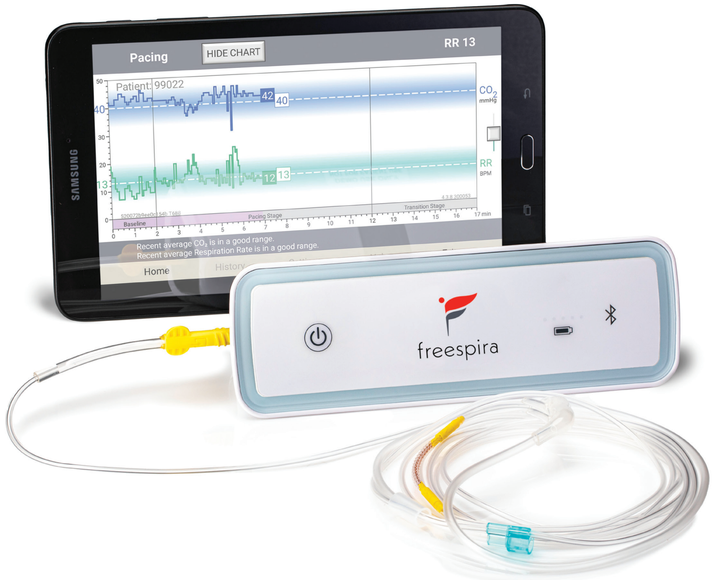
Start Here

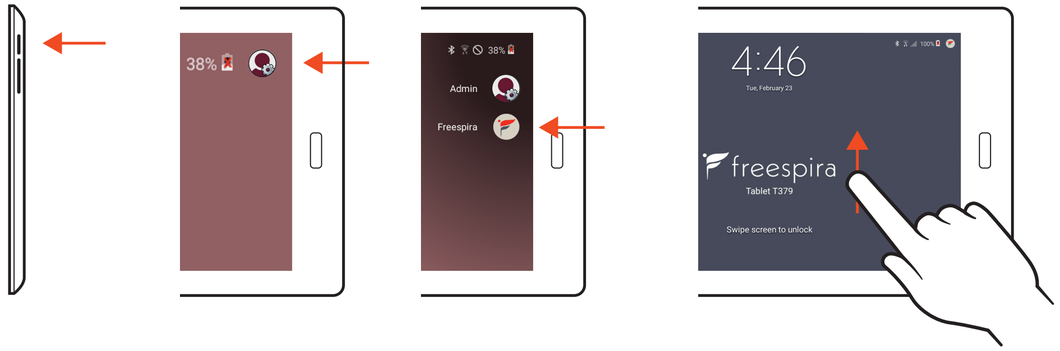
TOGETHER WITH YOUR COACH, FOLLOW THESE STEPS TO SETUP AND USE YOUR FREESPIRA SYSTEM FOR THE FIRST TIME.



Welcome to Freespira

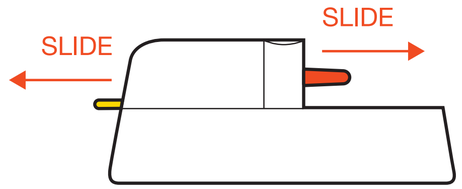
You have just taken an important step towards achieving peace of mind and freedom from your symptoms.

1 START YOUR TABLET AND SELECT THE FREESPIRA USER



1. Power tablet on
2. Touch the gear icon
3. Choose the Freespira icon
4. Swipe up to unlock

2 REMOVE THE RED AND YELLOW CAPS PRIOR TO USE



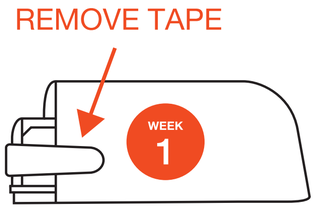
3 START THE SENSOR

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

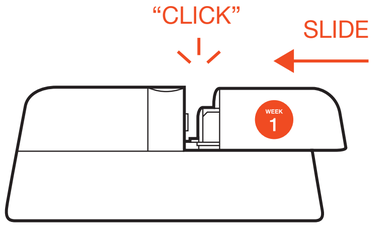
2. Power on the sensor

4 LAUNCH THE FREESPIRA APP

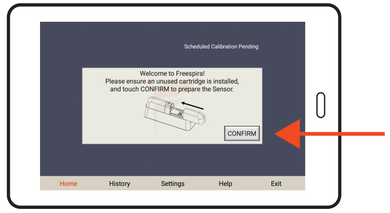
1. Touch the Freespira icon on your tablet to launch the app, then follow on-screen prompts



2. When prompted to prepare the cartridge, remove tape from the “Week 1”



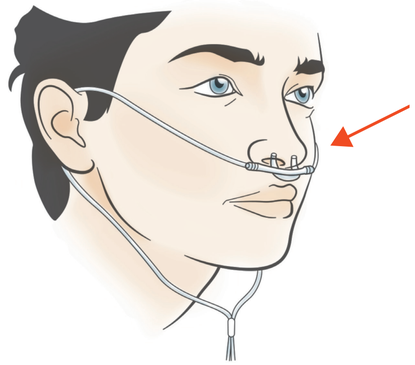
3. Slide the cartridge into place until you hear a click



4. On the tablet, press the “confirm” button once the cartridge is loaded

5 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 the instructions on screen to begin your session

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.

1.800.735.8995

Freespira Patient Care Team
Mon–Fri 9–6:30 EST

freespira

This Quick Start 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.

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