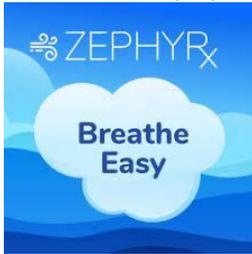


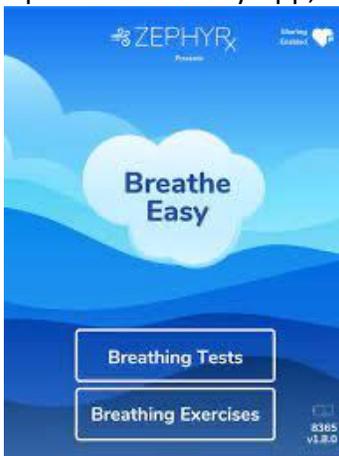


Home Spirometer Step-by-Step Instructions

1. Download Zephyrx Breathe Easy App



2. Insert batteries into your spirometer.
3. Turn on Bluetooth and locations on your smart phone.
4. Open Breathe Easy App, **Click Not Now for Enable Sharing**, click Breathing Tests.



5. Click Your Health Demographics



6. Fill out birthday, gender, height (first line is feet, second line is inches), weight (pounds) and ethnicity. Once all five demographics are complete the word submit will come up in green on the bottom. Click Submit
7. After clicking submit, it will return you to the Breathing Test page. Now it is time to start the test, Click FVC
8. This is the instruction page explaining what you are going to do before the test activates. The patient is going to place their lips around the mouthpiece, take a big breath in, blast out all your air into the device, completely emptying their lungs, Inhale completely filling your lungs. **You will**

complete these steps until the spirometer has three consistent results or will go up to 8 tests.
Click Continue to begin spirometry.

To get accurate results, you'll need to follow these instructions carefully. But don't worry, we'll guide you along the way!

-  **1** Close your lips around the mouthpiece
-  **2** Completely fill your lungs
-  **3** Blast your air out forcefully into your device. Completely empty your lungs.
-  **4** Inhale, and completely fill your lungs again (optional)

You'll repeat this until we get consistent results or until we have 8 tests. This ensures an accurate measurement.

[Continue](#)

9. Place lips on spirometer, make have a good seal around the mouthpiece. Take a big breath in and blast out all your air. The spirometer will sense you are forcefully exhaling your screen will change starting the spirometry test.

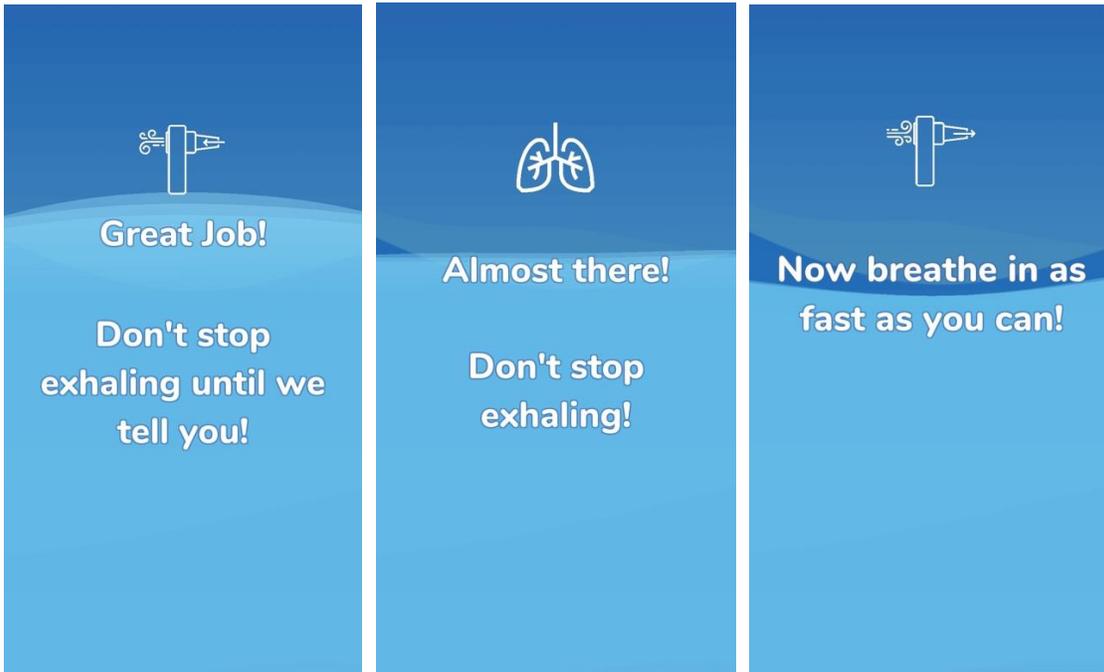
Put your lips around the mouthpiece and breathe in as much as you can.



