

# Quick guide

NFC))) Bluetooth®

# WellO2 MyBreath™

## Smart Mouthpiece

**MyBreath™** is used together with the WellO2 breathing exercise device



WellO2 Oy | [wello2.com](http://wello2.com)

**WellO2**

**Thank you for choosing the Wello2 MyBreath™ Smart Mouthpiece** to improve your respiratory health and well-being! We are sure that this accessory will provide you with valuable insights into your respiration and motivate you to improve your breathing habits. Good breathing is the key to better quality of life!

The MyBreath™ smart mouthpiece is used the same way as the standard Wello2 mouthpiece and it is connected to the Wello2 application. The smart mouthpiece transfers your breathing measurement data to the Wello2 application, where you can find breathing exercises for many different purposes as well as breathing tests. With the help of those breathing tests, you can measure and monitor your lung respiratory muscle strength, airflow and total respiratory capacity. Your exercises and test results will be saved in the Wello2 application. Tracking your progress surely increases your motivation towards exercising!



The Wello2 MyBreath™ smart mouthpiece can only be used with NFC-enabled mobile phones (check with your mobile phone manufacturer). Supported operating systems are iOS 12 and Android 9 or later.



Wash the Wello2 MyBreath™ smart mouthpiece under running water with mild hand soap. Dry with a clean towel.



2

Open your mobile phone's application store and search "Wello2" application. Download and open the application.



3

After opening the application, enter your email and click "Send magic link"

4

You will receive an email. Use your mobile phone to open the email with the subject "Here's your Wello2 link!" Click on the "Sign in to my account" button in the message.

Note! If needed, check your email spam folder.

5

The application has now been downloaded and set up successfully, and you can start using it according to the application's instructions.

## 6

## Connecting the MyBreath™ smart mouthpiece to the WellO2 application

The MyBreath™ smart mouthpiece requires NFC and Bluetooth connection to work. Make sure that your mobile phone's NFC and Bluetooth connection is turned on. Depending on your mobile phone model, NFC is either always on or you can turn it on from your mobile phone settings. The WellO2 application will notify you if you need to check your NFC or Bluetooth connection.

**A.** Open the breathing exercise or test of your choice in the WellO2 application.

**B.** The application will ask you to connect your mobile phone to the MyBreath™ smart mouthpiece using the “Connect” command. Click “Connect”.

**C.** Bring the MyBreath™ smart mouthpiece very close to the NFC reader on your mobile phone. Usually, the wireless NFC reader is located in the back of your mobile phone.



### Tips for smooth connecting:

- Align the MyBreath™ smart mouthpiece so that the WellO2 logo is facing the mobile phone.
- Keep the smart mouthpiece in contact or as close as possible to the mobile phone.
- Move the MyBreath™ smart mouthpiece in small circles in the back of the mobile phone.



# 7

A white light flashes on the MyBreath™ smart mouthpiece when the connection is successfully established. It usually takes about 2–5 seconds to establish the connection. However, it may take longer, depending on the mobile phone model. Once connected, The application will automatically progress and guide you.



## Troubleshooting:

If the tips in section 6 do not work and you are unable to connect the MyBreath™ smart mouthpiece to the WellO2 application, try the following:

- Move the MyBreath™ smart mouthpiece in small circles in the back of the mobile phone. The NFC reader is located in the back of the mobile phone at the top or in the middle, but this may vary depending on the model of the mobile phone.
- Turn off and turn on Bluetooth again. Bluetooth connection can be found in your mobile phone settings.
- Close and reopen the app. Try connecting again.
- If necessary, contact WellO2 Customer Service for further assistance: [info@wello2.com](mailto:info@wello2.com).
- Find out if your mobile phone is compatible and read more about the product.

More instructions:



## **1. Intended use**

The intended use of this product is to monitor, support and analyse respiratory training with the WellO2 device. The product is intended for personal home use only, not for medical use.

## **2. Manufacturer's liability**

WellO2 Oy is only liable for equipment safety, reliability, and performance, provided that the product is used in compliance with these instructions for use.

## **3. Safety precautions**

To prevent damage to the product, read the following precautions before using this product. Also, read the instruction for use of the WellO2 device since it provides valuable information to prevent damaging yourself. WellO2 MyBreath™ is a sensitive measurement device, handle with care.

- If you feel lightheaded or dizzy while exercising with the device, you should stop and rest in between the ex- and inhales. Also, check that you train with the intensity according to your current physical capability.
- If you are suffering from a cold, sinusitis, or respiratory infection, we advise you to use the minimum counter-pressure.
- This product is suitable for ages over 12, or with supervision from an adult for those under 12.
- The measurement may be disturbed by rough handling.
- If you have multiple MyBreath™ mouthpieces it is best to connect them one by one, to avoid accidentally connecting wrong mobile phone with wrong device.
  - The smart mouthpiece is powered by an integrated, non-removable battery. The battery life depends on the amount of use and storage conditions. The estimated battery life is 3–5 years. Replacing the battery with the wrong type of battery may invalidate the protection (e.g. some lithium battery types can be used to replace the battery).
  - Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery can result in an explosion.
  - Leaving a battery in an extremely high temperature surrounding environment can result in an explosion or the leakage of flammable liquid or gas.
  - A battery subjected to extremely low air pressure may result in an explosion or the leakage of flammable liquid or gas.

## **4. Maintenance and cleaning**

Wash WellO2 MyBreath™ mouthpiece with mild hand soap and running water. Rinse thoroughly. Between uses, you can clean the mouthpiece under running water and

leave it to air-dry in an upright position or to dry it with a clean towel.

**Note! The product must not be washed in the WellO2 cleaning program, boiled in a pot or cleaned in a dishwasher!**

## 5. Warranty

WellO2 MyBreath™ Smart Mouthpiece device has 24 months warranty.

## 6. Technical specifications

Manufacturer: WellO2 Oy

Measurement method: Automatic electronic respiratory pressure measurement when inhaling and exhaling

Power: 3V Lithium CR2450W

Unit dimensions: Length: 110,17 mm, 20mm – 39,63 mm

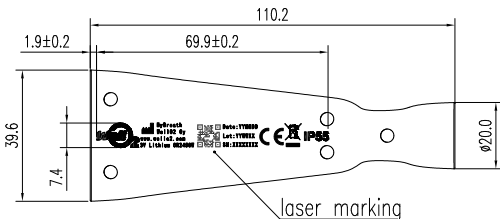
Weight: 39 g

Material: Tritan

Application with smartphones: WellO2

Environment:

- Operating temperature: +5°C to +45°C
- Storage temperature: +10°C to +30°C
- IP Classification: IP55
- Leakage current: < 0.5 mA
- Safety tested according to: EN IEC62368-1



The appliance is covered by the WEEE Directive 2002/96/EC (WEEE Directive) and must be recycled accordingly.



**More information:**

wello2.com  
or info@wello2.com

Specifications are subject to change without notice.  
The WellO2 MyBreath™ brand is the property of WellO2 Oy.

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Finland

Breathe **Smarter**