



# Quick Start Guide: Behavioral, Reliever & Education Spaces

Guide for Professionals

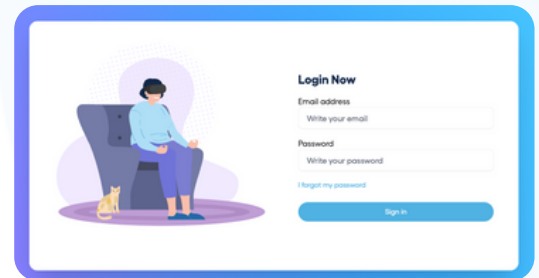
## Getting Started

### Before you start

Make sure your computer is connected to the internet and your headset is turned on, charged and connected to the wifi.

### Login

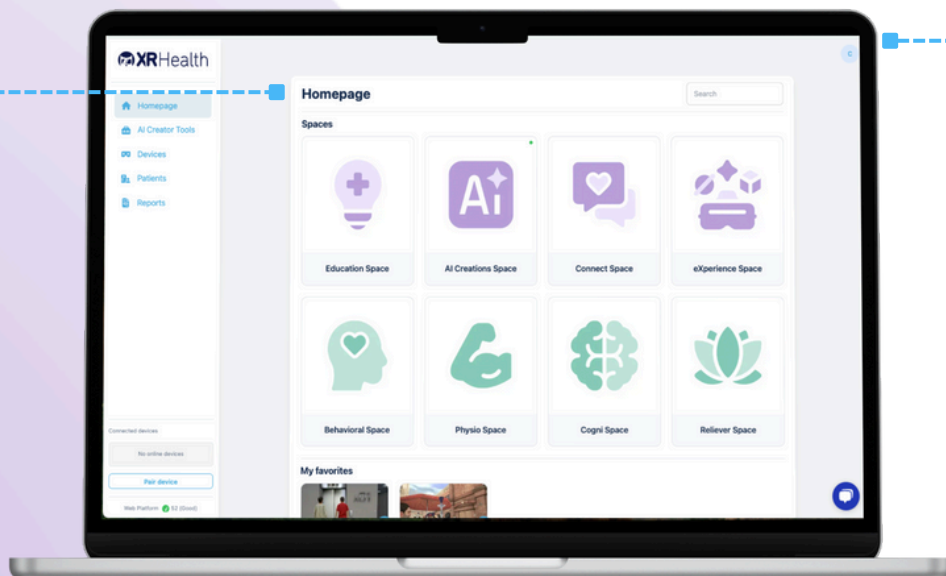
- Go to: [platform.xr.health](https://platform.xr.health)
- Use the login credentials you received in the email "**Access your XRHealth account**"
- Select the Space you will be working with for the session



### Homepage

Here you will find:

- **Spaces:** The different Spaces available. The colored Spaces are included in your plan.
- **My Favorites:** Environments you've marked as favorites
- **Recent Environments:** Your most recently used environments
- **Popular environments:** The most used environments across XRHealth



### Account Settings

Click on your initials in the top right corner to:

- Update your personal details, language settings, or password
- Note:** To change your email address, contact Customer Success



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## Launching Environments

### Session Types

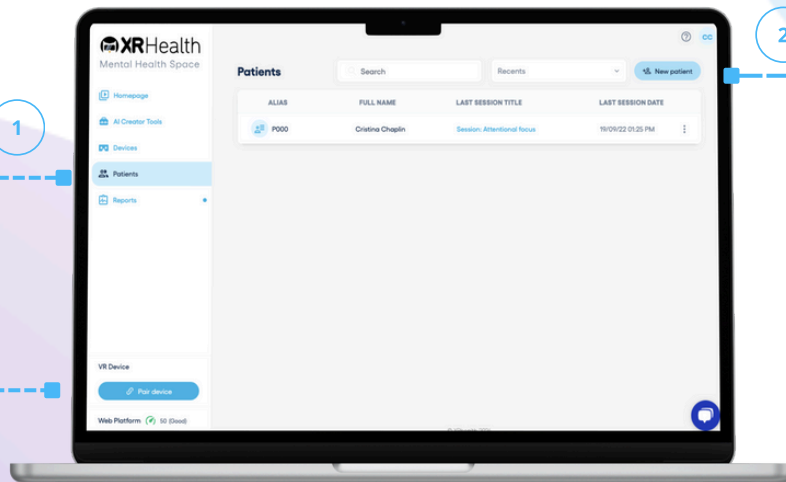
- **Live Sessions:** The patient can select and launch the environment requested by the therapist directly from the headset.
- **Treatment Plan for At-Home Use:** Create the treatment plan in the Platform. At home, the patient can login to their headset, select the treatment plan, and start their session independently.

