



Getting Started with XRHealth

A Comprehensive Guide to
Beginning Your VR Therapy
Journey



September 2025

Welcome to XRHealth!

You're about to experience a new way to manage your treatment, right from home. We're here to support you every step of the way. Inside, you'll find the guides you need to get your VR headset ready and running.

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For More Information

Scan the QR code or visit: www.xr.health/us/dme/welcome
You'll find important information about your XRHealth therapy program and how it works.



We're here for you. Reach out if you need support.

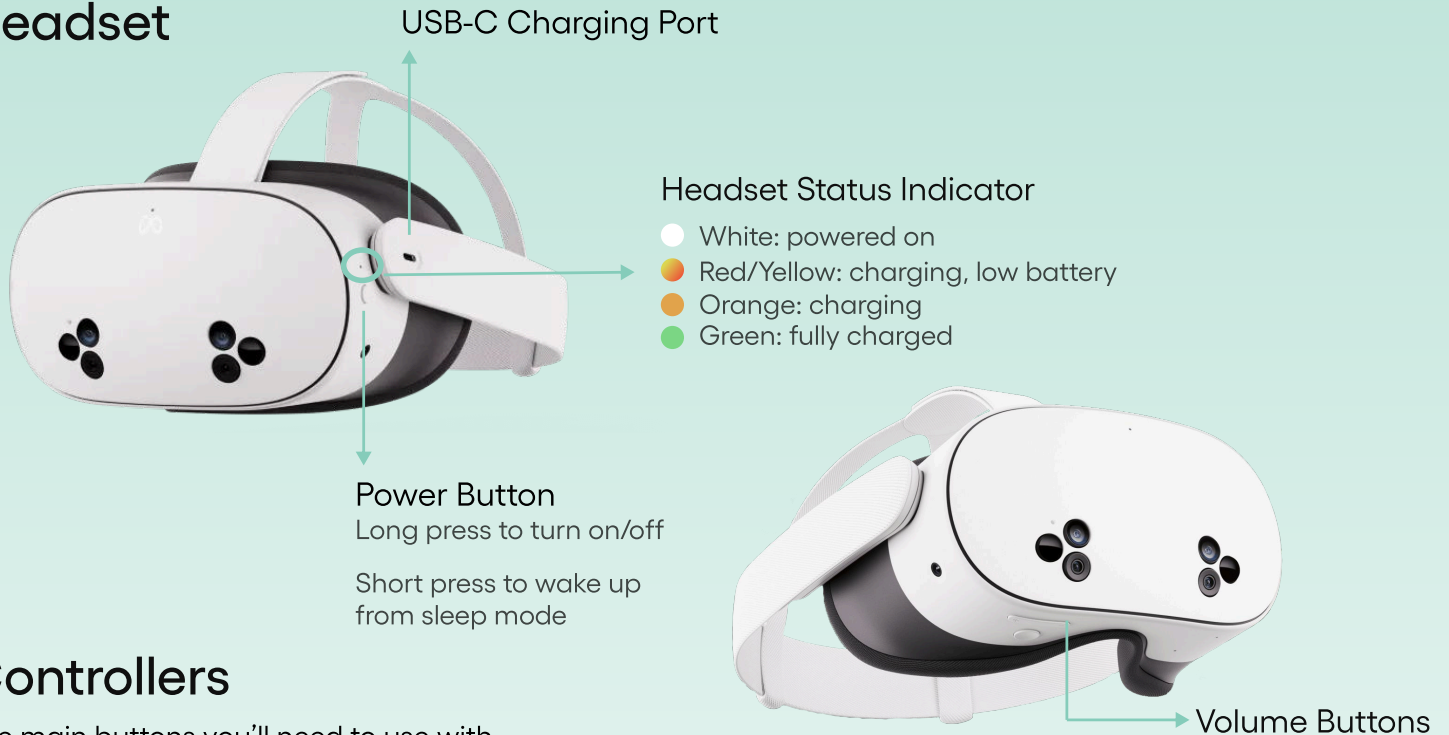
→ +1 (888) 977-6828 → support@xr.health → helpcenter.xr.health/patients



Quick Start Guide: Meta Quest 3S Headset

Getting to Know Your VR Headset

Headset



Controllers

The main buttons you'll need to use with XRHealth are the trigger button, the Meta button, and the Menu button.



