

Quick guide



WellO2 MyBreath™

Generation 2.0

Smart Mouthpiece

MyBreath™ is used together with the WellO2 breathing trainer



WellO2 Oy | wello2.com



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!

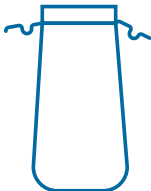
The MyBreath™ smart mouthpiece is used the same way as the standard WellO2 mouthpiece and it is connected to the WellO2 application. The smart mouthpiece transfers your breathing measurement data to the WellO2 application, where you can find breathing exercises for many different purposes as well as 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 package includes



WellO2 MyBreath™
Smart Mouthpiece



Carrying bag



Charging dock



Quick guide



USB cable



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. For indoor use only.

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 inhaled. 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 years or with supervision from an adult for those under 12 years.
- 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. 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: 3.7V 65mAh 0.2405Wh Li-ion Polymer Battery

Unit dimensions: Length: 119 mm Width: 45 mm

Weight: 54 g

Charging dock: Width 60 mm Height: 38 mm

Weight: 40 g

Cable: USB A to USB C, black, 1m

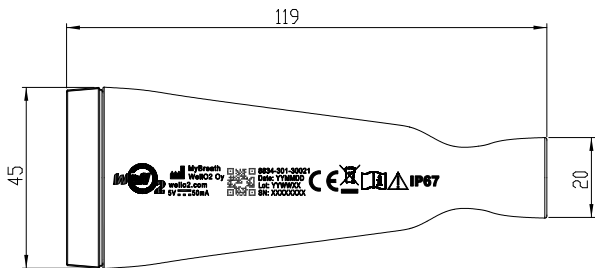
The minimum USB cable power supply requirement: 5Vd.c., 1A

Unit Material: Tritan

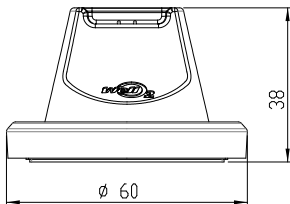
Application with smartphones: WellO2

Environment:

- Operating temperature: +5°C to +45°C
- Storage temperature: +10°C to +30°C
- IP Classification: IP67
- Leakage current: < 0.5 mA
- Safety tested according to: EN IEC IEC62368-1



 Bluetooth



ENVIRONMENTALLY ACCEPTABLE DISPOSAL



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmentally safe recycling. The appliance is covered by the WEEE Directive 2002/96/EC (WEEE Directive) and must be recycled accordingly.

How to get started

1

Charge the WellO2 MyBreath™ smart mouthpiece. First, connect the USB C to the charging dock and the USB A to the supply source. The USB cable can be connected to any plug that supports USB A port. The smart mouthpiece starts charging when you place it on top of the charging dock.



A green light turns on the smart mouthpiece when the battery is charging and turns off once the battery is full.

To fully charge the battery, we recommend charging the battery for about 3–4 hours. The fully charged battery will last for 10–14 days. The battery status can be seen in the WellO2 application.

A red light turns on when the battery is low.

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The WellO2 MyBreath™ smart mouthpiece is used with Bluetooth connection. Supported operating systems are iOS 12 and Android 9 or later.

2

Wash the WellO2 MyBreath™ smart mouthpiece under running water with mild hand soap. Dry with a clean towel.



3

Open your mobile phone's application store and search "WellO2" application. Download and open the application.



4

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

5

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.

6

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

7

Connecting the MyBreath™ smart mouthpiece to the WellO2 application

The MyBreath™ smart mouthpiece requires Bluetooth connection to work. Make sure that your mobile phone's Bluetooth connection is turned on. The WellO2 application will notify you if you need to check your 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. Press the button on the MyBreath™ smart mouthpiece to connect.



Note! The MyBreath™ smart mouthpiece has a timeout after inactivity of 5 minutes. The application will notify you if you need to connect again.

8

While connecting the smart mouthpiece to your mobile phone, the blue light is blinking. Once the connection is successfully established, a solid blue light turns on the MyBreath™ smart mouthpiece.



9

Insert the MyBreath™ smart mouthpiece into the WellO2 device by pressing firmly.



Troubleshooting:

If you are unable to connect the MyBreath™ smart mouthpiece to the WellO2 application, try the following:

- Close and reopen the application. Try connecting again.
- Turn off and turn on Bluetooth again. Bluetooth connection can be found in your mobile phone settings.
- If necessary, contact WellO2 Customer Service for further assistance: info@wello2.com.
- Find out if your mobile phone is compatible and read more about the product.

More instructions:





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.

Wello2 Oy
Verstaankatu 5 A 3,
33100 Tampere
Finland

Breathe **Smarter**