soothe^{VR}

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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.

The VR kit comes with:
- Pico G2 4K headset, with Amplifier™
- Handheld controller
- USB–C Charging Cord and Wall Charger
- Carrying case

To avoid damaging the screen: DO NOT expose the headset to direct sunlight

Health and Safety Warnings
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- 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 you suffer from epilepsy, please consult your doctor before use.

- If you experience any unpleasant side effect using the headset, please discontinue use and notify your healthcare provider.

For questions about headset use, please contact the support team at the email or phone number provided on back side. For questions about clinical care, please contact your healthcare provider.
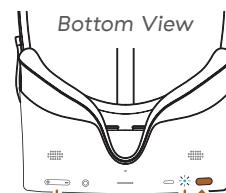
Getting Started

1 Power On.
Locate the ⏻ POWER button and LED light on the **bottom of the head set.** Long press the ⏻ POWER button and wait for the **BLUE** LED light to turn on.

Note: To Power Off, long press the power button for a full **3 seconds** until the screen goes black.
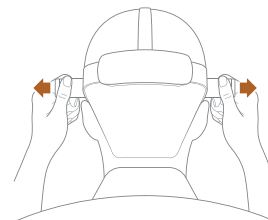
Bottom View

Volume +/–

Status Indicator LED

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

3 Once the menu loads a prompt will appear for you to **Select the Input Mode:**
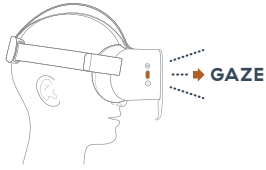
A. To use your gaze – Look at and select the GAZE MODE button.

→ GAZE

B. To use the controller – Use your gaze to select the CONTROLLER MODE button. Use your controller and follow the prompts to connect to controller.

Select
(button or trigger)
— Volume
— Menu
— Home
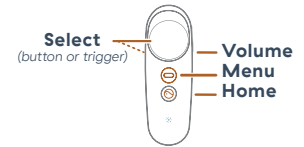
Note: Gaze is the default input mode. In this mode, the ⊙ CURSOR follows the motion of your head. To use your gaze to make selections within SootheVR, look and hold the ⊙ dotted circle over any button and wait for the button to fill or press the ▌SELECT button on the side of the headset.

4 **Connect to WiFi:** On the Home menu, select the ⚙ SETTINGS icon, located in the lower center of your screen. Select CONNECT TO WIFI located on the left side of the menu. Select your network from the list of WiFi networks. Select CONNECT to enter your password and then select SUBMIT. Once connected, you should see a 'checkmark' to the left of your WiFi Network

5 **Select a VR Experience:** Enter a VR experience by selecting one of the tiles on the Home menu. VR experiences will continue to play automatically.
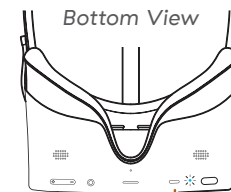
6 **Reset for a new user:** Select the ⚙ SETTINGS icon located in the lower center of your screen. Select INFO & HELP and then select RESET PROGRESS.

Note: The Home Menu will automatically reset to its default state each time you restart the VR headset.

Reorient | Settings

7 **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 to its USB–C charger.

Bottom View

USB–C Charging Port

AVR 4.0