### Live Session Steps:

#### 1. Creating a Patient Record

- 1 Click on the **"Patients"** tab
- 2 Click the **"New Patient"** button and enter the patient's email address
  - The patient will receive a notification email of the account creation

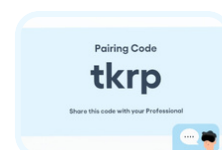
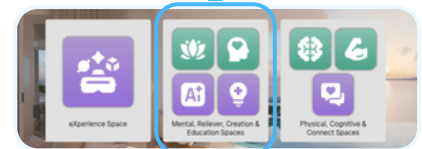
**Note:** XRHealth complies with GDPR and HIPAA for storing and encrypting patient records.



#### 2. Pairing a Headset

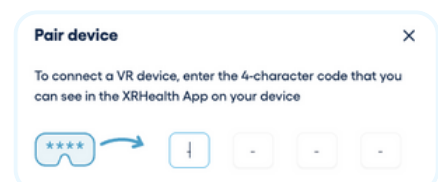
##### In VR headset:

- 1 Select **"Behavioral, Reliever, AI Creations & Education Spaces"**
- 2 A 4-character pairing code will appear on the device



##### In the web Platform:

- 3 Click the **"Pair Device"** button at the bottom-left corner of the platform
- 4 Enter the code in the platform and click **"Pair"**



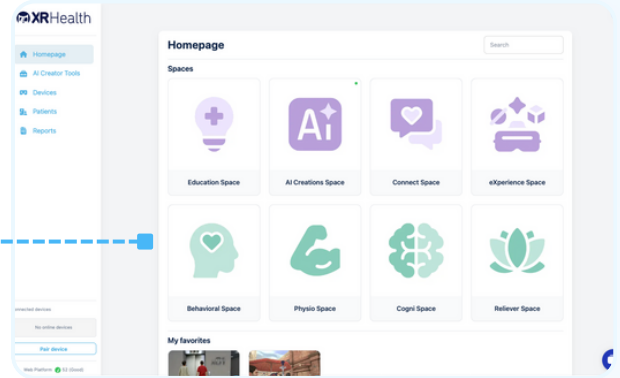


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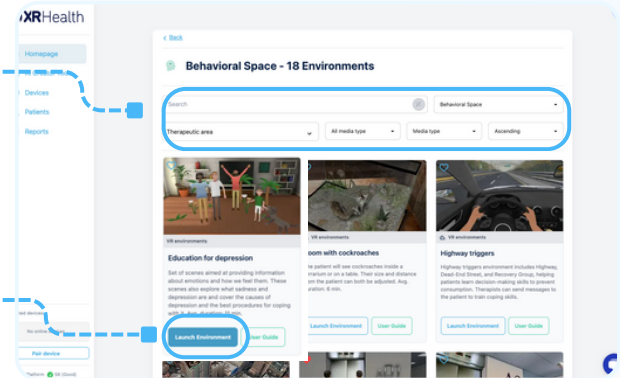
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## 3. Starting a VR Session

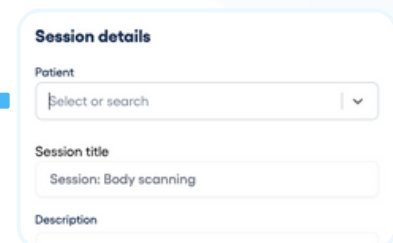
- 1 Pair your VR headset using the quick pairing code  
**Note:** Pairing is automatic after the first time
- 2 In the Homepage, select the Space to use.  
**Note:** The colored Spaces are those included in your plan



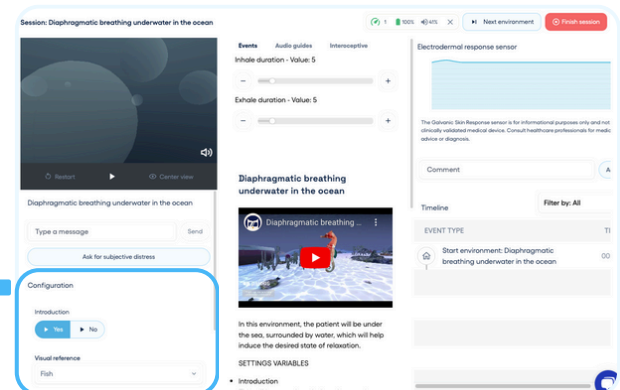
- 3 Scroll or search for an environment matching your session goals
- 4 Select the environment and click "**Launch Environment**"



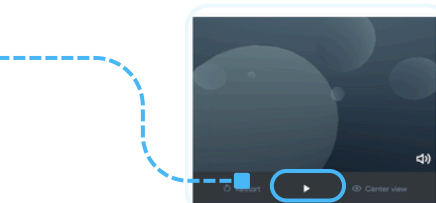
- 5 Choose your patient, complete the session details and click "**Start Session**" to begin



