



Quick Start Guide: Physio, Cogni and Connect Spaces

Guide for Professionals

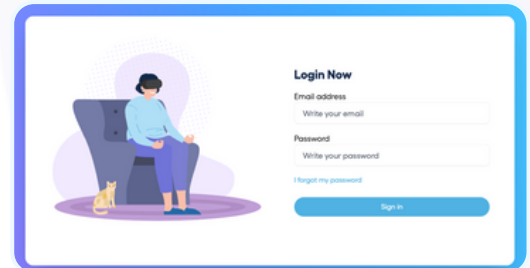
Getting Started

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

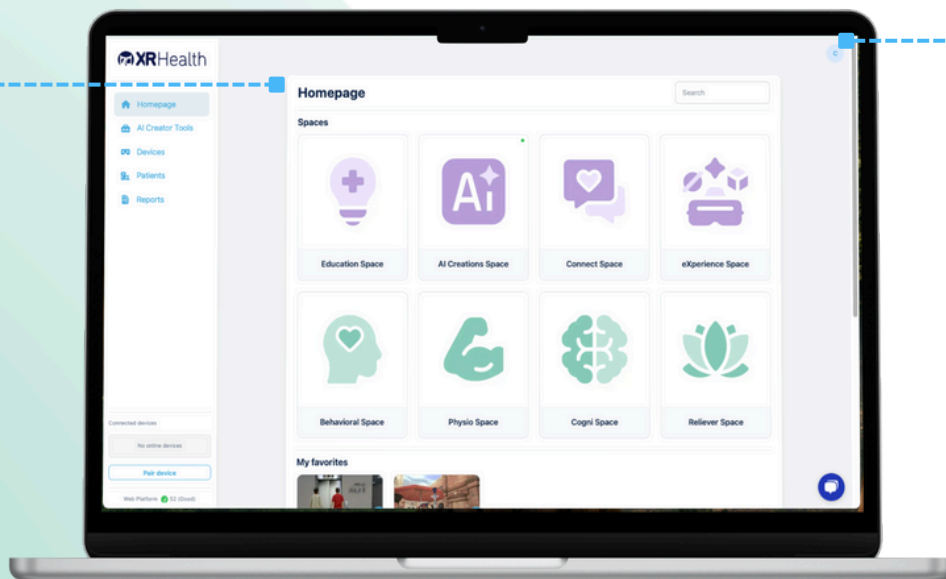
- Go to: platform.xr.health
- Use the login credentials you received in the email "**Access your XRHealth account**"
- Select the Space you will be working with for the session



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

To use these Spaces, you will use the XRHealth External Control app and Data Portal platform to manage patients and launch environments.

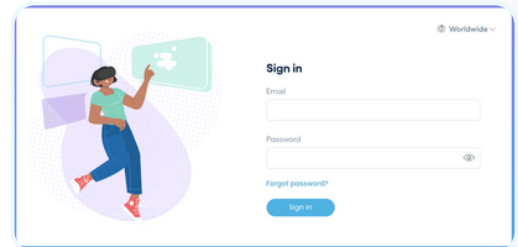
Session Types

- **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 Data Portal, save and publish it. At home, the patient can log in to their headset, select the treatment plan, and start their session independently.

Live Session Steps:

1. Login

- Use your account credentials to log in to the Data Portal: <https://physical.xr.health>



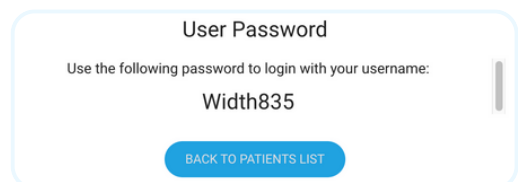
2. Select or Create a Patient Profile

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

- 1 Select an existing patient or create a new profile by clicking the **"New Patient"** button.
 - For new patients, fill in the mandatory fields:
 - Email
 - primary treatment case (dropdown)
 - ICD10 code



- 2 Save the profile and **note the temporary password** for the patient's headset. Share this with the patient; it will need to be changed upon first login



3. Download the External Control App

- 1 Download the **XRHealth External Control** app to your computer
- 2 Log in to the app with your account credentials





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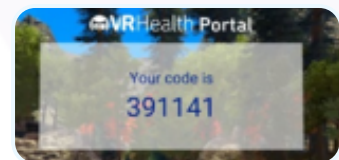
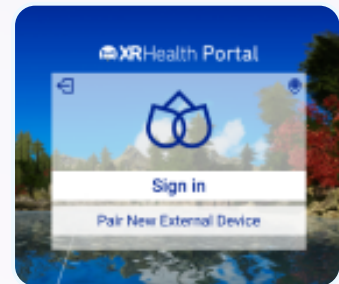
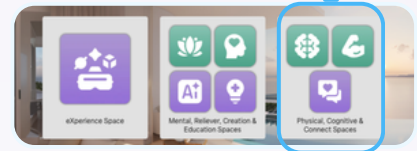
4. Pair the Headset

