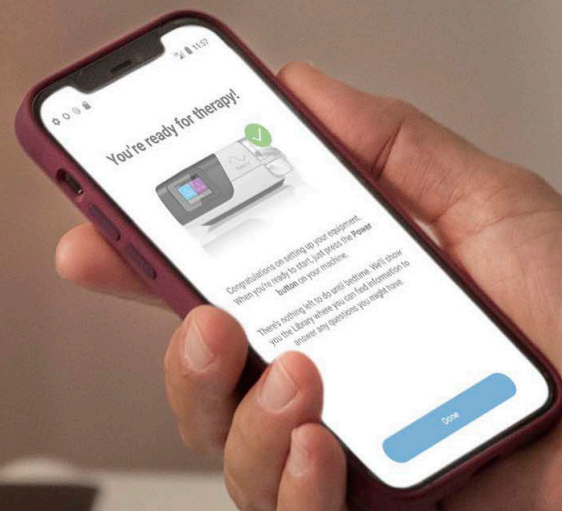


myAir™

Helping your
patients
toward
**better sleep
therapy
outcomes**



Resmed



Building confidence, supporting compliance¹

Patients can feel overwhelmed when they start sleep therapy. With myAir, they receive the extra support they need to gain confidence. This personalised coaching app encourages your patients to **build their PAP therapy skills, understand their sleep apnoea treatment, and self-resolve minor issues.**

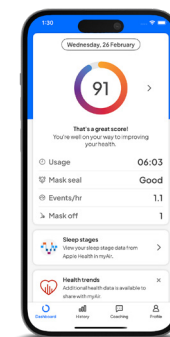
By encouraging your patients to sign up for Resmed myAir, you're empowering them to **start sleep therapy successfully, acclimatise rapidly and stay compliant.**^{1,2}

Encourage patient engagement

Help your patients to acclimatise and adhere to treatment more successfully thanks to the following interactive features*

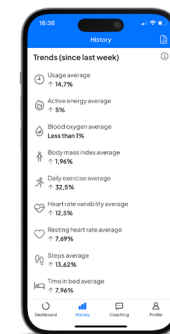
myAir score and therapy report

myAir users can track their progress with a simple, daily sleep score that shows their therapy usage hours, mask leak, events per hour and mask on/off events. Patients can also generate sleep therapy reports that summarise their progress for the past 30, 90 and 365 days.



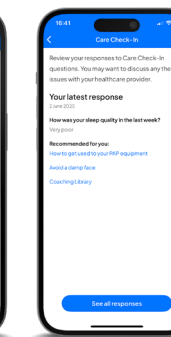
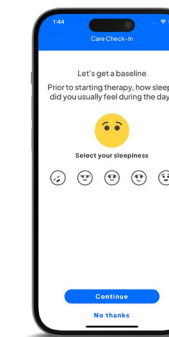
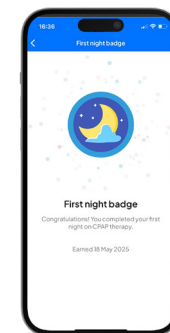
Help patients' see the bigger picture

For a more complete picture of therapy's impact on their overall wellbeing, patients can share health app data — such as steps taken, weight and active energy — in the myAir app and view trends.



Goals for adopting good habits

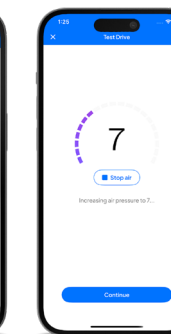
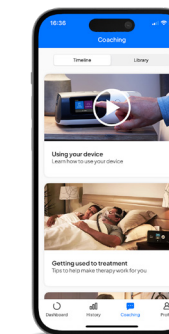
Patients can also take the challenge of earning achievement badges with goal tracking, designed to get them into the habit of using their PAP therapy for a minimum of 4 hours per night.



Encourage use of Care Check-In

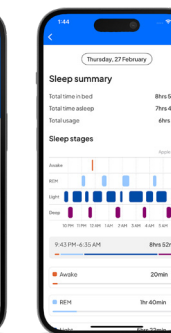
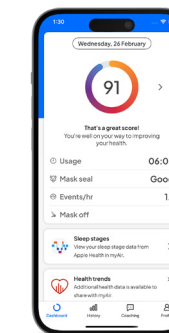
Care Check-In asks patients simple questions about their treatment that they can opt to be sent to you via Airview.

By using Care Check-In on their myAir app, patients can unlock self-help information based on the issues they've reported, and assistance resolving minor matters independently.[†]



Build patients' confidence²

myAir helps patients track their progress and motivates them with coaching and encouragement — and with Personal Therapy Assistant (PTA), they can also access specific Air11 step-by-step videos.



