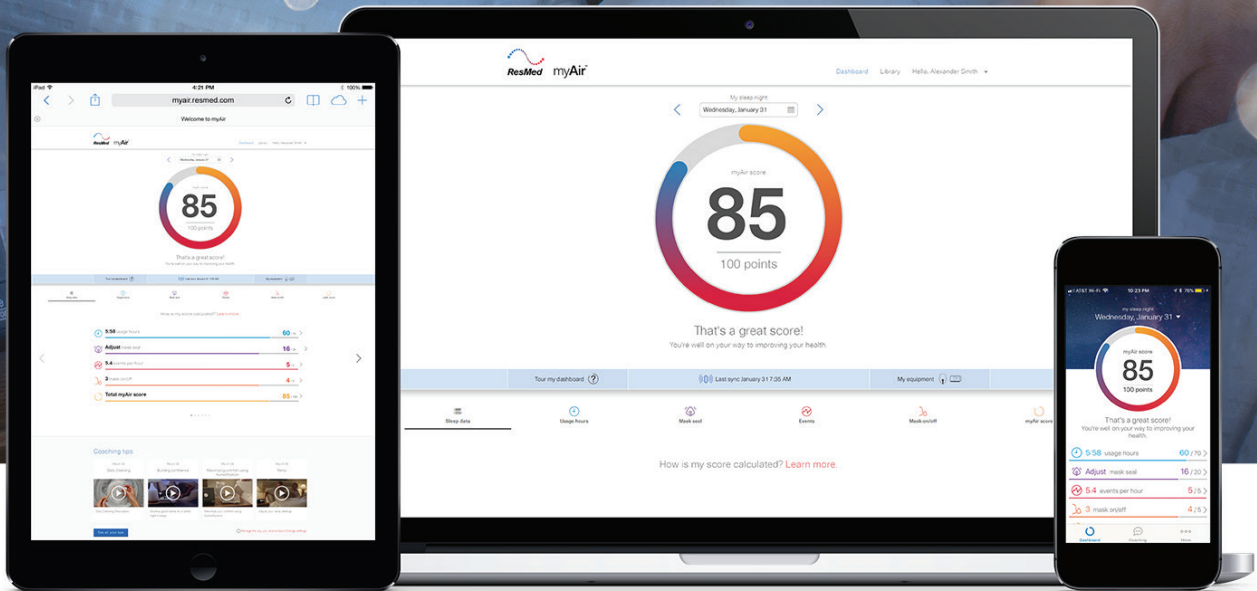




myAir™



Empowering patients through therapy self-management

myAir™ is a free online support program and app that is available to ResMed AirSense™ 10 and AirCurve™ 10 users. It automatically sends patient sleep data in the form of a daily myAir score to any web-accessible device they choose. By allowing patients to track their nightly sleep data and through tailored coaching, myAir empowers patients to stay engaged with therapy – an important part of helping them stay compliant long term.



Get patients connected with myAir

myAir for Air10™ by ResMed is a convenient way for patients to get personalized sleep therapy data, tailored coaching, message reminders, and educational videos and guides. Patients can register for myAir on their preferred mobile or web-based device and then log in and start receiving a daily myAir score.* myAir is user-friendly with easy navigation to give patients an optimal experience with their supported device.

Encourage patients to download the myAir app** for Apple® iPhone® or Android.™ Patients can also register online at ResMed.com/myAir.



More patients are compliant with myAir and AirView

Online self monitoring tools that engage patients may significantly improve compliance and adherence to treatment. An observational study of 128,000 new PAP users found 87% were compliant when using myAir and monitored with AirView™ vs. 70% when monitored with AirView alone.¹

myAir dashboard

The first thing patients see after logging in each morning is their myAir score, which ranges from 0–100. Below the score is detailed information used to calculate the score and give patients greater insight into the progress of their therapy.



Usage hours (70 points)

Based on the number of hours the patient used the device.



Mask leak (20 points)

Based on the amount of leak and the patient's mask type.



