

GET STARTED



Power button. Turn on your goggles.

Charging port.

Volume buttons.

*Keep both controllers close but you will only use the **Right one.**



Home Button.

- Press one time to take you to the main menu.
- Press and hold to recenter your screen.

Trigger button. Point the controller to an item and press the trigger button one time to **select**.

Battery. Press the triangle button and pull down the cap to replace the battery if needed.



EEG Headband Guide



Power Button.

- Press and hold to turn it on. You'll know it's on when you see blue cascading lights moving back and forth
- Press and hold to turn off.

EEG Sensors.



How to charge it:

To check the charge level of your Muse click the power button one more time after the headband has been turned on and it will indicate how charged the headband is by the number of lights that are full. If only one or two are lit up, it may be time to charge. Whereas three lights indicate a full charge.

1. Locate the charging port: On the Muse headband, find the charging port.
2. Connect the cable: Use the Micro-USB cable that came with your Muse 2.
3. Plug into a charger: Connect the cable to a standard USB wall charger.
4. Monitor the lights: Look for the LED indicators on the headband to see the charging status.
 - a. Flashing lights: Indicate that the device is charging.
 - b. Solid lights: Indicate a full charge.

Get Started with Healium



1 Turn on your goggles.

2 Turn on the Muse Headband and put it tight in the middle of your forehead



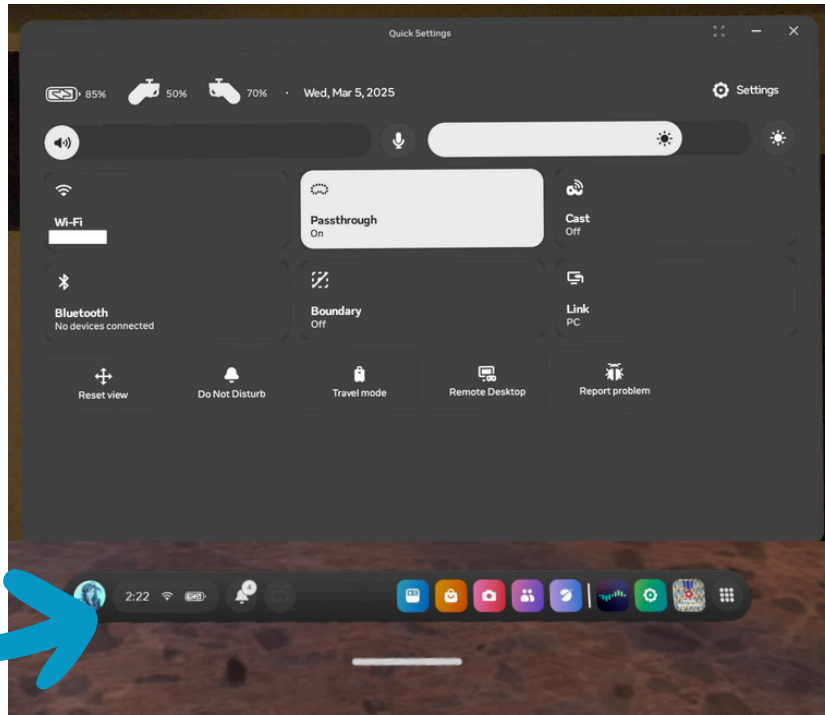
Place your Muse along the middle of your forehead with the rubber ear sensors resting behind your ears. Adjust both sides simultaneously to tighten it back up for a snug fit that feels comfortable. Both earpieces should be equally extended to ensure there are no gaps and that all sensors have good skin-to-sensor contact. The headband should run across the middle of your forehead – not too high (near your hairline) or too low (near your eyebrows.)

*Make sure that there is no hair between the sensors and your skin, as this can prevent Muse from getting a good signal. Move any hair from above or behind your ears as you adjust the fit for the best results. If you have long hair we recommend tying it up.

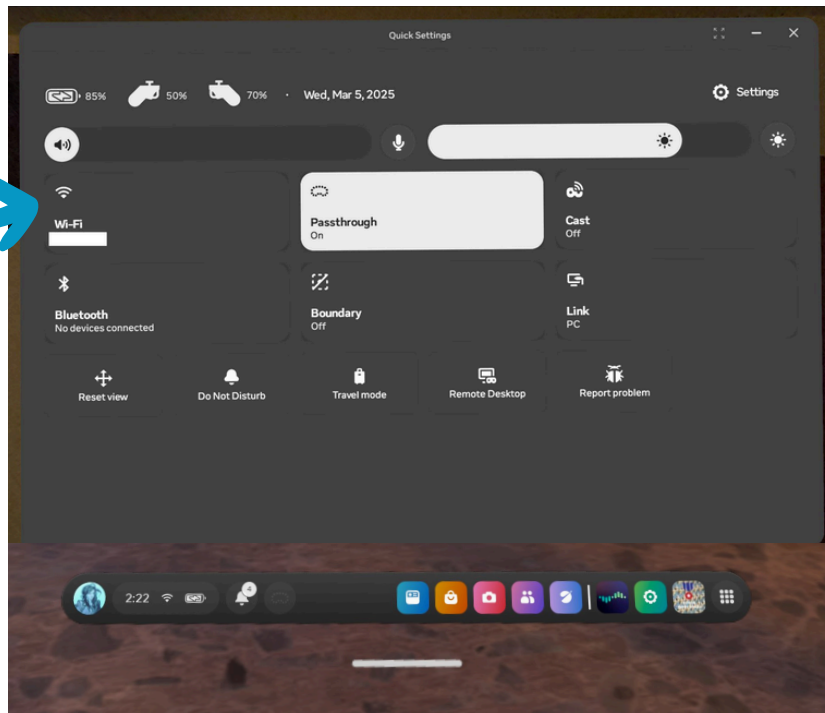
3 Place the VR goggles on your head over your EEG headband. Press and hold the **Home Button** on the right controller to wake up the controller.



