# Quick Start Guide: eXperience Space
## Guide for Professionals

## Use Cases for eXperience Space

The eXperience Space provides a fast, effortless solution designed for minimal interaction, making it perfect for busy clinics and workplaces. With easy-to-use technology, it reduces time-to-therapy by simplifying access to therapeutic content—no login, Wi-Fi setup, or configuration required. This low-touch experience eliminates barriers, requiring minimal steps and no clinician effort.

### Ideal Applications

- Relaxation & stress relief
- Mindfulness exercises
- Preoperative anxiety reduction
- Pain management
- Palliative care comfort

- Distraction therapy
- Enhanced waiting room experience
- Combating burnout
- Comfort pre/post procedures

## Before you start

Ensure your headset and controllers are fully charged and powered on before use. To keep your XRHealth app running smoothly, check for updates regularly and install them as needed. Staying up-to-date ensures the best experience and access to the latest features.

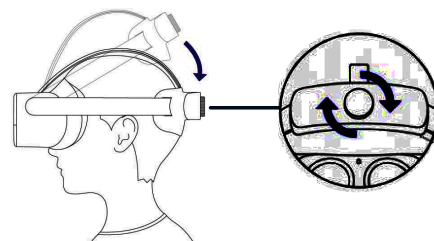## Starting a VR Session

**1 Power On the Device**
Press the power buttons on the headset and controllers until the blue lights appear.



**2 Wearing the Headset**
Instruct the patient to adjust the wheel on the strap for a comfortable fit.

Note: The headset is designed to be worn comfortably with regular eye-glasses.
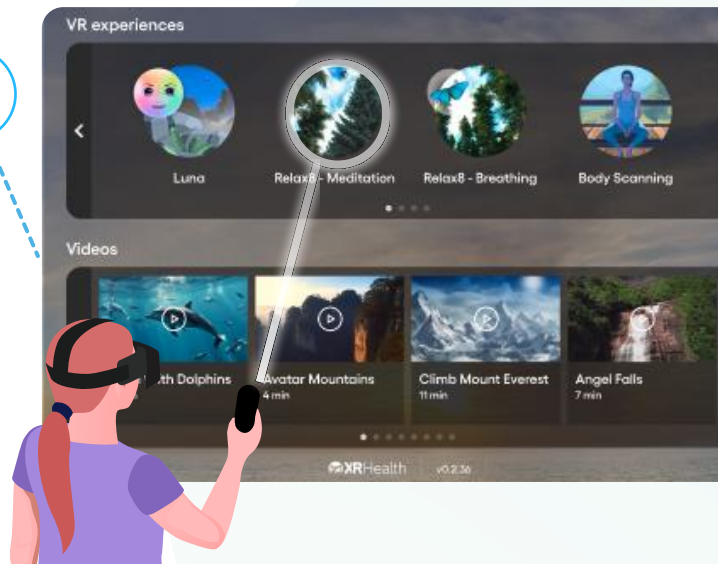
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## Starting a VR Session - continued

**③ Selecting an Environment**

- Use the controller to point at a VR experience or video on the screen, then press the Trigger button to select it.
**Note: You only need one controller for this process.**

**④ Ending an Experience**
- Click the controller's Trigger button to stop the VR experience.
- A menu will appear: select the option to return to the main menu.