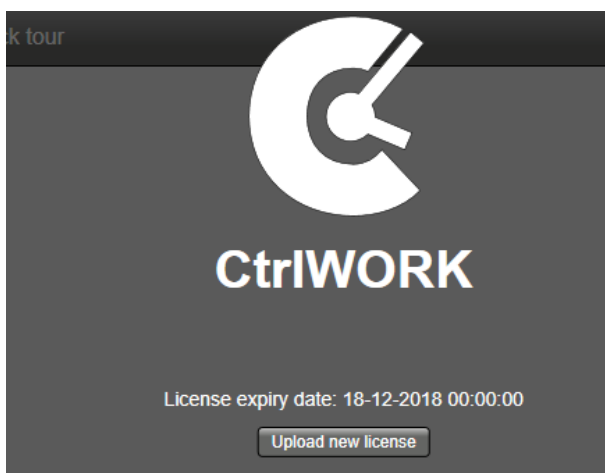


This will open the following screen. Navigate to the location where you saved the new Data.key in Step 1. Select the file Data.key and Click open.



#### Step 4

Now you will see a new license date.



Now the new license is activated.

## Support

Please contact us directly via the form on

<https://www.bakkerelkhuisen.com/productsupport/software/ctrlwork/helpdesk/>

FAQs and other materials can be found via

<https://www.bakkerelkhuisen.com/productsupport/software/ctrlwork/>