Track your sleep cycles

The Sleep Staging feature in the myAir app uses data from Apple Health or Google Health Connect to display nightly sleep stages. Patients can view their sleep cycles in an easy-to-read graph and gain insights into their sleep patterns to help optimize their therapy.

Personalized therapy support at their fingertips

Personal Therapy Assistant (PTA) is a key feature of the myAir app. It's designed to accompany obstructive sleep apnoea patients on their therapy journey from day one through to long-term use. PTA offers guidance and information 24/7, from setup instruction reminders and mask-fitting videos to an air pressure acclimatisation feature.

82%

of myAir users who used the **Personalized Therapy Assistant** found it useful or very useful when they started their PAP treatment.⁴

Make a real difference to adherence and usage

A global big-data analysis showed **myAir users were twice as likely as non-users to achieve PAP therapy adherence**** over the first 90 days. **More than 80% of that group were still using therapy at one year follow-up.^{1**}**

The findings of this observational study reinforce a previously published international big-data analysis that showed myAir users **monitored remotely with Resmed AirView™** increased their average daily therapy usage, lowered their residual AHI and significantly improved their PAP adherence.³

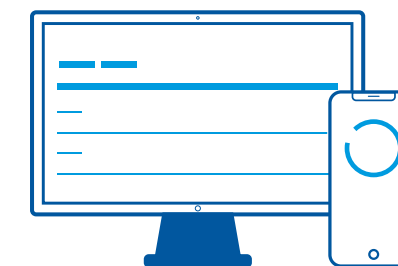


87%

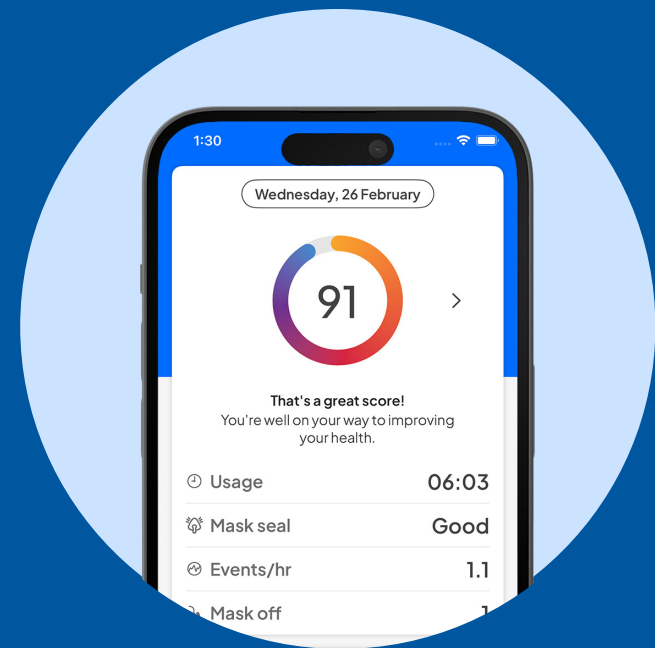
of patients achieved 90-day therapy adherence.^{3**}

+1
HOUR

Daily PAP usage increased by one hour.³



There was a **17% improvement** in adherence when both myAir and AirView were used compared to AirView monitoring alone ($p < .0001$).³



Our comprehensive PAP solution

myAir is part of Resmed Air Solutions, which includes Resmed Air™ sleep therapy machines, AirFit™ or AirTouch™ masks, and remote patient monitoring with AirView.™

