

Using RelieVR™

Virtual Reality is a non-invasive, interactive experience that offers guided imagery, interactive games, and meditation practices that help people into a relaxed state of mind.

Your VR kit comes with:

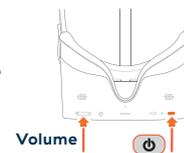
- Pico G2 4K headset
- handheld controller
- charging accessories

Patients with a history of seizures should not use VR



Getting Started

- 1 Power on:** Long press **POWER** key on the bottom of headset and wait for blue LED light to turn on.



- 2 Put on the headset:** Adjust the side straps so it fits comfortably.



- 3** Once you see the RelieVR menu you can **select your control method:**



A. To use your gaze – Simply wait 60 seconds for the Controller Connection menu to appear. Then select SKIP.

B. To use the Controller – Press the **HOME** button  on the Controller to pair it with the headset within 1 minute.

Note: To use your gaze to make selections within RelieVR, gaze and hold the dotted circle  over any button and wait for the circle to fill or press the button on the side of the headset.

- 4 Open the Settings menu:** On the Home menu, use your Controller to select the  Settings icon, located in the lower center of your screen.



- 5 Select Connect to WiFi:** You will temporarily be taken out of the RelieVR interface. Select your network. Enter the password, press enter, and then press connect. Confirm your network is selected then press the round EXIT button two times at the bottom.

AppliedVR

Daily Use



1. Set up the Patient: Adjust side straps of the headset so it fits comfortably on the patient's head.



2. The patient will enter the RelieVR Home Menu: Check with the patient to ensure they can view the Home Menu clearly. If it appears blurry, they may have to slightly adjust the headset up/down until their vision is clear.

3. Select VR: The patient may enter a VR experience immediately by selecting one of three content tiles.

4. During the last 10 seconds of an experience, a tile showing the experience UP NEXT will appear. The user can select UP NEXT or wait until they are taken back to the RelieVR Home Menu. From there, the user can continue to explore and enjoy!

5. Reset for a new patient: Select the Settings icon  located in the lower center of your screen. Select Info & Help and then select, Reset Progress. Note: The Home Menu will automatically reset to its default state each time you restart the VR headset.

6. Powering Down: At the end of the session, press and hold the power button for a full 3 seconds until the screen goes black. The Controller will go to sleep on its own. To ensure the headset is charged and ready for your next use, make sure you plug the headset back into its USB charger.



Troubleshooting

Device not powering on? Make sure the headset is completely plugged in. If the battery is completely drained, please allow two hours to fully charge.

Upon restart, if the Controller is not paired within 60 seconds a menu will appear. Select RETRY to attempt to pair again. You will then be brought back to the main menu. Then press the  HOME button on the Controller to pair. You will see the Controller in VR if pairing is successful.

Controller not visible or pointing the wrong way? Press and hold the  HOME button while pointing the Controller forward to reposition the Controller.

Menu Pointing the wrong way? Press and hold the  HOME button on the right hand side of the headset to reorient the menu OR select the  COMPASS in the menu.

If the patient reports that the experiences appear blurry, the patient may have to slightly adjust the headset up/down their face until the vision is clear.

Essential Tips

- Ensure the G2 4K is connected to WiFi to allow for software updates.
- Before using VR, familiarize yourself with the potential risks and side effects associated with VR. These may include motion sickness, dizziness, eye strain, headaches, or other visual abnormalities.
- A small number of people (up to 0.025% of users) may experience seizures or severe symptoms (eg: disorientation, nausea or drowsiness) upon viewing the VR experience.
- If patient reports motion sickness, claustrophobia or vertigo, please discontinue use & remove the headset.