In VR headset:

1 Select "**Physio, Cogni & Connect Spaces**"

2 Select "**Pair New External Device**"

3 A 6-digit code will appear
Note: The "Sign in" option is used by patients to access their treatment plans (see below)

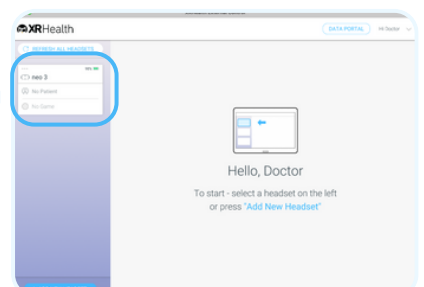
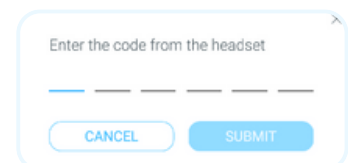
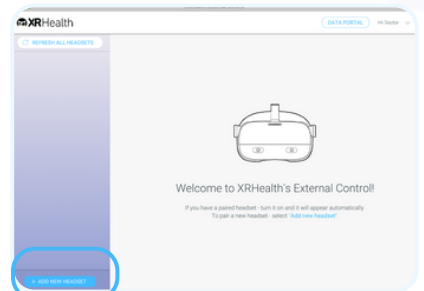


In the External control App:

1 Click "**Add new headset**"

2 Enter the 6-digit code from the headset

3 Assign a name to the headset
Note: Pairing is a one-time process. Once paired, the headset will appear automatically in the sidebar whenever it is powered on, connected to Wi-Fi, and in the "Physio, Cogni & Connect Spaces" app





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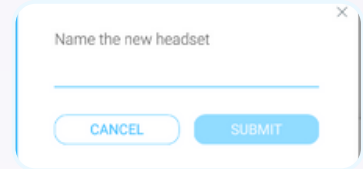


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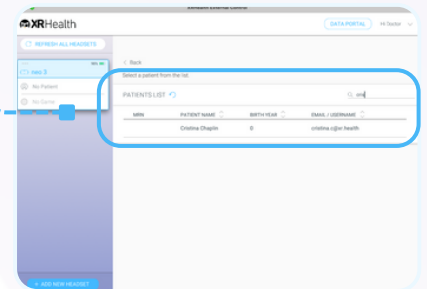
5. Associate the Headset with a Patient

(previously created in Data portal)

1 Select a headset from the sidebar

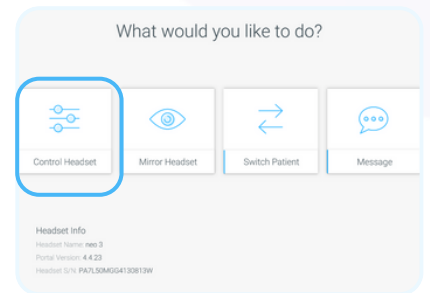


2 Choose the patient from the patient list

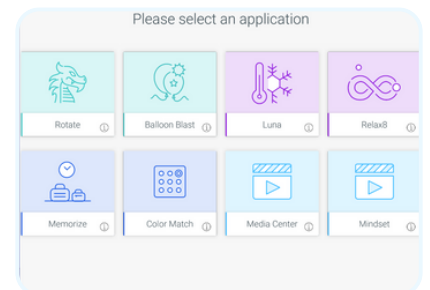


6. Play a Session

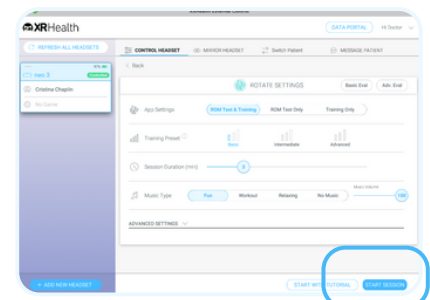
1 Select "Control Headset"



