



Your Guide to Getting Started

With your Freespira Care Specialist by your side, follow these steps to set up your Freespira device on the first day of your training.



Welcome to
Freespira!

We are excited for you and glad we can be part of your journey. You've taken an important step toward improving your health through achieving symptom relief with Freespira.

When you meet with your Freespira Care Specialist, they will help you set up the device and get started with your first treatment. Here are some simple steps to help you become familiar with the system.

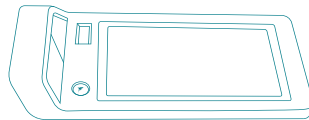


1.

What You Will Find in the Box

- Freespira device (A)
- 2 breath-sampling tubes (nasal) (B)
- Charger for the Freespira device (C)
- *Your Guide to Getting Started*
- Information and Resources Guide
- Return shipping label

A



B



C

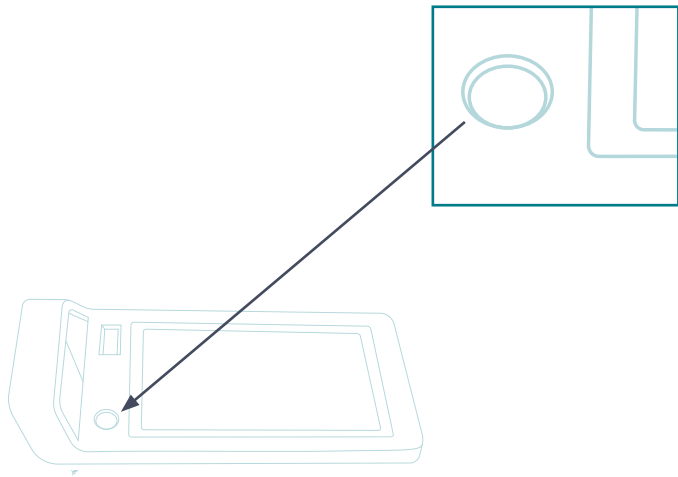


NOTE: To ensure your device is ready for your first session, please connect the charger for at least one hour before your session.

2.

Turning On Your Freespira Device

Push the power button located
on the front of your device.

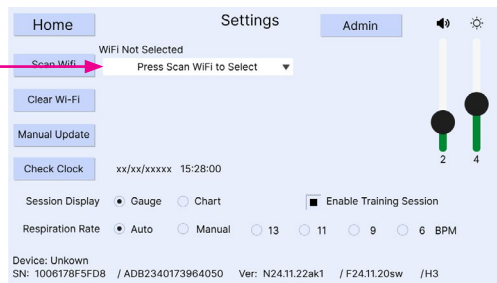


3. Connecting the Freespira Device to Wi-Fi (recommended but not required)

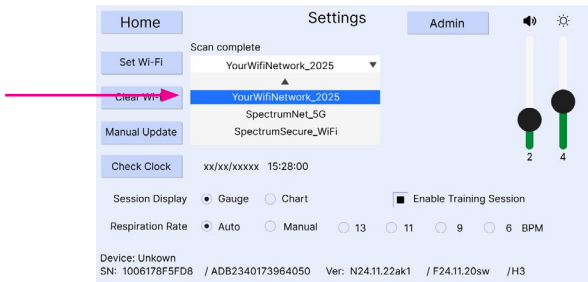
1. From the home screen, tap the “Settings” button.



2. Tap “Scan Wi-Fi” to search for available networks.



3. Select your Wi-Fi network and a new screen will appear for you to enter your password.



4. Enter your password and tap "OK."



Keys to Success



Learn:

Your body and mind will adapt to a new way of breathing.



Consistency:

Stick with your treatment and follow it regularly.



Engage:

Continue to meet regularly with your Care Specialist; they are there to help you.



Questions? Contact us!

Freespira Care Operations Team

Monday-Friday 9 a.m.- 6:30 p.m. EST

1-800-735-8995

care.advisor@freespira.com

Your Guide to Getting Started is a summary of the Freespira User Manual. Please refer to the User Manual for complete information about Freespira including all warnings, symbols, and other safety features.