



BOSCH

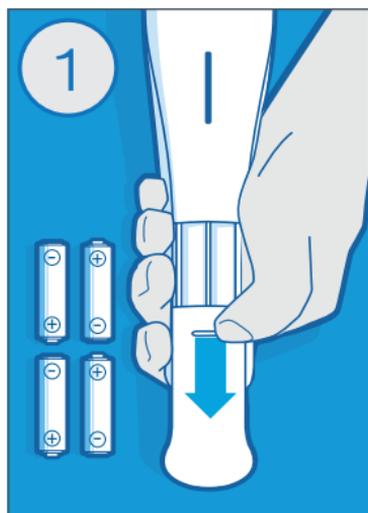
Invented for life



Quick guide

vivatmo
me

First steps with your **Vivatmo me**



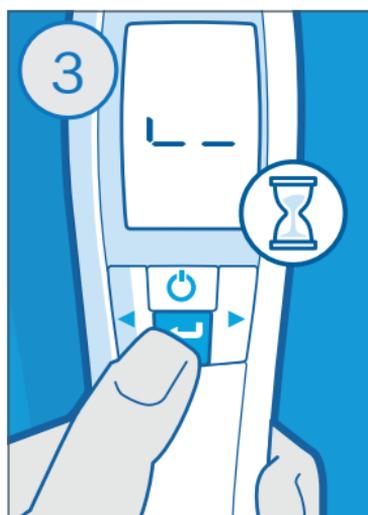
Insert batteries

Insert 4 AAA batteries in the battery compartment of the Vivatmo me and switch it on.



Attach mouthpiece

Remove a disposable mouthpiece from the pouch and attach it to the device.



Preparation process

Press the ENTER button to start the preparation process. This can take up to one minute.

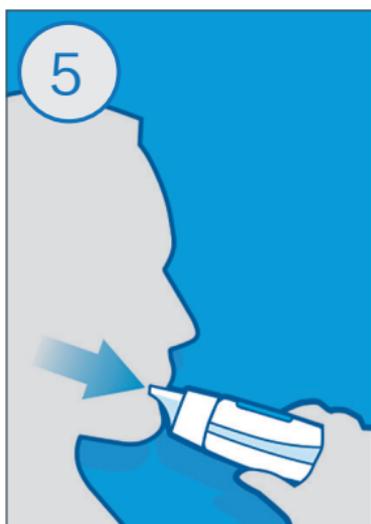
Note: In case a wrench symbol is displayed, a reconditioning is required (see instructions for use).

First measurement with your **Vivatmo me**



Ready for use

Your Vivatmo me shows you when it is ready.



Perform the measurement

Inhale deeply through your mouth and exhale steadily through the disposable mouthpiece.

If the LED flashes **yellow**, you are breathing too weakly, if it flashes **blue**, you are breathing correctly and if it flashes **red**, you are breathing too strongly.

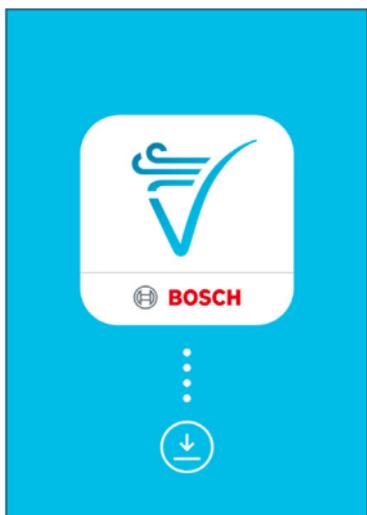


Result

If the measurement was successful, the result appears on the display. The traffic light scale shows you the range of your FeNO value.

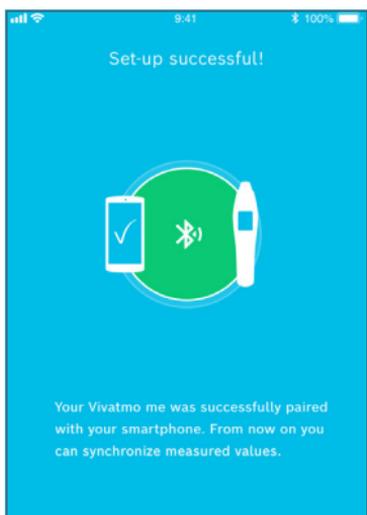
Now you can discard the mouthpiece in your household waste and place the protective cap on the device.

The **Vivatmo app** allows you to keep better track of your FeNO results!



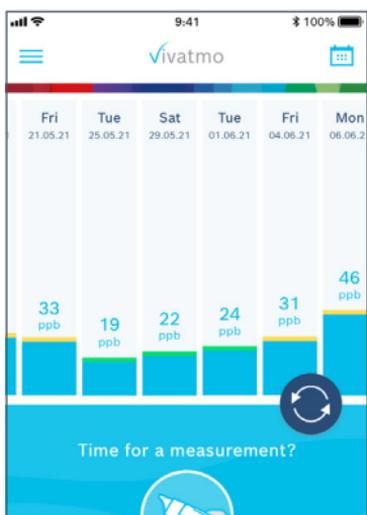
1. Download app

Download the Vivatmo app from the App Store or Play Store to your smartphone.



2. Connect devices

Simply connect your Vivatmo me with the Vivatmo app via Bluetooth by clicking the “Pair”-button and scanning the QR code on your Vivatmo me.



3. Your FeNO values

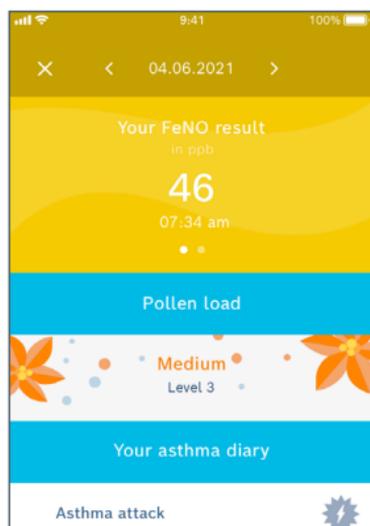
With a single click, you can load your FeNO value from your Vivatmo me into the app. Like this, you can keep track of all your readings.

Vivatmo app – Functions of your digital asthma diary



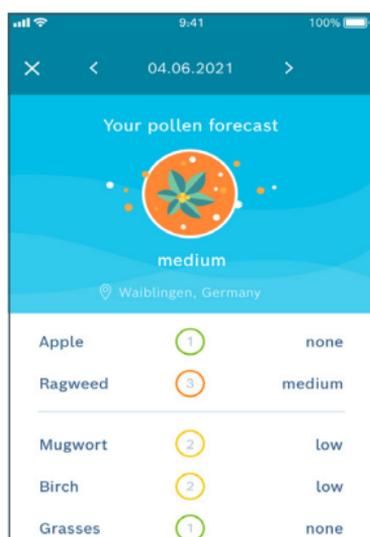
4. Calendar

In the calendar, you will see all your FeNO values and be able to access your asthma diary. You can create an overview of your data via “export data”, e.g. in order to send it your doctor by e-mail.



5. Diary

In your personal asthma diary, you can enter medications, symptoms, asthma attacks and how you are feeling.



6. Pollen forecast

The pollen forecast gives you information about the current pollen level in your region.

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Not available for commercial
sale in the United States.

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