

Download wheezo from the app store

1. First you will need to download the wheezo app from the Apple or Google Play app store. Look for the blue and white wheezo logo as below. The app is free to download and your subscription has already been applied to your account.

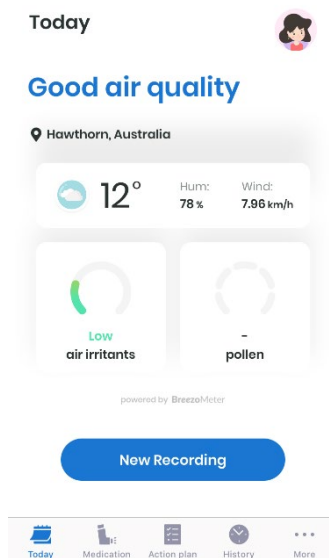


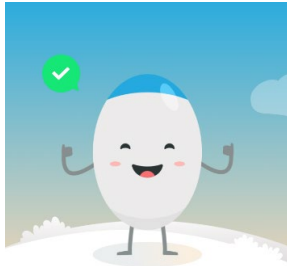
Connecting your wheezo device to your phone via Bluetooth

1. After downloading the app and logging into your wheezo account, you will need to connect your wheezo device to your mobile via Bluetooth. To do this, you will need to go to your phone's Bluetooth settings.
2. Press down on the power button of your wheezo device until it is flashing white and blue. In your Bluetooth settings under 'other devices' (or 'available devices' on Android), you should now see 'wheezo' appear. Select it to pair the device to your phone. Once paired, the light on your wheezo device will stop flashing and instead remain blue.

Taking a wheeze recording

1. After connecting your wheezo device to your phone via Bluetooth, proceed back to your wheezo dashboard and select 'new recording'





We're paired!

Let's learn how to record your wheeze rate.

I'm ready

3. Follow the instructions displayed and click 'Start recording' to begin recording your wheeze using your wheezo device

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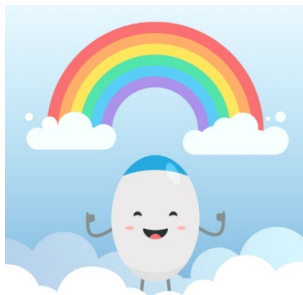


Before we start

Make sure your wheezo device is on and against your windpipe.

● Connected

Start recording

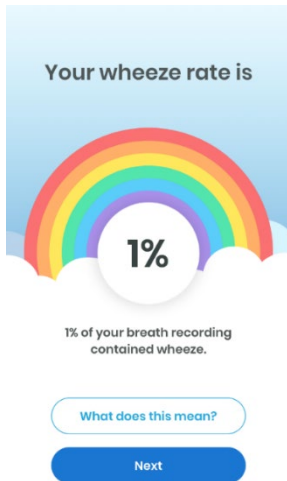


Well done!

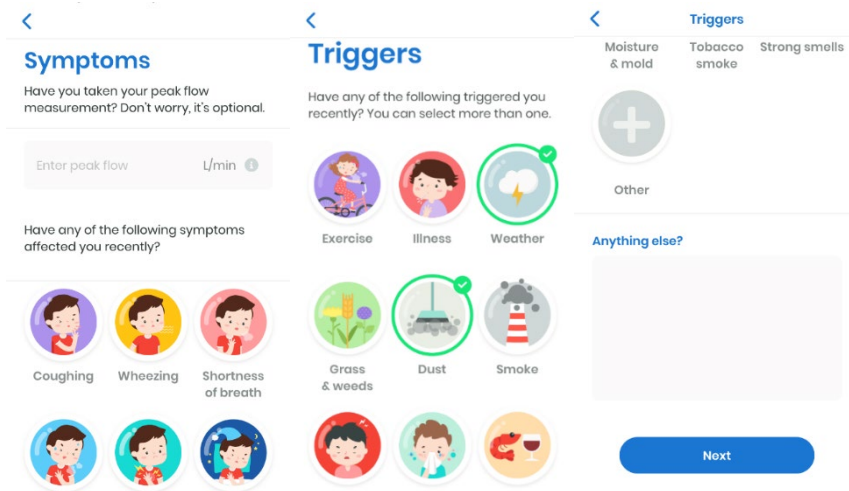
You took your first wheeze rate.

