

Quick-Start Guide for Patients

February 2022





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General Instructions



Starting a Session:

1. Choose your Hardware.

- **Smartphone device:** Decide ahead of time what device you will use the App on. It can be an Apple or Android smartphone with a good screen resolution (or a tablet, if not using the VR option). You will need a full battery and a reliable internet connection.
- **VR Headset:** If you going to be using a Virtual Reality headset, make sure you have set it up following the manufacturer's instructions.
- **Optional Sensor:** You might have been provided with, or purchased, the eSense electrodermal response sensor.

2. Choose a quiet, private place. Find a comfortable place without distractions to have your appointment.

3. Set up your environment. In order to be more focused, we recommend the use of headphones to isolate yourself from your physical environment, as well as choosing a dark room without distractions.

4. Always remain seated or standing in place.





Smartphone Start Guide

The following instructions apply for the Amelia Smartphone app. A qualified Health Care Professional (HCP) will guide you through different VR environments.

App Installation



It's as easy as installing an app on your smartphone!

Step 1. Download the Amelia VR app from the Google Play store for Android or from the App store for iOS:



Step 2. Enter the app and **accept all the permissions** required.

Step 3. When you see the image of a **four-character code**, you can start the session.

Next you will learn how to use the different viewing modes.

Note:

To configure VR elements, it may be necessary to install the [Google Cardboard app](#) or similar.



Try now!

You can try the demo environments without pairing with the platform.



Try Now

Settings menu

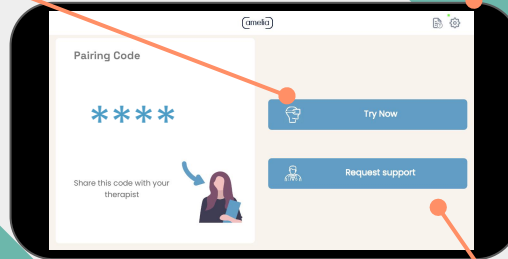
Change Language
Sensor control panel
Disk Space Manager
Enable VR Mode

Request support

Reach out to us for technical support.



Request support



Step By Step Tutorial

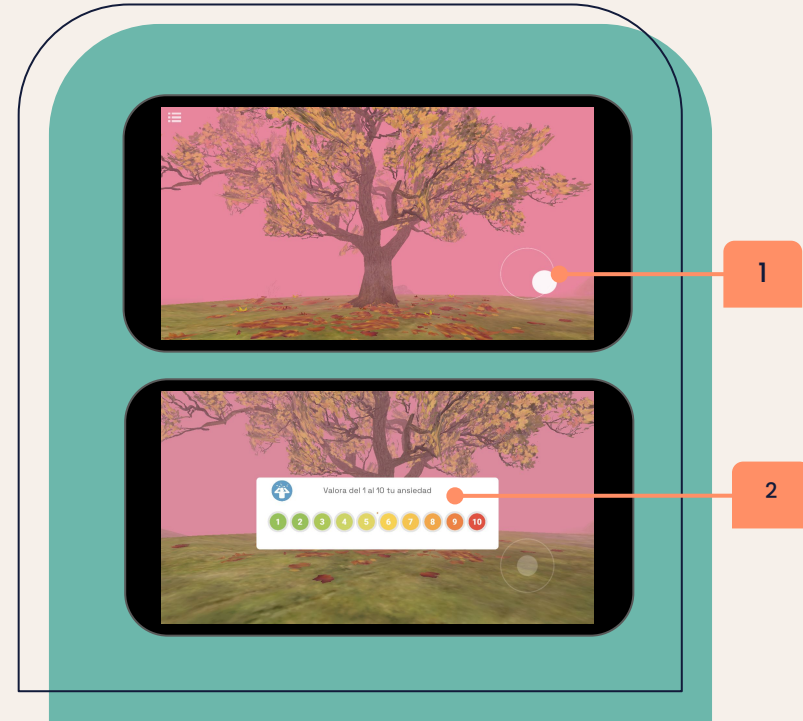


Using 2D Mode (no headset)

The first time you open the smartphone app, it will automatically begin in **2D mode**.

If you **don't have a virtual reality headset**, you stay in 2D mode. This mode is designed for using the phone screen for viewing the environments without the use of a VR universal headset.

- To explore the environment, move the white joystick on the screen with your finger.
- Your Health Care Professional may inquire about your level of anxiety on a scale from 1 to 10. Simply select the number which reflects your level of discomfort.



Step By Step Tutorial



Using VR Mode

The first time you open the smartphone app, it will automatically begin in 2D mode.

