

## Keys to Success

OVER THE NEXT 28 DAYS AS YOU ENGAGE WITH FREESPIRA:

- Allow your body and mind to naturally adapt to a different rhythm of breathing.
- Be consistent throughout the course of your treatment.
- And remember – we're here to support you throughout your 28-day journey.

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1.800.735.8995

Freespira Patient Care Team  
Mon-Fri 9am-6:30pm EST

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This Start Here Guide is a summary of the Freespira User Manual. Please refer to the User Manual on the tablet home screen for complete information about Freespira including all warnings, symbols and other safety statements.

# Start Here

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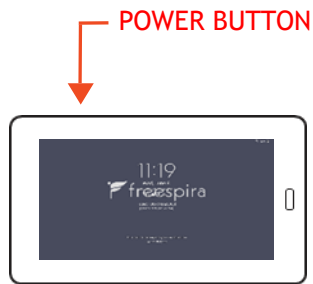
TOGETHER WITH YOUR COACH,  
FOLLOW THESE STEPS TO SETUP AND USE YOUR  
FREESPIRA SYSTEM FOR THE FIRST TIME.

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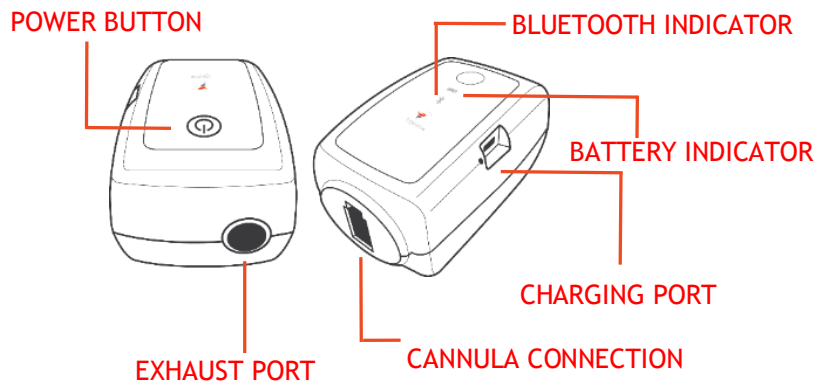
# Welcome to Freespira

You have just taken an important step towards achieving peace of mind and freedom from your symptoms.

## 1 START YOUR TABLET

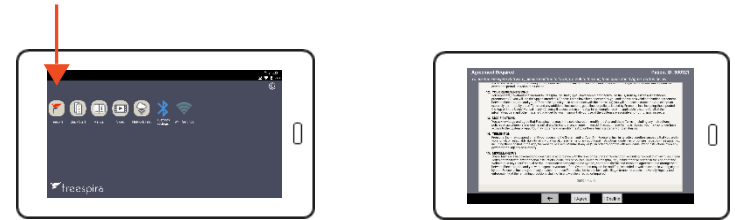


## 2 PLUG IN CANNULA INTO CANNULA CONNECTION PORT



1. Remove the cannula from the pouch and connect it to the sensor

## 3 LAUNCH THE FREESPIRA APP



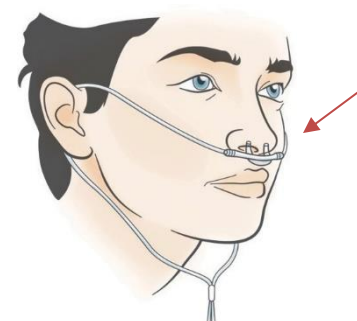
1. Touch the Freespira icon on your tablet to launch the app, then follow on-screen prompts
3. Before starting your session, you will go through a sensor warm-up

2. The terms of Service and Agreement screen will appear



## 4 WHEN PROMPTED, PUT ON CANNULA AND BEGIN

1. Insert the tips of the cannula into your nostrils, wrap the tubing behind your ears, and slide the connector upward under your chin



Note: If you see a notification error indicating insufficient airflow, try flipping your cannula over to change the orientation of the tips where they enter your nostrils

2. Follow on-screen instructions to begin sessions