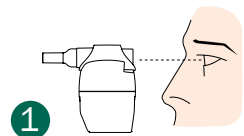
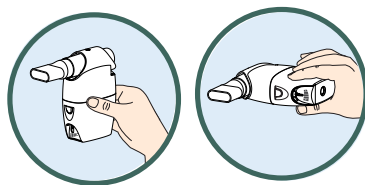


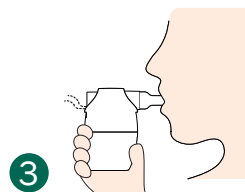
Below, please find abbreviated instructions for use, but please remember to read the complete instructions that are packaged with your **Aerobika™** Oscillating Positive Expiratory Pressure (OPEP) Therapy System.



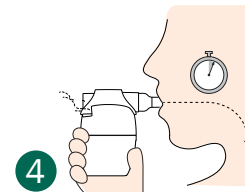
1
EXAMINE device



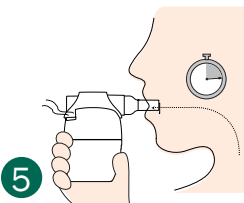
2
CHOOSE any orientation



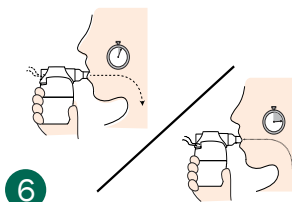
3
INSERT mouthpiece



4
INHALE 1 second



5
EXHALE for 3 seconds



6
CONTINUE for 10-20 breaths. Perform 2-3 'huff' coughs' to clear airway.



7
Repeat steps 3-6 for 10-20 minutes. Count it as one **SESSION**



8
Perform 2 **SESSIONS** daily, 3-4 sessions if you produce a lot of mucus

*The timing of steps 4-5 is an example, it varies based on patient conditions. As long as **EXHALE** should be 3 times longer than **INHALE**

Effect will show after few weeks use of Aerobika

Aerobika OPEP device significantly reduces all-cause inpatient visits and severe disease exacerbations (Jenny Tse et al, 2020)