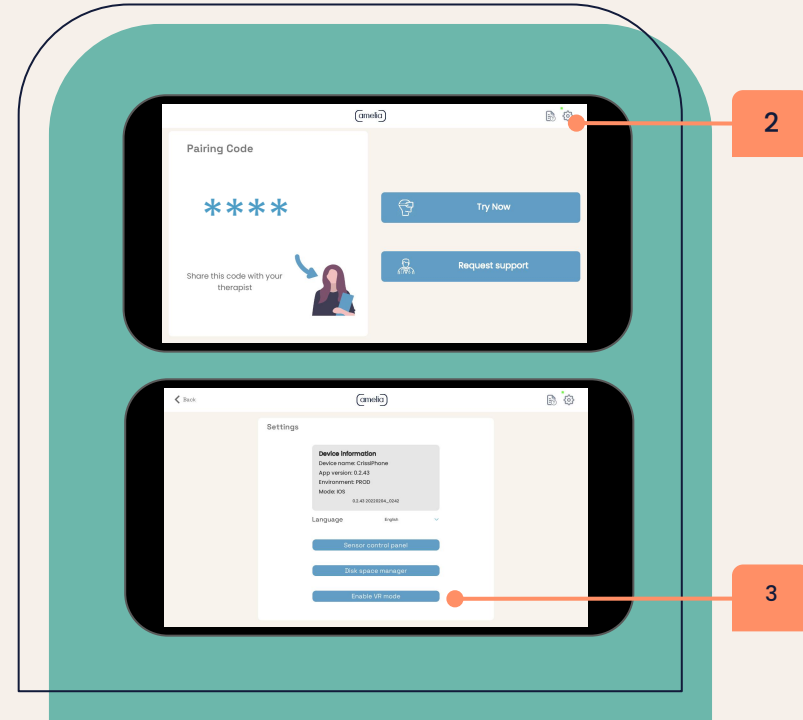
If you have a **Universal/Cardboard VR headset** you will need to change to **VR mode**.

Follow these steps:

- Step 1.** Access the app's settings in the **top right corner**.
- Step 2.** **Before changing to VR Mode**, be sure the smartphone is in the landscape starting position.
- Step 3.** There you will see the option to **Enable VR mode**.
- Step 4.** Now, place the phone in your **VR headset**.

Note:

Only change to VR mode if you are using a VR headset with your Smartphone.



Step By Step Tutorial



How to Exit the VR Mode

Before removing the phone from the VR headset, you should return to **2D mode**.

- Step 1.** In the VR headset the cursor appears as a **small orange dot** in the centre of the view.
- Step 2.** Place the dot on the **Settings wheel** and wait 3 seconds.
- Step 3.** When you see the Settings menu, select the **Enable 2D mode** button.

That's it!

Note:

- To configure VR elements, it may be necessary to try one of these options:
- Install the [Google Cardboard app](#)
 - Scan the corresponding QR code to configure your brand of VR headset. You can consult [a list of codes](#).



Troubleshooting



What should I do if:

My app stops working?

Go to the Google Play/App store and install any pending updates.

Close the application in your phone (go to home screen and close the app from background running applications) and reopen it.

Everything appears off centre when I enable VR mode?

Close the application in your phone from background running apps and reopen it with the back camera facing straight forwards (the view is centred to the direction that the camera is facing when the app is opened or VR mode is enabled).

The screen goes black when I am viewing an environment?

Check that the phone has not gone into sleep mode, and disable battery saving mode. Before entering the environment or a session make sure your battery is full or at least at a high level.

I don't have a VR headset and I've entered VR mode?

Follow the instructions on [page 9](#) to disable VR mode. The cursor will be difficult to see without a VR headset.

I can't play in the VR mode even if I am wearing a VR headset?

Please make sure that your phone has the gyroscope sensor built into the system, as without this sensor it is not possible to play environments in VR mode.



Health & Safety Warnings

The recommended usage time for Virtual Reality is 30 minutes.

* It is recommended that users take a break of 10 to 15 minutes every 30 minutes of use.



Warning!



General Warnings for using VR with a headset:

Using Virtual Reality by wearing a headset can potentially have unintended harmful effects on your health or safety. To reduce the risk of personal injury, discomfort, or property damage, please READ THESE WARNINGS CAREFULLY BEFORE USE.

Do not use VR if you are: sick, fatigued, under the influence of intoxicants/drugs, or not feeling well, as it may exacerbate your condition.

Consult with a physician before if you are: pregnant, elderly, epileptic or have visual, psychiatric, heart or other serious medical conditions.

It is not recommendable to use VR headsets with children under the age of 13 without proper supervision.

Please consult more in-depth information on the following subjects in the [Full Patient Instructions](#):

- Photosensitivity & Seizures
- Radio Waves & Medical Devices
- Potential Health Effects
- Nausea (VR Motion Sickness)

Wearing a VR headset will completely block your view of your actual, physical surroundings. Always be aware of your surroundings while using the headset. Use of a VR headset may cause loss of balance. Remain seated unless your HCP advises you to stand in the same position as the avatar in the VR environment.

The objects you see in the VR environment do not exist in the real world, so do not sit, stand, or lean on VR objects, or attempt to use them for support. Serious injuries can occur from tripping, running into or striking walls, furniture or other objects, so clear an area for safe use before using the headset.



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