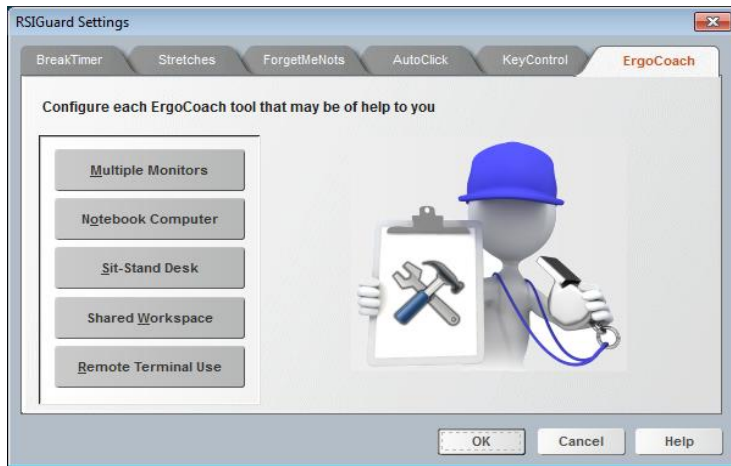


RSIGuard

ErgoCoach Notebook Computer Tools



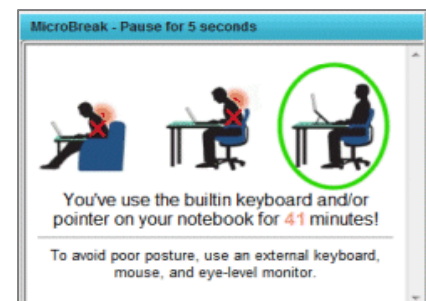
ErgoCoach is a feature of RSIGuard that provides training, reminders, and tools designed to help with a specific situation, such as a shared workstation, multiple monitors or working directly from a notebook computer.

For example, one of the tools can detect when you are using the built-in pointing device too much and remind you of the benefits of using an external mouse.

There are three ErgoCoach tools designed for users of notebook computers:

Reminder to use external devices:

Using the built-in keyboard, mouse and monitor of a notebook computer generally leads to poor posture. For this feature, you specify how long you can use the built-in keyboard or pointer before RSIGuard reminds you to use external devices. You can also add a "snooze" feature to periodically remind you again if you keep using the built-in devices.



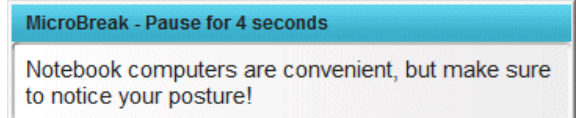
New-location 'quick ergo check' reminder:

When you use your notebook computer on the go, it's important to take a moment to check the basic ergonomics of how you are working in the new location. If enabled, then when you connect to a new wireless network (i.e. you are in a new location) ErgoCoach will remind you to review the basic ergonomics for that kind of location.



Enabling the ForgetMeNots for notebook computers:

If you use the ForgetMeNots feature of RSIGuard, then enabling this will add several ForgetMeNots reminder messages to your ForgetMeNots message rotation that will help keep you aware of how you are working with your notebook computer.



For more information on RSIGuard and the ErgoCoach tool, visit

<http://rsiguard.com/help/helpec.htm>