



myAir™

myAir outreach

Patients can choose to receive emails and/or text messages instructing them 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 over the first 60 days of therapy. These have been created by experienced clinicians, and are based on patient feedback to ensure they are meaningful and appropriately timed. They provide encouragement and tips for addressing common therapy challenges.

Event-based messages

myAir also sends six different types of messages based on each patient's 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. Patients are encouraged to increase usage until they reach 6+ hours per day.



Alert messages are sent when usage is low to provide encouragement and tips for increasing usage.



Badges are awarded when patients meet certain therapy usage milestones to continually encourage CPAP compliance.



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 is too high and to contact their provider or clinician.



No data alert messages are sent when myAir does not receive data from the device for five out of seven days. Suggestions to correct the issue are provided.

Getting started

For more information about myAir, patients can visit ResMed.com/myAir



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ResMed.com/myAir



Empowering patients to stay engaged with therapy

myAir™ is a free online support program for users of ResMed's AirSense™ 10 and AirCurve™ 10 therapy devices with built-in wireless connectivity.* Developed based on principles of behaviour theory, myAir empowers patients by allowing them to track their nightly sleep data†, and providing tailored coaching to help them stay engaged with therapy – an important part of helping them with long-term compliance.

* Only available in AirSense 10 and AirCurve 10 devices with built-in wireless connectivity; pertaining to products 37395, 37393, 37352, 37353 and 37354.
† The patient must have an internet connection to track their myAir data at home.

ResMed.com/myAir



Full-time support

myAir provides a seamless way for patients to stay engaged with therapy – 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 because myAir answers many of your patients' most common questions, giving them the full-time support they need to stay compliant has never been easier.



Patient-friendly access

Once patients complete the simple registration process, they can log in and start receiving their nightly myAir score, tailored coaching and education. The myAir web page is easy to navigate and automatically resizes to provide an optimal user experience whether a patient is using a PC, Mac, smartphone or tablet.





An automated messaging program can increase CPAP compliance by up to 10% while reducing your labour costs by up to 59%.*

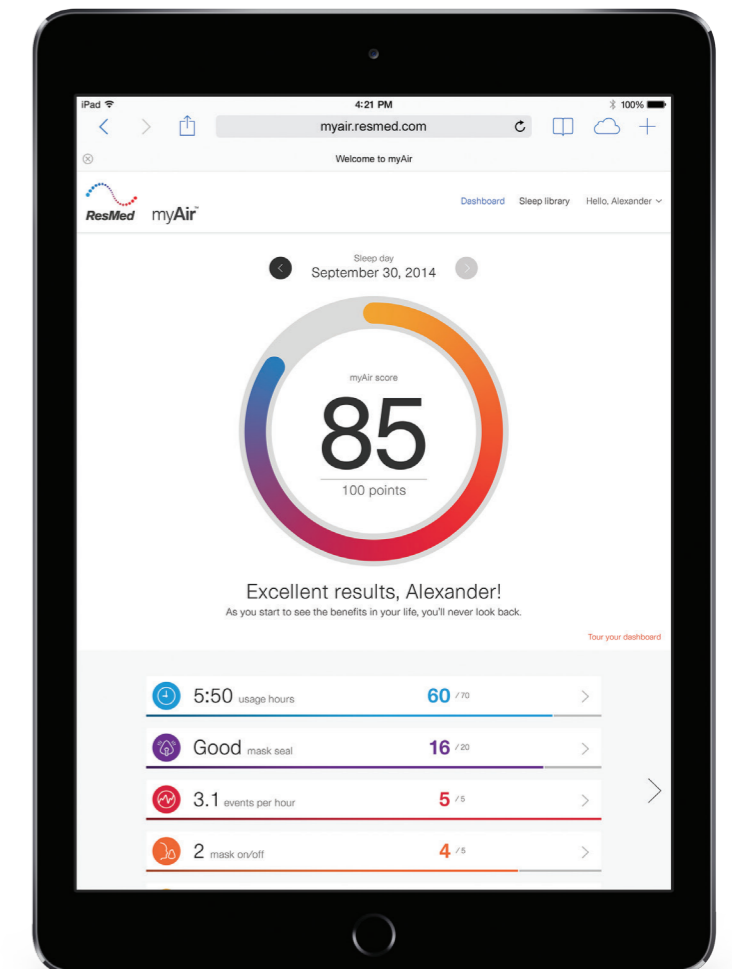
* Based on a ResMed sponsored study presented at ATS 2014, San Diego. A Web Based Automated Messaging Program for CPAP Adherence Coaching Reduced the Coaching Labor Required While Yielding Similar Adherence and Efficacy to Standard of Care Coaching.

myAir dashboard

The first thing patients see after logging in each morning is their total myAir score out of 100, which provides a snapshot of their therapy from the night before, and expands to show details for the previous 14 nights.

The total score is made up of individual scores for:

-  **Usage hours (score out of 70 points)**
Based on the number of hours the patient used their device
-  **Mask leak (score out of 20 points)**
Based on the amount of leak and the patient's mask type
-  **Events per hour (score out of 5 points)**
Based on the patient's apnoea-hypopnoea index (AHI)
-  **Mask on/off events (score out of 5 points)**
Based on the number of times the patient removed their mask



Sleep library

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