easeVR

Getting Started Guide

TABLE OF CONTENTS

This guide will give you a step-by-step overview of EaseVR:

WHAT'S IN YOUR KIT

1

Samsung VR Phone and Charger

Plays theVR sessions

2

Gear VR Headset

Allows you to view the VR sessions

3

Heartrate Sensor

Monitors your heart rate to change the VR sessions

4

Headphones with Microphone

Monitors your breathing

WHAT YOU NEED

Your iPhone

To use the EaseVR app

EaseVR iPhone App

Guides you through the VR sessions

Download on the App Store

Download it by searching for "EaseVR" in the App Store

W E L C O M E !

EaseVR uses virtual reality to help you learn essential skills to take control of your pain and provide relief from your pain symptoms. These fun, esay-to-understand and interactive lessons will help you learn how to take manageable steps to change your body and mind's reaction to pain.

How do I use EaseVR?

Over the next 8 days, you'll play an EaseVR session each day. Daily practice will help you EASE your symptoms and learn skill you can apply to your everyday life. Daily practice will also provide lasting relief.

How do I start?

It's easy. Use the EaseVR app on your iPhone to control the VR sessions and follow the 8 chapters of the program. The iPhone app will instruct you on what to play and your VR phone will play the content.

Why do I need an iPhone and a VR phone?

The app on your iPhone will help you play the VR content and keep you on track. The VR phone is only used for playing VR content.

Learn more at www.appliedvr.io/ease

STEP 2:
SET UP THE VIRTUAL REALITY PHONE

1. Turn on VR Phone

Turn on the Samsung VR phone by holding down the button on the right side until it vibrates and powers on.
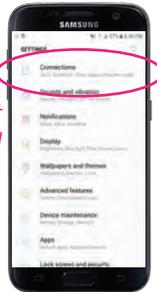
2. Connect to WIFI

Select the gear icon at the bottom of the screen to open Settings. Tap on Connections, then WI-FI to find your local network. Press the Home button to return to your Home screen.

3. Add headphones

Plug in the headphones to the bottom of the VR phone.

Power Button

Home Button

Settings

Connect to WIFI

Plug in

4. Find the Device Holder

Find the Device Holder on the front of the headset and make sure the latch on the right is pulled back.

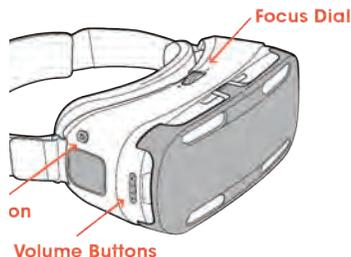*Device Holder with plug*

Latch without plug

5. Adjust fit

Try on the headset without the phone to make sure the straps fit your head. Tighten side straps first, then tighten top strap.

6. Adjust focus

Find the focus dial and volume buttons so you know how to use them when you have the headset on.

Focus Dial

on

Volume Buttons

VR Phone Not Fitting?

If Device Holder is not in B position, push down on the entire highlighted area and slide to B.

Device Holder in B position

Device Holder should stay locked

Day:

1 Introduction to VR: Observe the moment

2 Start the story & focus on breathing

3 Learn about diaphragmatic breathing

4 Try breathing with a pacer

5 Tree Practice

6 Crystal Practice
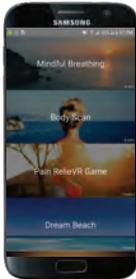
7 Black & White Practice

8 Night Fire Practice

Once you're done with the 8 day program, please feel free to repeat any of the chapters or try the experiences in Relief.

7. Open PlayVR

Tap on the PlayVR app on the Home screen.

PlayVR app

When you see this screen, you are ready to put the VR phone in the headset

8. Insert VR Phone

With the screen facing the lens, insert the bottom of the VR phone into the Device Holder. **Push the phone firmly into the plug** so you can't see the plug.

9. Lock phone in

Push down on the top of the phone (near the camera) and listen for the click to make sure the phone is locked in.

To remove phone, pull back on this latch and the phone will pop out.

STEP 5:
CONNECT THE HEARTRATE SENSOR

Wear the Scosche Rhythm+ sensor when you use the VR headset. The VR content will change based on your heart rate.

Please note: if your VR phone is not on, your sensor will not connect.

TURN ON

Sensor Button

Press and hold the button in the middle of the sensor for 2 seconds. The light next to the button will flash red and blue as it connects to the VR phone. Once it's connected, it will only flash blue.

If not properly connected, it'll flash red.

WEAR THE SENSOR

Included in your kit are 2 bands to fit your forearm.

