

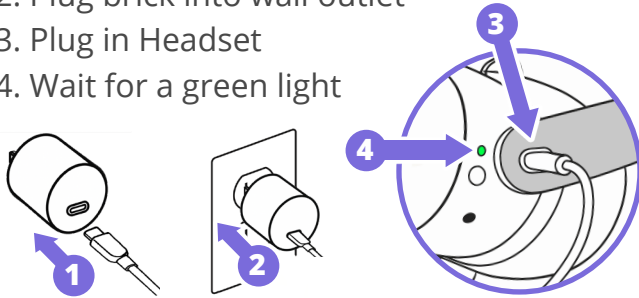


For additional help resources, scan this QR code to the left using your phone.

1. Open the Camera app from the Home screen or App menu.
2. Select the rear-facing camera and ensure that the code appears entirely in the view.
3. Tap the notification or pop-up to open the link associated with the QR code.
4. Alternatively, you can type myndimmersive.com/quickstart in any web browser to access resources.

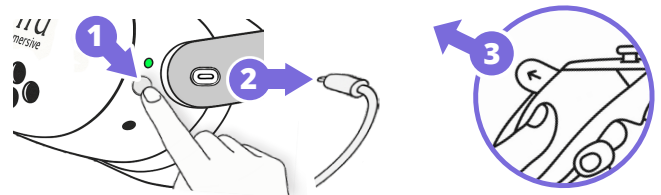
STEP 1: Charge Headset

1. Plug cable into brick
2. Plug brick into wall outlet
3. Plug in Headset
4. Wait for a green light



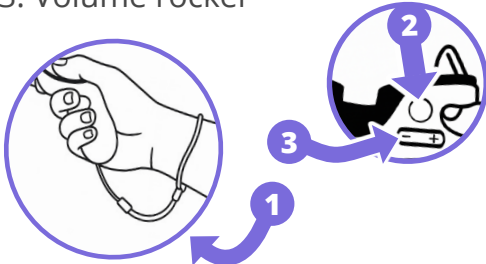
STEP 2: Power Devices

1. Hold power button for 3 seconds
2. Unplug cable from headset
3. Remove battery activation tab from both controllers



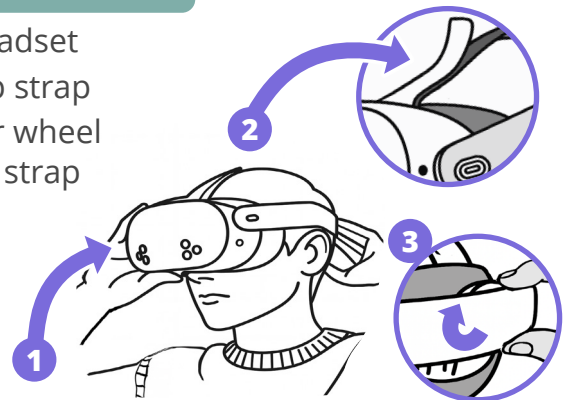
STEP 3: Safety and Volume

1. Attach hand safety straps
2. Passthrough button
3. Volume rocker



STEP 4: Headset Fit

1. Put on headset
2. Adjust top strap
3. Use finger wheel to tighten strap



STEP 5: Continue in Headset

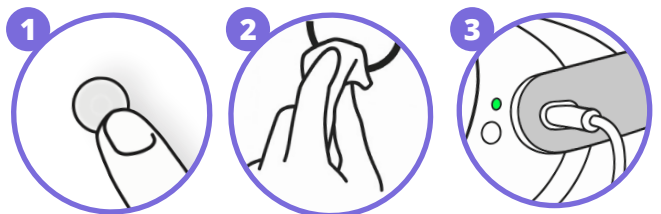
1. Point controller at window
2. Push trigger to select "Continue"

Note: If you accidentally select "End Session" follow the instructions in headset to return to the Mynd Home screen



STEP 6: Finishing Session

1. Hold power button for 3 seconds to power down headset
2. Clean and sanitize
3. Plug back In



Applications



Mynd Immersive 360 Video Player

Explore over 200 immersive videos designed to reduce anxiety, ease PTSD symptoms, and support mental wellness.



Breathe XR

Lower stress and anxiety with mindful breathing exercises in peaceful virtual environments.



Progressive Muscle Relaxation (PMR)

Reduce stress and build awareness of tension and relaxation across different muscle groups.



Soundscape Distraction

Alleviate pain, anxiety, and emotional distress with customizable soundscapes that support emotional regulation through distraction-based therapy.



Arrowhead - Medieval Archery VR

Step back in time to a medieval archery range, where your aim and precision are put to the ultimate test.



Colorway VR - Virtual Art Therapy

Spark creativity and promote relaxation with a playful, mess-free coloring experience across a variety of immersive 3D scenes.



Butterflies

Catch butterflies in a peaceful forest environment to help improve range of motion and coordination.



Puzzling Places

Build detailed 3D puzzles of real-world locations to support cognitive function and spatial reasoning.



Scan the QR code or visit www.MyndImmersive.com/quickstart for support resources designed to help you get the most out of your Mynd system.