

# Quick guide

NFC   Bluetooth®

## WellO2 MyBreath

### Smart Mouthpiece

**MyBreath** is used together with the WellO2 breathing exercise device



WellO2 Oy | [wello2.com](http://wello2.com)

**wellO2**

**Thank you for choosing the WellO2 MyBreath Smart Mouthpiece** to improve your respiratory well-being! We strongly believe that it provides you valuable information on your respiration and motivates you to improve your breathing. Good respiration is key to better life quality.

With this accessory, you replace the standard mouthpiece on your WellO2 device. You do your normal breathing exercises through MyBreath mouthpiece and the device will transfer your breathing measurement data to WellO2 app. The app advises you about different training programs and gives you results and suggestions. With the device you can monitor your breathing power and lung capacity improvement.

1

Wash the MyBreath Smart Mouthpiece under running water with mild hand soap and dry with a towel.



2

Insert the MyBreath Smart Mouthpiece into the WellO2 device by pressing firmly.



3

Go to the app store. Search for: WellO2. Download.



4

Orient the MyBreath Smart Mouthpiece so that the WellO2 logo faces the phone.



5

To form a connection to the MyBreath Smart Mouthpiece, it needs to be woken up by bringing it in close contact with the mobile phone. Usually the wireless NFC reader is located on the back side of the mobile phone. To ensure that MyBreath Smart Mouthpiece wakes up without issues, it's advised to:

- Orient the MyBreath Smart Mouthpiece so that the Wello2 logo faces the phone
- Maintain the MyBreath Smart Mouthpiece in contact or as close as possible to the mobile phone
- Waving the phone around in small circles



! If the phone does not connect to the Wello2 MyBreath Smart Mouthpiece, make sure your phone has NFC-function turned on. Wello2 MyBreath Smart Mouthpiece can only be used with a NFC-supported phone.

6

A white light will light up the MyBreath Smart Mouthpiece once it's successfully woken up. Once the application has detected that the nearby MyBreath Smart Mouthpiece has woken up, it will vibrate. After the vibration, the connection process starts. The connection usually takes about 2-5 seconds, however this may take longer depending on your mobile phone. Once the connection is established the application will proceed automatically. The application will show a description and required instructions for every step during the connection phase.



### Troubleshooting

- If the white light is not lighting up: try other spots on the back of your mobile phone. Usually the NFC reader is located backside of the mobile phone on the top, but this may vary.
- If the mobile phone vibrates but doesn't proceed with the connection, here are some things to try:
- Turn off and turn on bluetooth. This can be found from the mobile phones settings.
- Close and re-open the application and try again.
- If necessary, please contact Wello2 customer service for further assistance [info@wello2.com](mailto:info@wello2.com)
- Find out the compatibility of your phone and read more about the product

More instructions:



### 1. Intended use

Intended use of this product is to monitor, assist and analyse breathing training with the WellO2 Care device. The product is for home use. This product is not for any medical use. This product is for personal use only.

### 2. Manufacturer's liability

WellO2 Oy is only liable for equipment safety, reliability, and performance, provided that the product is used in compliance with these instructions for use.

### 3. Safety precautions

To prevent damage to the product, read the following precautions before using this product. Also, read the instruction for use of the WellO2 Care device since it provides valuable information to prevent damaging yourself. WellO2 MyBreath is a sensitive measurement device, handle with care.

- If you feel lightheaded or dizzy while exercising with the device, you should stop and rest in between the ex- and inhales. Also, check that you train with the intensity according to your current physical capability.
- If you are suffering from a cold, sinusitis, or respiratory infection, we advise you to use the minimum counter-pressure.
- This product is suitable for ages over 12, or with supervision from an adult for those under 12.
- The measurement may be disturbed by rough handling.
- You cannot replace the battery in the mouthpiece. Replacement of a battery with an incorrect type can defeat a safeguard (for example, in the case of some lithium battery types)
- Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery can result in an explosion.
- Leaving a battery in an extremely high temperature surrounding environment can result in an explosion or the leakage of flammable liquid or gas.
- A battery subjected to extremely low air pressure may result in an explosion or the leakage of flammable liquid or gas.
- If you have multiple MyBreath mouthpieces it is best to connect them one by one, to avoid accidentally connecting wrong phone with wrong device.

### 4. Maintenance and cleaning

Wash WellO2 MyBreath mouthpiece with mild hand soap and running water. Rinse thoroughly. Between uses, you can clean the mouthpiece under running water and

leave it to air-dry in an upright position or to dry it with a clean towel.

**Note! The product must not be washed in the WellO2 Care cleaning program, boiled in a pot or cleaned in a dishwasher!**

### 5. Warranty

WellO2 MyBreath Smart Mouthpiece device has 24 months warranty.

### 6. Technical specifications

Manufacturer: WellO2 Oy

Measurement method: Automatic electronic respiratory pressure measurement when inhaling and exhaling

Power: 3V Lithium CR2450W

Unit dimensions: Length: 110,17 mm, 20mm - 39,63 mm

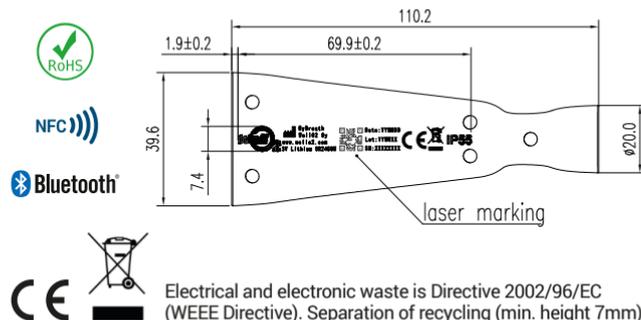
Weight: 39 g

Material: Tritan

Application with smartphones: WellO2

Environment:

- Operating temperature: +5°C to +45°C
- Storage temperature: +10°C to +30°C
- IP Classification: IP55
- Leakage current: < 0.5 mA
- Safety tested according to: EN IEC62368-1



Electrical and electronic waste is Directive 2002/96/EC (WEEE Directive). Separation of recycling (min. height 7mm)



Further information is available at  
[www.wello2.com](http://www.wello2.com) or [info@wello2.com](mailto:info@wello2.com)

Specifications are subject to change without notice.  
The WellO2 MyBreath brand is the property of WellO2 Oy.

WellO2 Oy  
Verstaankatu 5 A 3,  
33100 Tampere  
Finland

Breathe **Smarter**