*You can press any button to wake the controllers after you turn on your headset.



Quick Start Guide: Meta Quest 3S Headset

Wearing & Using the Headset

1. Power On the Device

- **Headset:** Press the power button on the headset until the white light appears.
- **Controllers:** You can press any button to wake the controllers after you turn on your headset.



2. Wearing the Headset

- a. Back strap adjustment**
Twist the rear adjustment dial clockwise to tighten the back straps and counter-clockwise to loosen them.
- b. Top strap adjustment**
Detach the self-fastening strip and pull up to improve support and reduce pressure on your cheeks.
- c. Lens adjustment**
Gently push the lenses closer together or farther apart until you find the clearest view.



Disclaimer



Some XRHealth applications involve physical activity, including full arm movements. Ensure that your play area is safe and free from any objects. For your safety, it is advised to use the device while seated. Improper use of Virtual Reality experiences involving movement may lead to accidents.

*Your headset model may differ from the one shown here. If you need support, don't hesitate to reach out.



Quick Start Guide: XR Portal

The XR Portal is what you'll find inside your Meta Quest 3S headset. It gives you access to XRHealth's virtual reality world, including therapeutic environments, interactive activities, and wellness tools – all created to help you feel and function better.

Before you start

Make sure your headset is fully charged and your controllers have working batteries.

1. Turn on your headset



Power Button

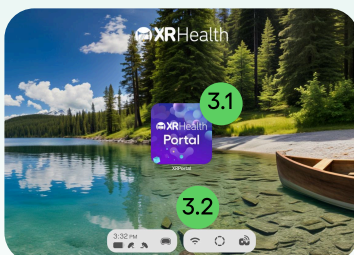
2. Follow the onboarding tutorial

Learn how to use the controllers and adjust your headset for a comfortable fit
This tutorial will appear only the first time you use the headset



3. Enter the XR Portal

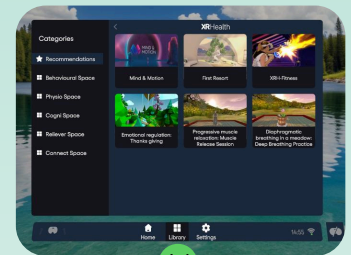
3.1 On the launcher screen, use your controller to select the "XR Portal" app



3.2 **Connect to Wi-Fi**
Needed for remote sessions, updates, and syncing with MyXRHealth
[Click here](#) to see a step-by-step guide for connecting to Wi-Fi

4. Launch an Environment

4.1 Enter the **Library** tab
The Library is organized by categories called "Spaces."



Click on a category to see all the environments included in the Space.

**Your headset comes with Behavioral Space and Reliever Space. Working with a clinician can activate more content.*

4.2 Choose an environment to learn more about it



4.3 Adjust any available settings if needed

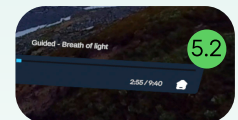
4.4 Click **Start** to begin

5. Return to the Library

5.1 In most apps, press the **Menu button on the left controller**. This pauses the app and opens a menu where you can quit the environment.



5.2 If you're watching a 3D video, tap the **home icon** on the video bar.



5.3 Some apps may look different—they may have their own exit button, or you might need to press the **Meta button on your right controller** and choose **Quit** to exit.





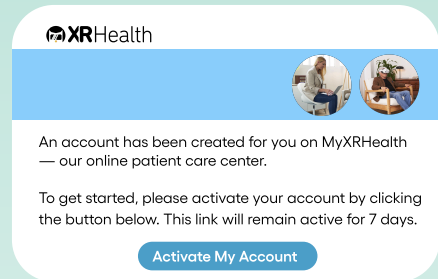
Quick Start Guide: MyXRHealth

MyXRHealth is your online personal space, accessed through a web browser. Here you can see your progress, view reports, and use helpful tools. It works alongside your VR headset to give you a complete picture of your therapy journey.

