

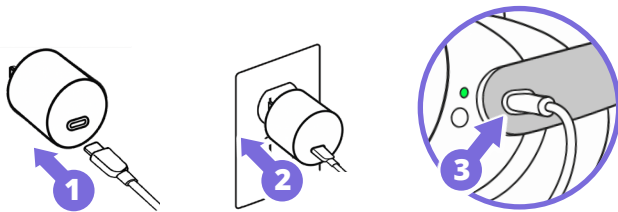


**For additional help resources, scan this QR code to the left using your phone.**

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](https://myndimmersive.com/quickstart) in any web browser to access resources.

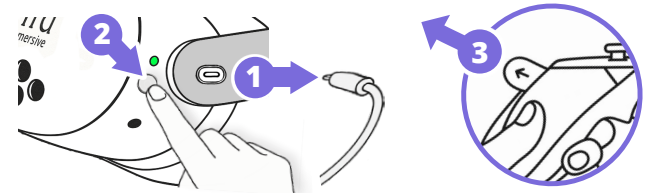
### STEP 1: Charge Headset

1. Plug charging cable into power adapter
2. Plug power adapter into wall outlet
3. Plug charging cable into headset; wait for green light (~2-2.5 hrs to full charge)



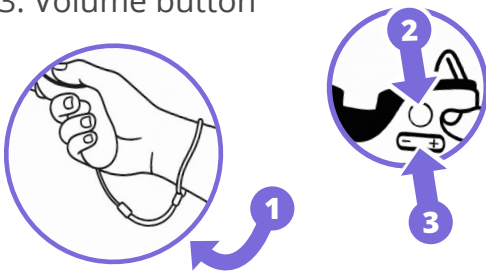
### STEP 2: Power Devices

1. Unplug cable from headset
2. Hold power button for 3 sec
3. Remove battery activation tab from both controllers. Replace batteries (AA) as needed



### STEP 3: Safety and Volume

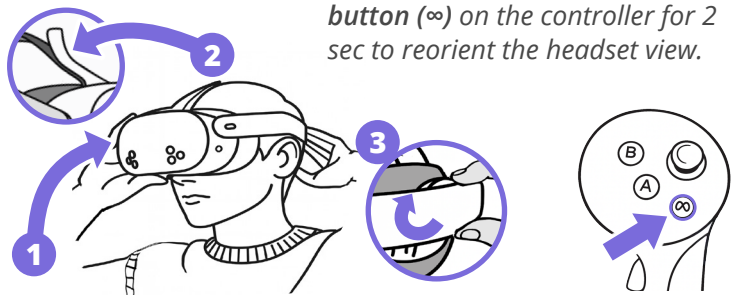
1. Attach hand safety straps
2. Passthrough button
3. Volume button



### 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 2 sec to reorient the headset view.*

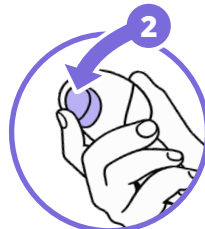


### STEP 5: Create Boundary

**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 sec to power down headset. Light will turn off
2. Clean and sanitize
3. Plug charging cable into headset



# Applications



## Mynd Immersive 360 Video Player

Explore 200+ immersive videos designed to soothe, inspire, and engage.



## Breathe XR

A guided breathing experience designed to support mindfulness and relaxation.



## Progressive Muscle Relaxation (PMR)

A guided exercise to help users recognize and reduce muscle tension.



## Soundscape Distraction

Create customizable soundscapes that promote emotional balance.



## Arrowhead - Medieval Archery VR

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



## Colorway VR - Virtual Art Therapy

A recreational VR coloring experience that promotes creativity and mindfulness.



## Butterflies

Catch butterflies in a peaceful meadow using natural arm movements.



## Puzzling Places

A 3D puzzle experience that encourages problem-solving and spatial reasoning.



## Power Pinball

A VR pinball experience that challenges visual tracking and reaction time.



## Bowling Blitz

A VR take on bowling that encourages movement, coordination, and focus.



## Bocce Time!

Roll toward the pallino in a VR bocce game that promotes movement and focus.