- 6 In the session, adjust the "**Configuration Variables**" to control the level of exposure for the patient  
**Note:** These variables must be adjusted before you press play, as they lock once the environment starts



- 7 Click "**Play**" to begin the session in the headset for the patient





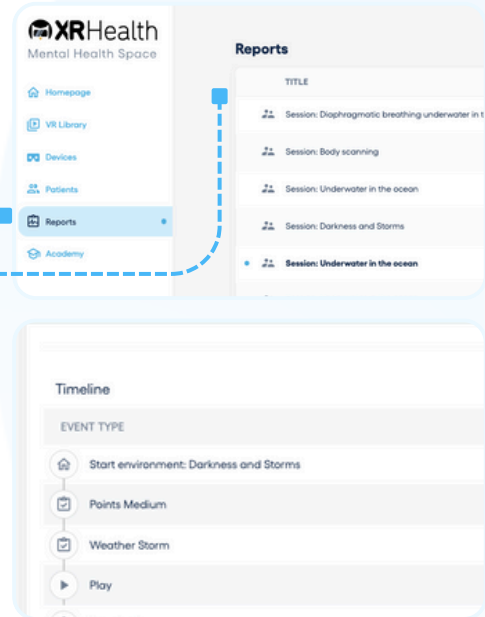
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## 4. Session Report

Review the end-of-session report

- 1 Select the **Reports** section
- 2 Search and select the report
- 3 Access the session report and view data for further insights



## Treatment Plan Steps:

Create a treatment plan with pre-defined sessions, which will sync automatically to the VR headset.

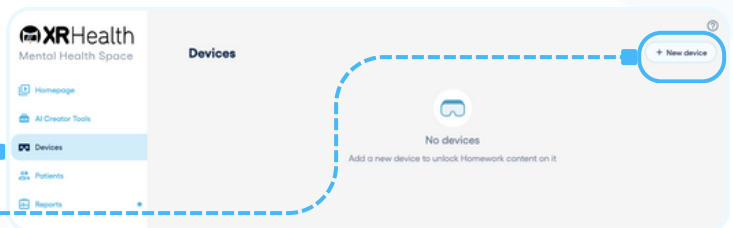
### 1. Create the Treatment Plan

In the web Platform:

- 1 Select the **Devices** section
- 2 Click on “+ New device”
- 3 Fill in the device information and assign it to a patient

Click “**Generate Code**” and save the information to share with your patient

- 4 Once the device appears in the list, click on “**Edit**” Treatment Plan next to the patient’s headset

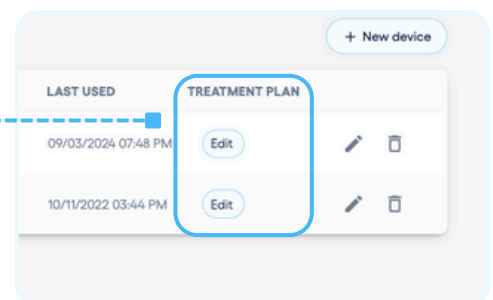


**Generate an invitation code**

An invitation code can be used in the XRHealth App to unlock Homework.

Device name

Patient

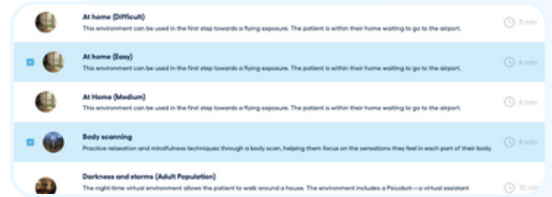




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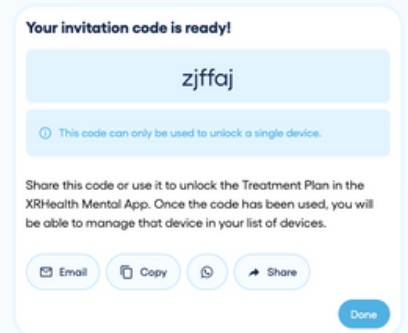
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- 5 Click **"Add Content"** and choose the appropriate VR sessions
- 6 Customize the session by editing, reordering or duplicating the content as needed



## 2. Provide Patient Access

Provide the patient with their account credentials. They will be prompted to change the password on their first login for security.



## 3. Patient Steps

Instruct the patient to:

- 1 Download and enter the **XRHealth Mental Health** app on Meta Horizon in their VR headset
- 2 Click on the **"Treatment Plan"** button
- 3 Allow the plan(s) to download over WiFi
- 4 Access and complete sessions at any time, as many times as needed once downloaded

