

Mynd Inspire™ Health & Safety Guidelines for Veterans at Home

Mynd Inspire™ is intended to supplement care under the guidance of a licensed healthcare provider. This system is not intended to replace treatment with a provider and is not a standalone treatment for any medical condition. Use only as directed by your VA clinician or ordering provider.

Safe Use Requirements

Always Remain Seated

- Use Mynd Inspire only while seated in a stable chair
- Do not stand, walk, or move around while wearing the headset

Clear Your Environment

- Ensure the area around you is free of obstacles, pets, cords, furniture edges, and trip hazards
- Remove nearby sharp or unstable objects

Supervision When Appropriate

- If you have mobility, balance, or cognitive challenges, use under caregiver supervision

When to Stop Using Immediately

Discontinue use and remove the headset if you experience:

- Nausea or dizziness
- Loss of balance or instability
- Sudden confusion or disorientation
- Agitation, panic, or distress
- Headache or visual disturbance
- Chest pain, shortness of breath, or palpitations

If symptoms persist, contact your clinician.

Device Care & Hygiene

- Clean and sanitize the headset after each use
- Do not share without proper cleaning
- Keep device dry and away from water
- Store safely in its case when not in use

Medical Precautions

Consult your clinician before use if you have:

- Severe or uncontrolled hypertension
- Significant cardiac history or cardiovascular instability
- History of seizures or epilepsy
- Vestibular disorders
- Severe motion sensitivity
- Recent head injury
- History of stroke
- Severe migraines
- Severe anxiety or PTSD that can be triggered

Seizure Warning: A very small percentage of individuals may experience seizures when exposed to certain visual stimuli. If you have a history of epilepsy or seizures, speak with your clinician before use.

Cardiac & Blood Pressure Considerations

Some immersive content may increase emotional arousal or heart rate. If you experience chest pain, shortness of breath, palpitations, or sudden severe headache: **Remove the headset immediately and seek medical care.**

Session Length

- Follow your clinician's recommended session length; generally not over 30 minutes
- For new users, begin at 5-10 minutes and increase gradually
- Take breaks between sessions

For Technical Support

Support@MyndImmersive.com

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