Next

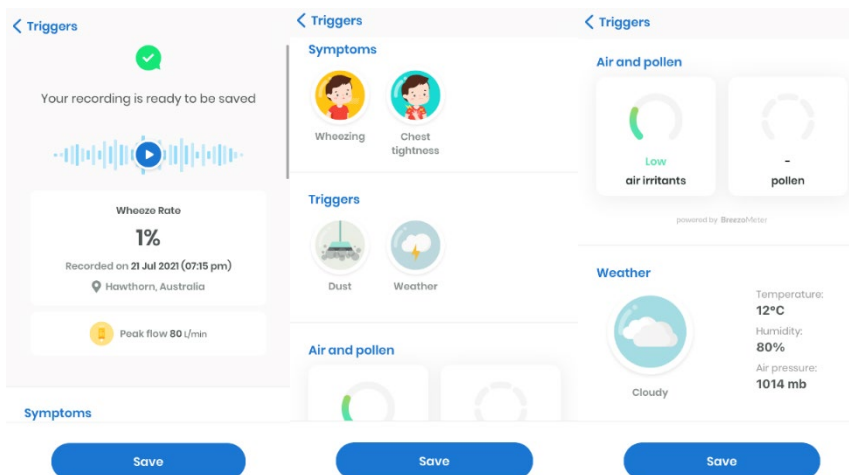
5. Your wheeze rate will now be displayed. Select 'Next' to continue



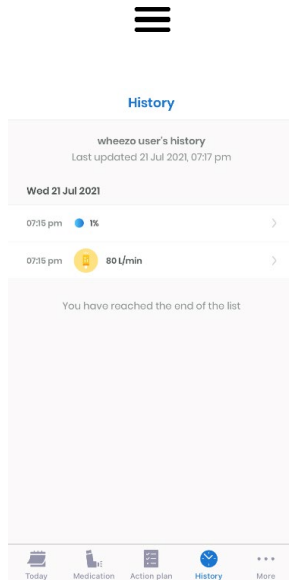
6. You will now be prompted to take a peak flow measurement (if you have one), enter symptoms, triggers and any additional information.



7. An overview of all your reported information will now display. This includes your wheeze recording and rate, your peak flow measurement (if entered), symptoms and triggers along with current air irritants/pollen and weather. You can now select 'Save' to keep a record of this information.



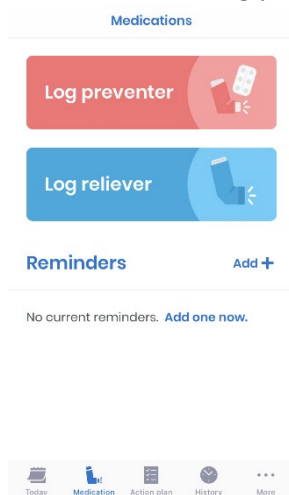
Viewing your history



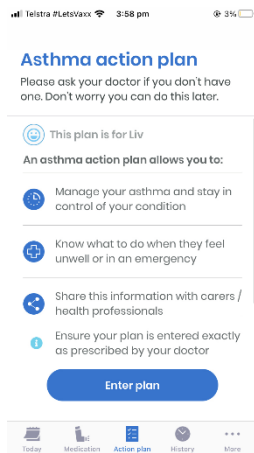
Using the wheezo app without a device

You can still use key features of the wheezo app without a device. This includes:

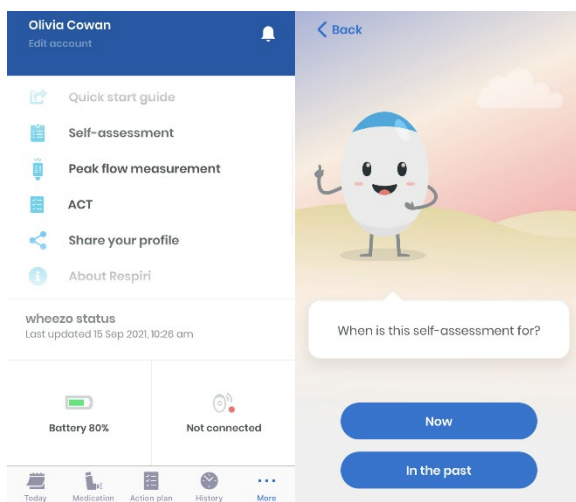
- Logging medication use – log preventer and reliever medication intake by clicking on the ‘medication’ tab at the bottom of the home page screen. Here, you can also add reminders for taking your medication.



- Entering your asthma action plan – click the ‘action plan’ tab at the bottom of the home page screen to enter your asthma action plan.



- Logging self-reported symptoms and triggers - if you click the 'more' tab on the bottom righthand corner of the home page screen, additional features will display including 'self-assessment'. When you click on this, you will be prompted to enter your symptoms, triggers and any additional information which you can then save. This will be saved along with the air irritants, pollen and weather forecast for that day.



- Peak flow measurement, Asthma Control Test and sharing your profile with healthcare professionals – these features will also display under the 'more' tab. Once selected, each feature will have step by step instructions on how to enter/share data.