1.

Activate your account

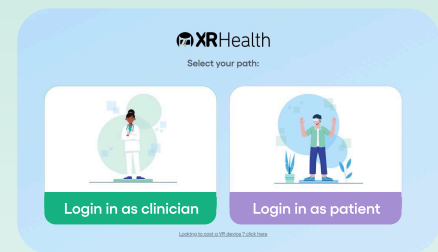
Check your email inbox for a message titled: *“Activate Your MyXRHealth Account”*
Click the link and set your password



2.

Log in

Go to: <https://platform.xr.health>
Click “Log in as a Patient”, and enter your login details you set up during MyXRHealth account activation

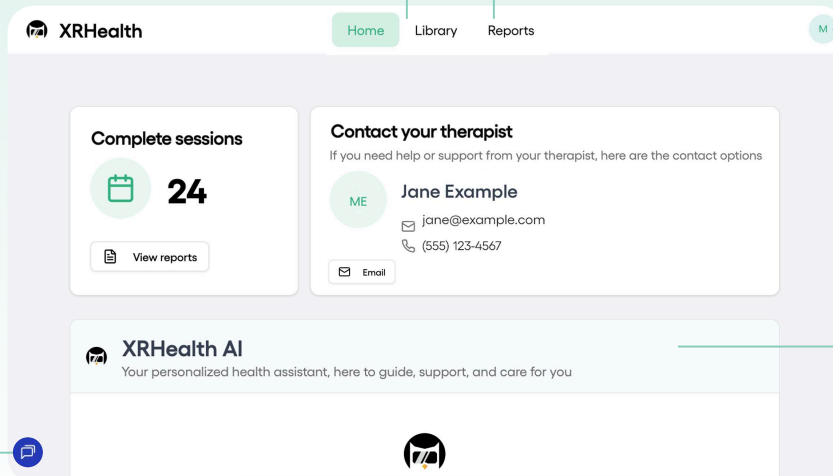


3.

Explore!

Browse relaxation videos and wellness resources to support your VR practice

View summaries and data from your VR sessions



Click here and select **Help Center** to access user guides, how-to articles, and FAQs

Chat with the virtual assistant to get tips, guidance, and helpful content

Contact technical support for help with your VR headset or MyXRHealth

Note: Session information and reports will update on MyXRHealth only when your headset is connected to Wi-Fi



Device Care & Maintenance

Best Practices for Using the Virtual Reality Therapy Device

1.

Keep the Headset Charged

Always keep your headset charging when it's not in use, so it's ready for your next session.

2.

Stay Connected to Wi-Fi

This ensures updates are installed and feedback/data from your sessions are uploaded.

3.

Use a Dedicated Therapy Area

Choose a quiet, open space free of obstacles or distractions. Charge the headset at that location.

4.

Stick to a Routine

Set a regular schedule with reminders to stay consistent. For example, you can try starting each day with a calming meditation or guided imagery session.

5.

Keep Lenses Clean and Protected

Never leave your headset in direct sunlight - this can permanently damage the lenses. Only use a dry microfiber cloth (included in your kit) to gently clean your lenses after each use and avoid touching them with sharp or abrasive objects.

6.

Restart if Something Feels Off

If apps freeze or don't load, restart the headset before trying again.

1. Put on the headset and press the power button until you see "Shutting Down."
2. Wait a few seconds.
3. Press the power button again until the Meta logo appears.



XR Portal: Your Guide to VR Therapeutic Apps

The XR Portal is your entry point into XRHealth's library of therapeutic VR experiences. Inside, you'll find immersive environments, activities, and videos designed to support pain management, relaxation, and mental wellness.

Where to Find These Apps

Your apps are organized by different categories called "Spaces."