Events per hour (5 points)

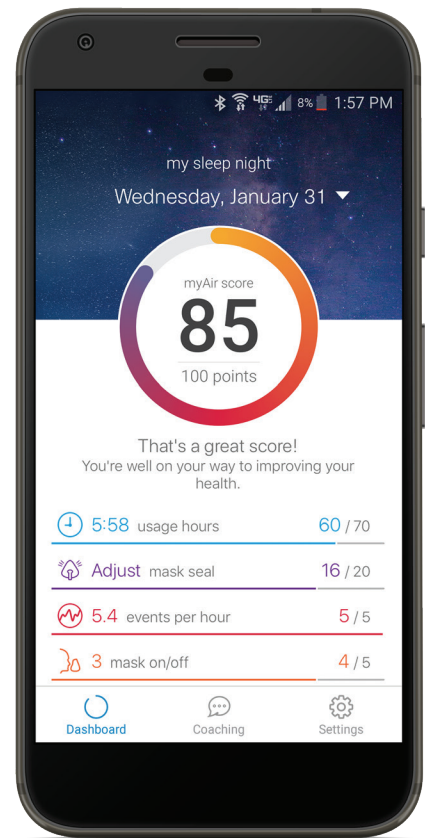
Based on the patient's apnea-hypopnea index (AHI).



Mask on/off events (5 points)

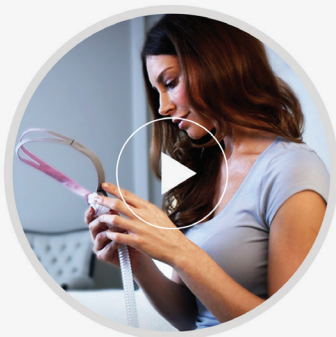
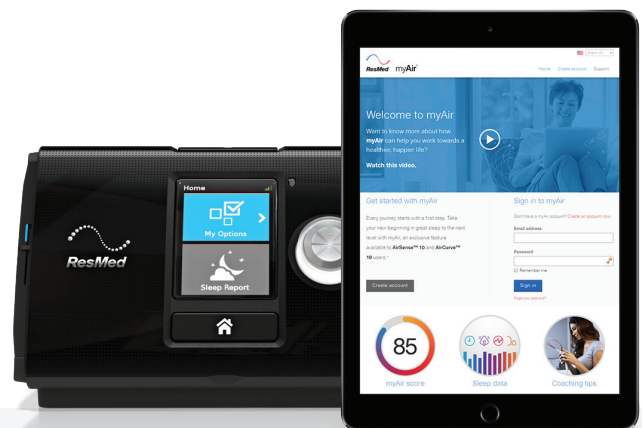
Based on the number of times a patient removed his or her mask.

Generate reports. Patients can also generate a sleep therapy report that summarizes usage, AHI and leak for the past 30, 90 and 365 days.



Full-time support

myAir provides a seamless therapy self-management solution, with no modules for you to keep track of or card downloads for your patients to worry about. Therapy data is automatically synced to the cloud shortly after patients wake up, helping to provide timely feedback on their progress. And with myAir answering many of your patients' most common questions, it gives them the full-time support they need to stay compliant.



Sleep library

myAir includes a library of videos and guides tailored to each patient's specific therapy equipment. They show patients how to adjust humidification and other device comfort-settings, how to clean and maintain their equipment, how to fit the ResMed mask they've specified and other useful tips for adjusting to therapy.



myAir outreach

Patients can choose to receive emails and/or text messages with suggestions on ways to improve their experience with therapy. These messages often include a video link that provides detailed therapy tips to help them stay on track.

Timed messages

All patients receive a series of messages that are designed to help them acclimate and stay engaged with their therapy for the long term. These messages were created by experienced clinicians and based on patient feedback to ensure they are both meaningful and well-timed. They provide encouragement and tips for addressing common therapy challenges, as well as cleaning and inspection reminders.

Event-based messages

myAir also sends different types of messages based on patients' unique therapy and usage data uploaded to the cloud from their AirSense 10 or AirCurve 10 device.



Praise messages are sent at different intervals based on the patient's progress. They encourage all patients to increase usage until they reach 6+ hours per day.



Alert messages are sent when usage is low, providing encouragement and tips for increasing usage.



Badges encourage CPAP compliance and are awarded to patients who reach certain therapy milestones.



Leak alerts are sent when leak thresholds are exceeded and provide tips for correcting leak and mask fit issues.



AHI alerts inform patients that their AHI remains too high and encourages them to contact their provider or clinician.



Cleaning and inspection reminders help educate patients on the benefits of maintaining their therapy equipment. Once the reminders are enabled, myAir can send monthly reminders to assist patients with knowing when and how they should be maintaining their equipment.

Getting started

Patients can download the myAir app on the App Store® or Google Play™ store, or sign up at ResMed.com/myAir.

Patient identity and corresponding data used are fictional.

*CPAP must have a supported cellular connection to access a patient's myAir score.

**The ResMed myAir app is only available in the US, Canada, Australia and New Zealand and in English only. Please visit myAir online for a French version of myAir.

1 Crocker M et al. CHEST 2016

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