# Mynd Inspire for Veterans™ Quick Start Guide

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.
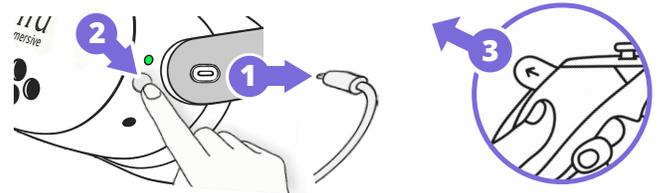
STEP 1: Charge Headset

1. Plug cable into brick
2. Plug brick into wall outlet
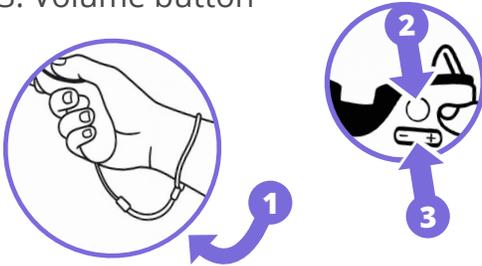3. Plug in headset
4. Wait for a green light
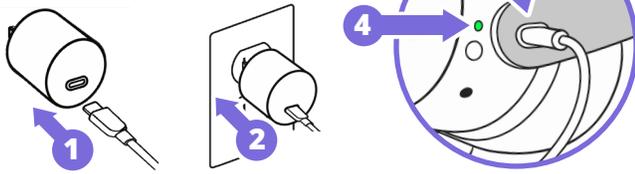
STEP 2: Power Devices

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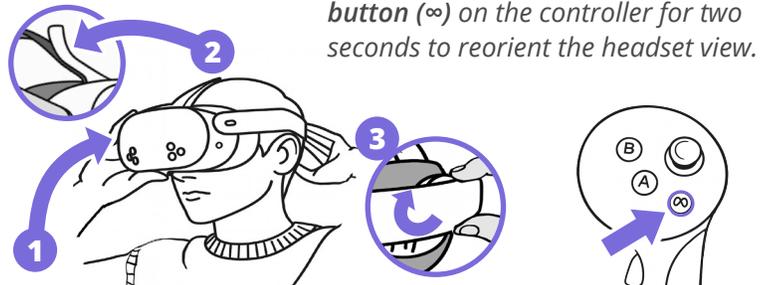3. Remove battery activation tab from both controllers

STEP 3: Safety and Volume

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

STEP 4: Headset Fit

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

*Note: Press and hold the **infinity button (∞)** on the controller for two seconds to reorient the headset view.*

STEP 5: Create Boundary

If prompted to create new boundary:
1. Ensure area is free of obstacles
2. Follow instructions in headset using **trigger** to make selections

Note: A boundary is a virtual play area that helps keep users safe within a clear space.
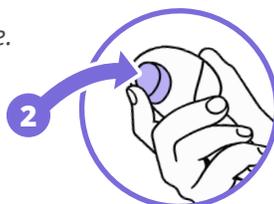
STEP 6: Finishing Session

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

For technical assistance call +1-(800) 620-7630 or email Support@MyndImmersive.com

Applications

Mynd Immersive 360 Video Player

Explore 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.

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.

Power Pinball

Rack up points in an immersive pinball experience that sharpens attention and hand-eye control with every shot.

Bowling Blitz

Dive into virtual bowling to strengthen motor control and focus with engaging, goal-oriented gameplay.