Behavioral Space

This space offers structured, self-guided 8-week programs such as First Resort and Mind & Motion. These programs provide a clear, step-by-step path if you prefer a preset schedule with guided progression.

Step-by-step guides for the Behavioral Space apps can be found on the next page.

Reliever Space

Here you'll find a flexible library of open-ended apps you can explore at your own pace. These include experiences for:

- *Pain Management – environments and exercises to reframe pain perception, build body awareness, and release physical tension (such as progressive muscle relaxation and guided breathing).*
- *Mental Health – tools to improve focus and emotional balance, including attentional focus training and emotional regulation practices.*
- *Relaxation – immersive environments and videos to promote calm and rest, with guided imagery, guided meditation, and mindfulness practices designed to reduce stress and improve sleep.*

Tips for a Better Experience

- Use VR in a quiet, comfortable space with minimal distractions.
- Aim for 15–30 minutes per session, 3–5 times per week.
- Try different apps and notice which ones best support your goals.
- Keep a simple journal to reflect on how each session affects your mood or pain.
- Don't hesitate to reach out to us if you'd like guidance on which apps fit your care plan.

User Guide:

Recommended 1st Day with your VR Headset

This guide will help you take your first steps into VR therapy and introduce you to some apps to help you start exploring content that supports your wellbeing and recovery.

Getting Started

- Charge and power on your headset.
- Find a quiet, comfortable space with minimal distractions.
- Adjust your headset for a clear and comfortable fit.

Today's Focus: The Reliever Space

All three apps you'll try today are located in the Reliever Space on your headset.

Start with: Luna

- Purpose: Pain and/or anxiety management & relaxation.
- What to expect: Soothing VR environments designed to reframe your perception of discomfort.
- Tip: Start here to ease into the headset with a calming, visually immersive experience.

Continue with: Emotional Regulation

- Purpose: Emotional awareness and release.
- What to expect: Guided exercises that help you name, feel, and let go of emotions.
- Tip: Try this session after Luna to explore how VR can support mood and stress levels.

End the day with: Body Scanning

- Purpose: Increase bodily awareness.
- What to expect: Gentle guidance to notice areas of tension and relaxation in your body.
- Tip: Use this at the end of your session to connect mind and body for deeper calm. When you finish, take a moment to notice how you feel after using the programs in your headset - both physically and emotionally.

Tips for Success with VR Therapy

- Aim for short sessions: 10–15 minutes per app.
- Build a routine: Aim to use the headset 3–5 days a week.
- Listen to your body: If anything feels uncomfortable, stop and take a break.
- Reflect: After your session, write down any changes in how you feel - physically or emotionally.
- Reach out if you have any questions or need more support. Contact us at support@xr.health

User Guide:

First Resort

VR App for Cognitive Behavioral Therapy (CBT)

What is First Resort?

First Resort is a virtual reality (VR) program designed to support your emotional well-being through Cognitive Behavioral Therapy (CBT). Over the course of 8 weeks, it will help you identify your values, set goals, and explore how your thoughts influence how you feel and act. Through guided practices, self-assessments, and calming VR exercises, you'll build awareness, emotional resilience, and a stronger sense of control - one step at a time.

How Does It Work?

You'll go through an 8-week journey. Each week unlocks a new session. Each session lasts around 20 min, and includes:



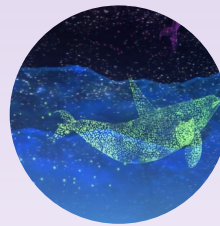
Cognitive Behavioral Education

Short, engaging videos introduce foundational CBT concepts such as thought patterns, emotional regulation, and behavior change strategies.



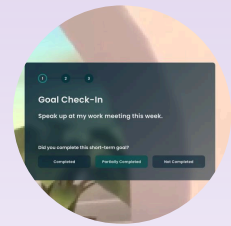
Values & Goal Setting

Users are guided to identify meaningful values, establish long-term goals, and define short-term, actionable steps that align with those values.



Mindfulness Practice

Calming, guided mindfulness experiences are included throughout the program to support emotional self-regulation and stress reduction.



