

# Using Cephable's Motion Controls

## 1

### Before Accessing Motion Controls

Make sure you have downloaded the Companion App on your phone or tablet, AND that you have already downloaded Cephable's desktop app on your Windows or Mac computer.

Please see the other tutorials if you need support downloading the desktop app:

[Desktop Cephable on Windows](#)

[-OS-](#)

[Desktop Cephable on Mac](#)

### Download the App Now!



[Download for Windows](#)



[Download for Mac](#)

## 2

### Downloading/Setting up the Companion App

To access the Companion App, download it onto your phone or tablet from the App Store or Google Play.

After installing the desktop app, get the mobile app to connect from your phone.



## 3

### Log into Your Accounts

Make sure you are logged into your Cephable account on both devices (your computer and your phone or tablet).

### Hey, Welcome to Cephable!



Use this companion app along with the Cephable desktop app for extra controls - Let's get started!

[Create Your Account](#)

OR

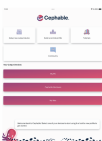
[Sign In](#)

[Go to my account](#)

## 4

### Choose Your Output Device

If you have your Companion App, choose your "Output Device" from the list of peripherals. You may have 1 or multiple.



## 5

### Make Sure Your Devices Are Connected

Then, from your Companion App, make sure your Status is green and it says "Connected" at the top of your suspension frame screen.



## 6

### Enabling Motion Controls

Now you can use the Companion App with Motion Controls independently or at the same time with expression controls and voice control with the desktop app.

**Note:** see the [FAQ](#), [Legal](#), [Data Privacy](#), [Contact Us](#), [Help](#) for more information on this app.

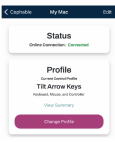


## 7

### Using Motion Controls

Make sure you have a profile with Motion Controls selected from your suspension. You can download the one attached to the tutorial or use another one you already have.

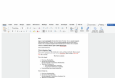
You'll see the icon of a phone shaking on the left side of a control button to signal the presence of a Motion Control.



## 8

### Here's an Example

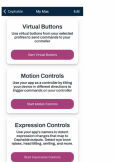
In this example, we will walk through the profile, "Tilt Arrow Keys" to navigate around a Microsoft Word document using Motion Controls mapped to the arrow keys on the keyboard and a single Motion Control mapped to the backspace button.



## 9

### Make Sure You're Connected

From the Companion App, make sure you have the correct profile selected as "Current Control Profile" and that you are still "Connected" in green.



## 10

On your computer, open up a Microsoft Word document that you want to explore using Motion Controls. Make sure you are tilted into the document and/or another window on your computer before moving on to the next step.



## 11

### Start Motion Controls

Well, in your Companion App, scroll down until you see "Start Motion Controls".



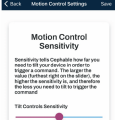
## 12

### Motion Controls in Action

Now on your Companion App when you tilt your phone/tablet (up, down, left, or right), you will see the cursor move in those directions when Microsoft Word is already shaking your phone or tablet.

You will know you have moved your phone or tablet in one direction when you see the Microsoft Word out of the blue square inside the tilt square.

If you would like to change the sensitivity that far you need to move your phone to trigger a command, you can click "Settings" in the upper right-hand corner of your Companion App.



## 13

### Changing Your Sensitivity

From this page, you can change your sensitivity on the sliding scale for "Motion Control Sensitivity". For example, the higher the percentage, the less you need to move your phone to trigger your commands.