Wear the armband on the upper part of your forearm. The sensor should be on the inside or top of your forearm. It should be tight enough not to move on your arm, but not so tight it restricts circulation.

USE THE iPHONE APP

The EaseVR app on your iPhone will help guide you through the 10-day program.

DOWNLOAD THE APP

Go to the App Store on your phone and search for **"EaseVR"** to download the app.

FIRST-TIME USE

Open the EaseVR app on your iPhone and tap the Login link in the upper right corner.
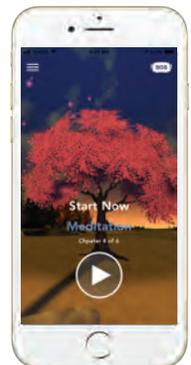
EMAIL:

Login

_____

PASSWORD:

_____

SURVEYS

Complete the questions until you reach the Home screen.

STEP 7:
START YOUR DAILY PRACTICE

☐ **Do you have the heartrate sensor on?**

☐ **Are your headphones on?**

Put the headphones around your neck so they are easy to access when you have the VR headset on. Make sure the microphone will be in front of your mouth.

☐ **Is the VR device ready?**

Make sure you opened the PlayVR app on the VR phone and inserted the phone into the headset.

Try to use the device in a quiet area with little background noise.

①

Press Play

On your iPhone, press play for your daily chapter.

②

Put on headset and headphones

During the 10-second countdown, put on the VR headset. Then put on the headphones.
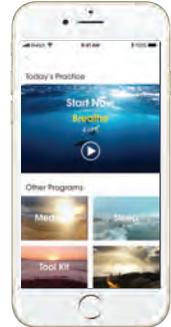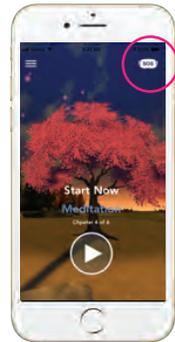
③

Enjoy!

Sit back, wait 10 seconds for it to start, and be immersed in your daily VR chapter.

STEP 8:
GET RELIEF

Use **Relief** when you have a pain flare and need immediate help for your pain symptoms.

Tap the Relief symbol in the upper right corner of the Home screen.

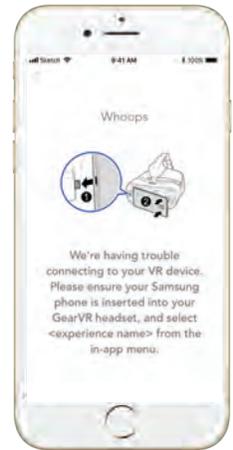Pick from one of the individual sessions, tap Play and then put your VR headset on.

Relief

STEP 9:
TROUBLESHOOTING

IPHONE APP AND VR DEVICE ARE NOT PAIRED?

If you press Play on your **iPhone app** and get an error message, please remove the **VR phone** from the headset.

Select the VR chapter on the VR phone.

Insert the VR phone into the headset and enjoy the VR session.

HELPFUL TIPS

- Make sure your phone is connected to WIFI.

- Stay seated when using the VR headset. The VR headset is not intended to be used when walking around.

- If it's blurry, move the headset up and down your face to find the right focal point in the lense for a clearer view.

- Wear glasses inside the headset to improve your view.

- Place the microphone next to your mouth to ensure it picks up your breathing.

- Keep the VR device charged as the battery is continuously used when the VR phone is plugged into the headset.

STEP 10:
TURN OFF AND CHARGING

HEART RATE SENSOR

Hold the button on the sensor down for 3 seconds. The light on the sensor will turn off.

To charge the sensor, connect the charging base to the back of the sensor. Plug the USB cord into the phone adapter. Charge for 2 hours or until a solid blue light appears on the sensor to indicate it is fully charged. The battery typically lasts for 8 hours.

FIGURE 1
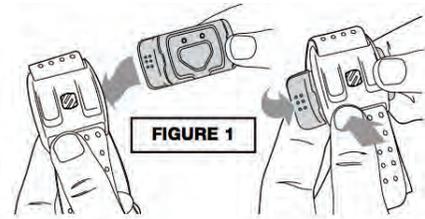
CHARGE THE VR HEADSET

Your VR device will automatically go to sleep after a few minutes of inactivity. Plug the charger into the bottom of the headset to ensure your device has enough battery when you need to use it.

If you do not charge the device, please remove the phone from the headset so the battery does not drain.

Plug the cord into the port on the underside of the headset

CONTACT US

service@appliedvr.io

844-857-0010

https://appliedvr.zendesk.com/hc/en-us