**Short information on installing Pausit from Software center**

(For PC- och Mac users and other users that does not have an IT-coordinator)

Install Pausit from Software Center on your PC or from Self Service on your Mac, or contact your IT-administrator. Pausit has to be launched manually the first time, you can do this from the start menu (PC) or Applications folder (Mac). After the first launch, Pausit will start automatically when you start your computer. On Mac, for Pausit to be able to remind you when its time for another activity, you need to allow notifications on first launch. You do this simply by clicking allow when prompted in the top right corner of the screen

Once you have Pausit installed, part of the Pausit logo (white square with two inside) will appear in the task bar (PC) or menu bar (Mac). Should it not be visible in the task bar on your PC, it has ended up among hidden icons and can be accessed by you by clicking on the "Show hidden icons" arrow in the taskbar and dragging the Pausit icon down to the field.

The break is preset to three sessions a day and the reminder will appear automatically. The idea is, however, that you should go into the settings and adapt the program to your personal wishes, everyone can on their computer choose the number of sessions / day, times for sessions, types of exercises and much more.

Right-click (PC) or click (Mac) on the icon, select Settings and make your personal settings there.

More info and demo film is available at [www.pausit.se](http://www.pausit.se)

* Questions about installation of the programme, IT-support IT-stod@slu.se
* Questions about the programme Pausit, support@pausit.se