



Empowering patients through therapy self-management

ResMed myAir™ is an online support program and app,^{*,†} available for ResMed AirSense™ and AirCurve™ machines,[‡] that makes it easier to get started and comfortable with therapy. The myAir app's Personal Therapy Assistant[†] also offers patients an interactive experience to help them begin therapy with confidence through voice-guided video setup instructions, along with Test Drive,[†] a therapy acclimation tool designed to help them get comfortable with using their Air11™ device.

myAir™



A smarter, simpler way to engage patients

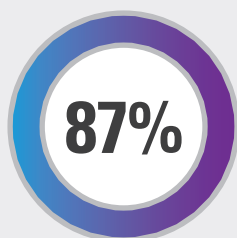
The myAir app offers Air11 users enhanced digital support features right from the start, including Personal Therapy Assistant[†] and Care Check-In,[†] which tailor setup and acclimation support based on patients' needs. From guiding patients through their first night of therapy to regularly asking them about their progress and providing tailored coaching content,^{**} Air11 and myAir act as a digital extension of your team, giving patients support to help them stay compliant^{††} in the long term.

Support your patients' start to therapy by encouraging them to download the myAir app for Apple® iPhone® or Android.™



2X

ResMed myAir users are 2x more likely to achieve 90-day, CMS-defined PAP therapy compliance^{††} than patients who don't use myAir.¹



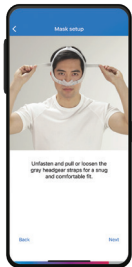
of myAir users achieve compliance^{††} when also monitored in ResMed AirView™.²

Achieve better results when your patients use myAir¹

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.²

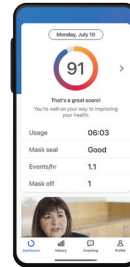
How myAir works

The myAir app empowers patients to engage with their therapy, helping them start, acclimate and adhere^{††} more successfully with an interactive guided setup, sleep therapy tracking, education, coaching tips^{**} and more. It's all in myAir.[†]



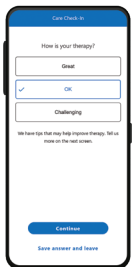
Guided setup

myAir's Personal Therapy Assistant[†] offers patients interactive, voice-guided video help for setting up their equipment and solving common issues with starting therapy.



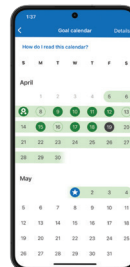
myAir score

myAir users receive a simple, daily sleep score based on therapy usage hours, mask seal, events per hour and mask-off events to track their therapy progress.



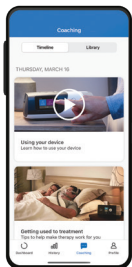
Regular check-ins

Care Check-In[†] asks patients timebased check-in questions during the first month of therapy and offers selfsupport tools and tailored coaching content.^{**} Care providers also receive access to subjective patient insights in AirView on how therapy is progressing and insight into which challenges the patient may be facing.^{**}



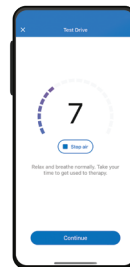
Goal Tracking

With myAir, users can set a usage goal based on CMS compliance and track their therapy progress.



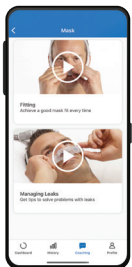
Tailored coaching content^{**}

Emails or push notifications with customized product education tips and replacement reminders designed to help build patient confidence, reinforce positive behaviors and keep them motivated.



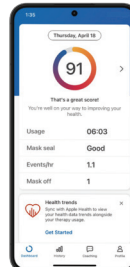
Therapy acclimation

Test Drive,[†] a therapy acclimation tool in Personal Therapy Assistant,[†] helps patients get more comfortable breathing with air pressure at their own pace.



Sleep library

myAir users can watch how-to videos and access tailored ResMed product education and other support materials.



Trends and Health Metrics

Users can integrate with Apple Health and Google Health Connect to see health metrics and trends alongside therapy data.



Sleep therapy report

Patients can generate a report summarizing their sleep therapy and share it with their care providers and/or employer to adhere to therapy tracking requirements.



myAir Smartwatch App

Users can view data at-a-glance from the myAir smartwatch app, available for Apple Watch, Samsung Galaxy Watch, and other WearOS-supported smartwatches.

myAir outreach

Patients can choose to receive emails and/or push notifications with suggestions on ways to improve their experience with therapy as part of myAir's coaching** content. 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. As patients using myAir adjust to therapy over time and need less support, message frequency decreases.

Event-based messages

myAir also sends different types of messages based on patients' unique therapy and usage data uploaded to the cloud from their Air11 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 when their AHI exceeds 10 events per hour and encourages them to contact their provider or clinician.



Cleaning and inspection reminders sent monthly help educate patients on the benefits of maintaining their therapy equipment and offer tips on how to do it.

Regular check-ins

Care Check-In+ asks time-based check-in questions in the myAir app throughout the first month of therapy, ensuring that all patients have the choice to provide feedback to care providers about their therapy progress.** It then uses their responses to provide tailored coaching content** and support to encourage and help them self-resolve common therapy issues. Patient responses are also accessible in AirView,** which can provide a deeper understanding of their therapy progress and an opportunity to address issues earlier.

Getting started

Support your patients' start to therapy by encouraging them to download the myAir app on the App Store® or Google Play™ store.





The people shown in this brochure are not real patients, and the corresponding data is fictional and for illustrative purposes only.

* The ResMed myAir app is available in English and Spanish in the US. The ResMed myAir app for Canada is available in English and French.

† Some features of myAir are only available with the myAir app and with Air11 devices.

‡ ResMed myAir is currently not available when using AirSense 10 and AirCurve 10 Card-to-Cloud (C2C) machines

** Coaching entails personalized feedback to encourage continuation of therapy. This is not a healthcare service and is not performed by licensed healthcare providers. Patients are encouraged to speak with their treating clinicians for any clinical symptoms or medical conditions.

†† US Medicare 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.

‡‡ Care Check-In data available in AirView upon patient consent. Requires patient consent to share myAir data with their provider

1 Drager, Luciano F et al. "Adherence with positive airway pressure therapy for obstructive sleep apnea in developing vs. developed countries: a big data study." (Sponsored by ResMed) *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine* vol. 17,4 (2021): 703-709. doi:10.5664/jcsm.9008

2 Malhotra et al. "Patient engagement using new technology to improve adherence to positive airway pressure therapy: A retrospective analysis." (Sponsored by ResMed) *CHEST* 2018; 153(4):843-850

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