Reflection & Reinforcement

Each week includes opportunities to revisit previous content and reinforce key skills through interactive practices and goal check-ins.



Disclaimer

First Resort is a seated or stationary virtual reality experience that involves gentle hand movements, such as reaching forward. Make sure you're in a quiet, safe indoor space, free of distractions or obstacles. If you feel unwell, overwhelmed, or need a break - feel free to pause at any time.

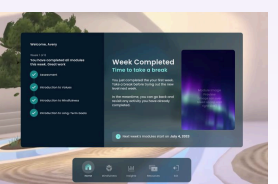
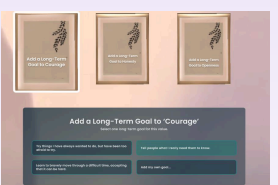
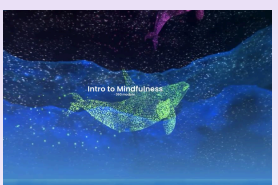
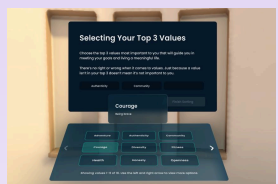
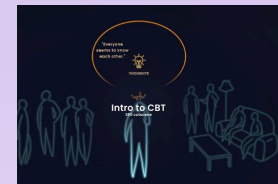
User Guide:

First Resort

VR App for Cognitive Behavioral Therapy (CBT)

Step-by-Step Guide for First-Time Users

1. **Select First Resort** from the XR Portal Library. You will find the app under Behavioral Space.
2. **Watch the first time tutorial.** You'll watch the tutorial in the app, but you can also watch it here by scanning this code with your phone camera:
3. **Complete the short assessments** - help the app get to know you and track your mood.
4. **Set your values** - watch a short video about values, then choose the ones that matter most to you.
5. **Practice mindfulness** - watch an introduction to mindfulness, then follow a guided practice in a calming VR environment.
6. **Set your long-term goals** - watch a video on goal setting, then define a meaningful long-term goal for yourself.
7. **You're all done!** You're now in the Home screen, where you can explore, revisit content, or continue at your own pace.



User Guide:

First Resort

VR App for Cognitive Behavioral Therapy (CBT)

Your 8-Week Journey

Here's a week-by-week look at what you'll experience in the program:

Week 1	Week 2	Week 3	Week 4-7	Week 8
Introduction to CBT + How to Get Around	Progress Assessment	Progress Assessment	Progress Assessment	Goal Check-In
First Assessment	Short-Term Goal Setting	Importance of Practice	Goal Check-In	Final Assessment
Introduction to Values + Values Setting	The Power of Your Thoughts Video	Goal Check-In	Optional: Practice Shifting Thinking / Mindfulness	Graduation and Maintenance
Mindfulness: Introduction + Practice	Shifting Your Thinking Video + Practice			Optional: Practice Shifting Thinking / Mindfulness
Long-Term Goal Setting				

Notes:

- Each week begins with a short mental health assessment (PHQ-2, GAD-2, PSS-4 on weeks 1, 4, 8).
- You can always revisit previous content, and the app will suggest practices to repeat.
- Most users find the first two weeks the most content-heavy - it is recommended to split them into 2-3 shorter sessions.
- To exit the application, press the Meta button on your right controller and select "Quit."

User Guide:

Mind & Motion

VR App for Pain Management

What is Mind & Motion?

Mind & Motion is designed to support you on your journey with chronic pain. Using virtual reality, the program gently guides you through movement, calming practices, and easy-to-understand explanations of how pain works in the brain and body. The goal is to help you feel safer in your body, more in control, and less overwhelmed - one small step at a time.

How Does It Work?

You'll go through an 8-week journey - each week unlocks a new session. Each session lasts around 20–30 minutes and includes:



Assessment

Short, simple questions to help the app get to know your pain, how it affects your life, and how confident you feel managing it.



Learning

Easy-to-understand videos that explain how pain really works in the brain and body - helping you make sense of what you feel.