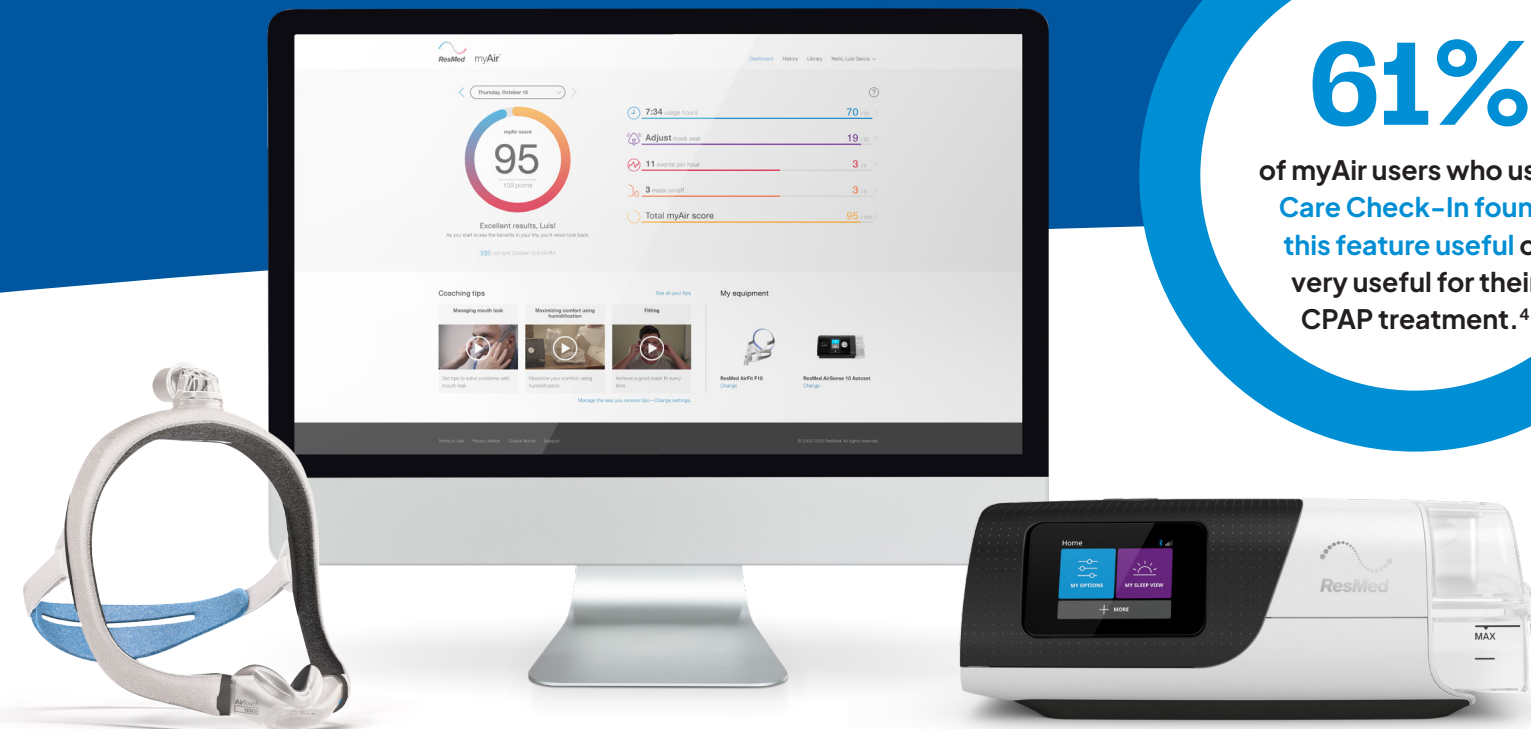
61%

of myAir users who used Care Check-In found this feature useful or very useful for their CPAP treatment.⁴



Encourage patients to adopt myAir

It's easy to download the myAir app from the App Store® or Google Play.™



The content is intended for healthcare professionals only

Please refer to myAir support and the user guide for relevant information related to any **contraindications, warnings and precautions** to be considered before and during use of the product.

- * Some features of Resmed myAir are only available in the myAir app.
 - ** CMS Adherence Criteria: PAP use for ≥ 4 h per night on at least 70% of nights during a consecutive 30-day period during the first 90 days of initial usage.
 - + You can see only your patients' Care Check-In answers in AirView if they answer on the Air11 interface, or if they answer on the myAir app and consent to share that data with their care provider.
-
- 1 Drager L et al. "Adherence with positive airway pressure therapy for obstructive sleep apnea in developing versus developed countries: a big data study" (sponsored by Resmed), JCSM, (Nov. 18, 2020), doi: 10.5664/jcsm.9008. n= 4,181,490.
Accessed online at: <https://pubmed.ncbi.nlm.nih.gov/33206044/>.
 - 2 Resmed Air11 survey of 146 patients, conducted from 28 June to 29 July 2021. Q19: 62% of patients reported that they felt confident about starting PAP therapy after being set up on AirSense 11, N=119 respondents. Q10: 63% of patients said that PTA gave them confidence to set up their PAP machine correctly, N=49 respondents. Data on file; ID A5043180.
 - 3 Malhotra et al. "Patient engagement using new technology to improve adherence to positive airway pressure therapy: A retrospective analysis," (sponsored by Resmed, AirSense 10 device) Chest 153, no. 4 (Apr 2018): 843–850. Accessed online at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5989636>.
 - 4 Survey of 300 Resmed myAir users in Switzerland, conducted between June 30 and July 26, 2023, in Switzerland. Q18. 82% of myAir users who used Personal Therapy Assistant found it useful or very useful when starting PAP therapy, N=92 respondents. Q25. 61% of myAir users who used Care Check-In found it to be useful or very useful in their CPAP journey, N=103 respondents. Data on file; C344367.

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