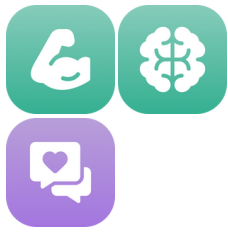
2 Choose the desired app



3 Select a training preset or adjust settings manually
• Click "Advanced Settings" to view more options



4 Click "Start Session" to begin



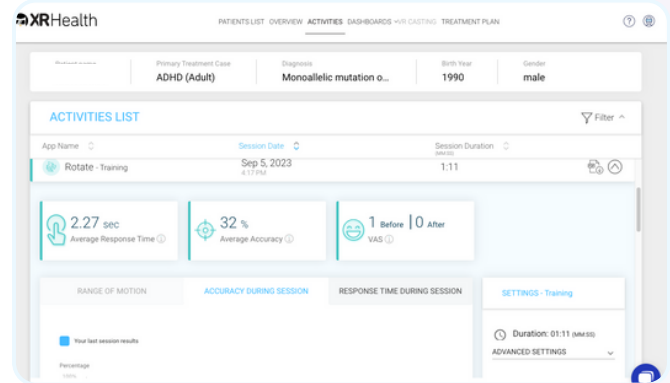
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7. Session Report:

Review the end-of-session report in the **Data Portal:**

- Search for the patient
- Access the session report and view data for further insights



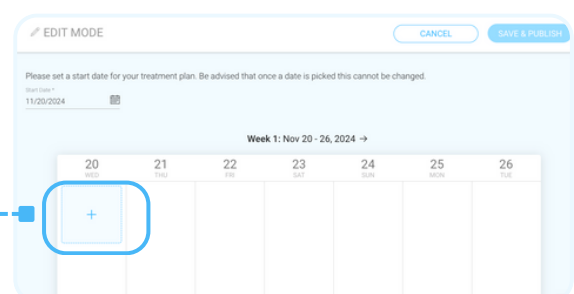
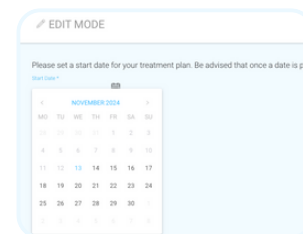
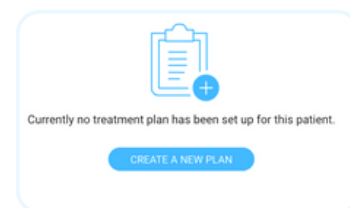
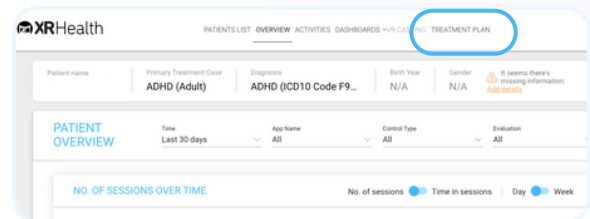
Treatment Plan Steps:

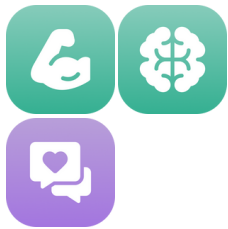
Create a treatment plan with pre-defined sessions, which will sync automatically to the patient's VR app.

1. Create the Treatment Plan

In the Data Portal:

- 1 Select the patient and navigate to the **Treatment Plan** tab
- 2 Click on **"Create a New Plan"**
- 3 Select a start date (can only be modified during the plan creation)
- 4 Hover on the start date and click on the box that appears





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- 5 Select an app, adjust the settings (including advanced settings if available) and click **"Save"**
- 6 Add additional apps to the plan by repeating these steps as needed
- 7 When finished, click **"Save & Publish"**
 - You can edit or delete the plan later if necessary

CREATE NEW SESSION

Session Name * Rotate

App Name * Memorize Color Match **Rotate** Balloon Blast Relax8 Luna
Mindset Kog's Quest

Comment Please enter specific directions you want your patients to follow (optional)
0 / 100 characters

App Settings * Training Only ROM & Training ROM Test Only

Game Preset * Basic Intermediate Advanced

EDIT MODE

Please set a start date for your treatment plan. Be advised that once a date is picked this cannot be changed.

Start Date * 11/20/2024

Week 1: Nov 20 - 26, 2024 →

20	21	22	23	24	25	26
TUE	WED	THU	FRI	SAT	SUN	TUE
Rotate Training Only Basic 3 min	Rotate Training Only Basic 3 min					

SAVE & PUBLISH

2. Provide Patient Access

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

User Password

Use the following password to login with your username:

Width835

[BACK TO PATIENTS LIST](#)

3. Patient Steps

Instruct the patient to:

- 1 Open the **"Physio, Cogni & Connect Spaces"** app on their VR headset
- 2 Select **"Sign in"** and enter their credentials
- 3 Access **"My Treatment Plan"**, which will now be available to follow at home