Movement

Fun and immersive exercises that get you moving, focused on different body areas. Each session includes a quick range of motion check before and after.



Mindfulness

Guided breathing and awareness practices in calming VR environments - helping you relax your nervous system and feel more in control.



Disclaimer


Mind & Motion includes physical activity in standing in virtual reality. Make sure you're in a safe indoor space (at least 10x10 ft), free of obstacles. If you feel dizzy, unwell, or uncomfortable - stop the session immediately and reach out to your clinician.

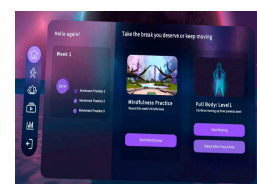
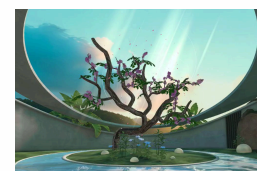
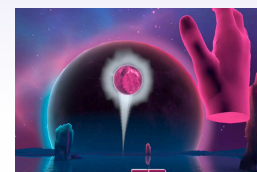
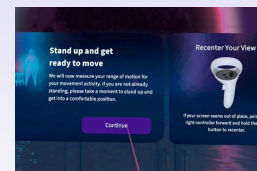
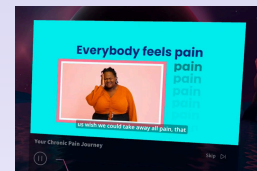
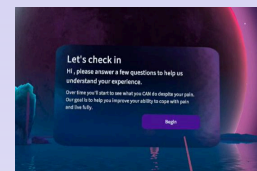
User Guide:

Mind & Motion

VR App for Pain Management

Step-by-Step Guide for First-Time Users

1. **Select Mind & Motion** from the XR Portal Library. You will find the app under Behavioral Space.
2. **Watch the first time tutorial.** You'll watch the tutorial in the app, but you can also watch it here by scanning this code with your phone camera:
 
3. **Answer the assessment questions** to help the app get to know you better and track your progress.
4. **Watch your first video** explaining your chronic pain journey.
5. **Take your first Range of Motion (ROM) test** – follow the on-screen instructions.
6. **Play!** Follow the guidance through your first movement session. You'll practice throwing a ball, following a ribbon with your head/hands, and taking steps. You'll finish with another ROM test.
7. **Follow** your first mindfulness practice.
8. **You're all done!** You'll now be taken to the Home screen.



User Guide:

Mind & Motion

VR App for Pain Management

Your 8-Week Journey

Here's a week-by-week look at what you'll experience in the program:

	Learn	Movement	Mindfulness	Estimated Duration
Week 1	The chronic pain journey	Movement (selected body area and level)	Intro to Mindfulness	~25 min
Week 2	Your body alarm system	Movement (selected body area and level)	Breathing	~20 min
Week 3	Adjusting your alarm with movement	Movement (selected body area and level)	Conscious awareness	~22 min
Week 4	Adjusting your alarm with mindfulness	Movement (selected body area and level)	Mindful attention	~25 min
Week 5	Pacing	Movement (selected body area and level)	Connection	~22 min
Week 6	Waiting to feel better	Movement (selected body area and level)	Mindfulness of emotions	~22 min
Week 7	Sometimes discomfort is worth it	Movement (selected body area and level)	Grounding	~28 min
Week 8	Maintenance	Movement (selected body area and level)	Mindful observation	~22 min

**You're encouraged to complete 2 extra movement practices each week (total: 3 per week).*

What to Expect When You Open the App

- Each week when you open the app, you'll go straight into that week's session. No need to choose or search.
- You won't be able to skip ahead, but once you complete the full session, you'll arrive at the Home screen, where you can explore, repeat practices, or go at your own pace.
- If you skip a week, it will resume from where you left off.
- To exit the application, press the Meta button on your right controller and select "Quit."

**We're here for you.
Reach out if you need support.**

Our support team is available Monday through Friday,
9 AM to 5 PM (EST).

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