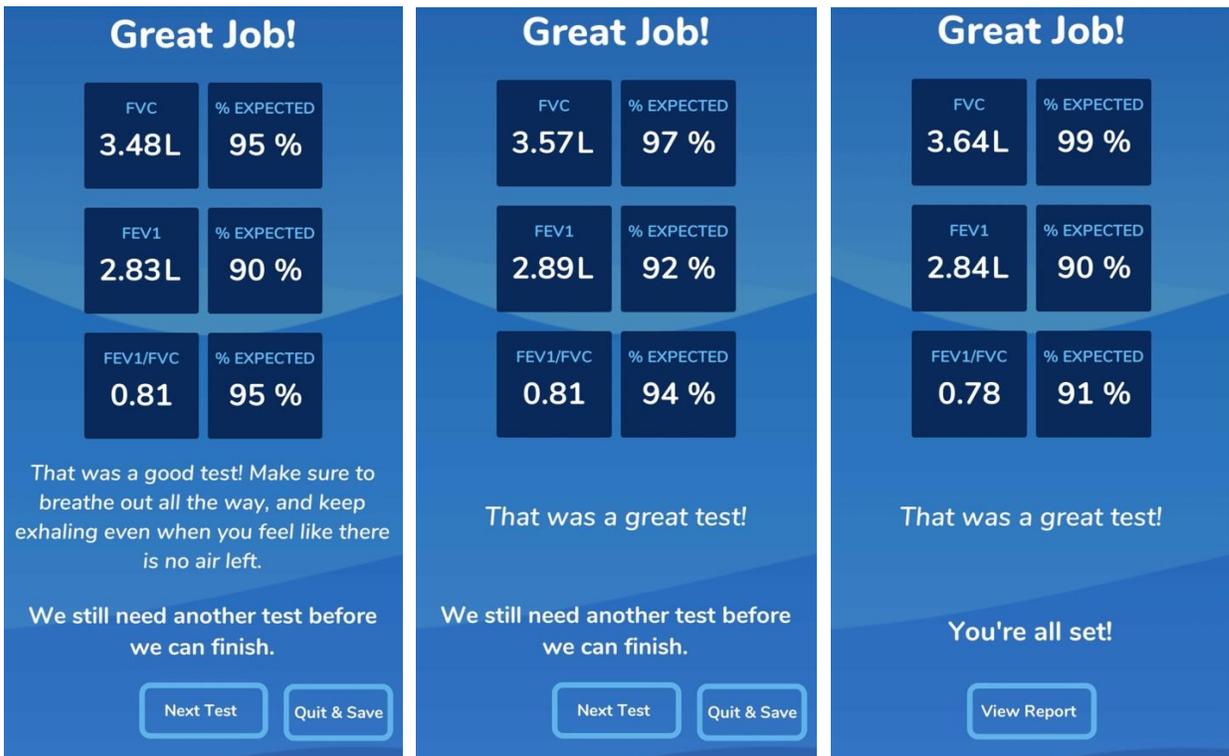
When your lungs are full, breathe out as fast as you can to start the test!



10. When blowing out the app will say "Don't stop exhaling!" Eventually the app will ask you to take a deep breath in as fast as you can.



11. You have now completed your first spirometry test. A result page will show up after each test. Remember, you need 3 tests that are consistent to complete the entire test. On the result page it may give you tips to improve your test or say great test. Click **Next Test** until app says "You're All Set"



Once you have 3 consistent tests, you will be able to review your report. If you cannot blow 3 consistent tests, click **Quit & Save** to view report.



12. **Sending your results to your physician**, to exit the report page click the “X” in the top right corner. This will bring you back to the breathing test page. Click **Export Your Results**, located under the Your Health Demographic button. The app will ask you if you would like to generate a file, **click Yes**. Using your personal email connected to your phone, directly email your physician the results. All tests will be sent, not just most recent.