- 4** Point the **right controller** at the **Time** in the bottom left corner and press the **Trigger Button** to open the **Quick Settings**.

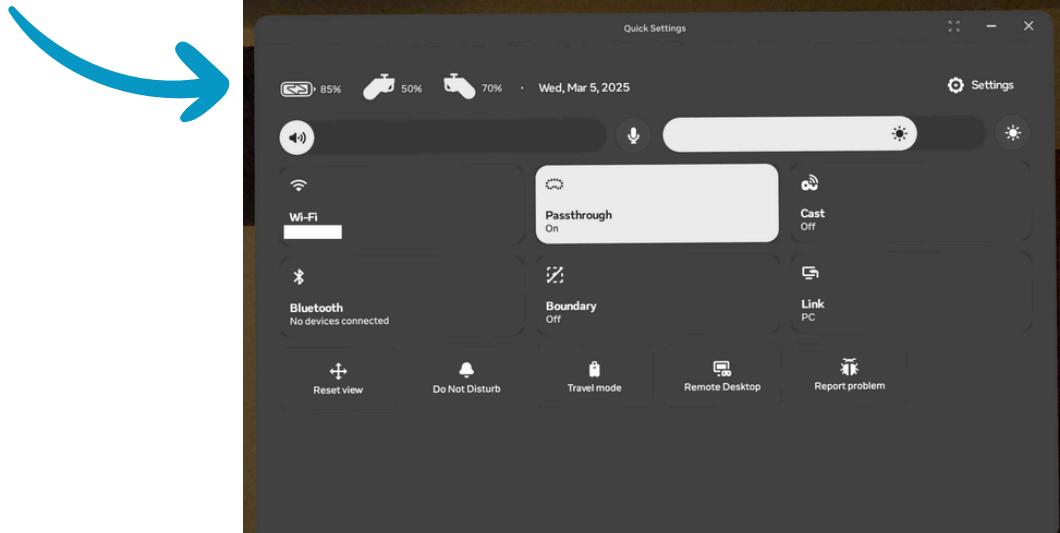


- 5** Click on the **WiFi icon** and connect to your network.

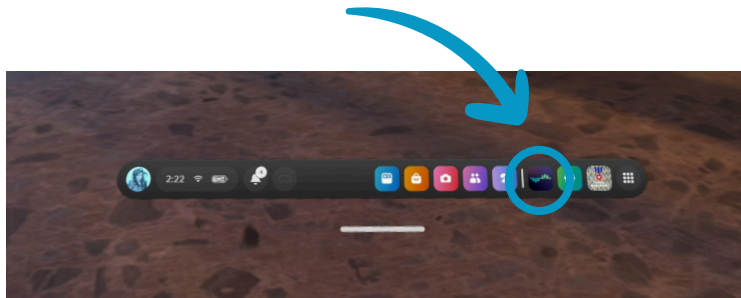


- 6** Once you connect, click the **X** in the top right corner to exit the window.

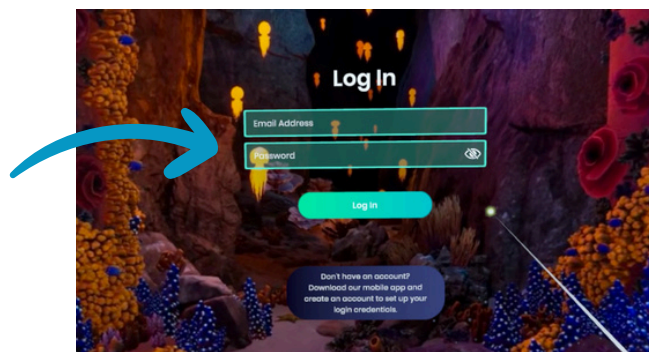
Note: Here you can check the device and controllers battery life.



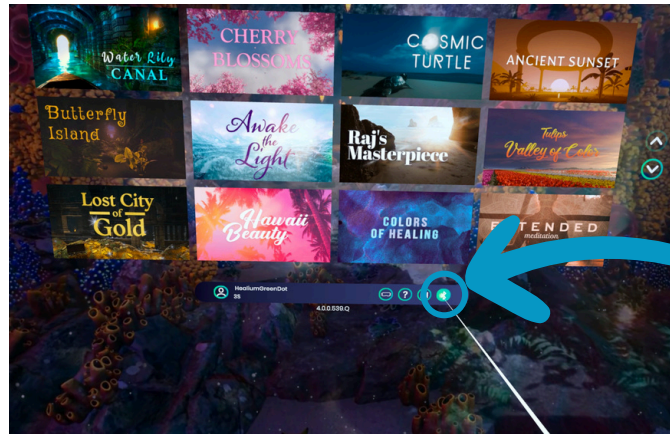
7 Point the controller and press the **Trigger Button** to open the **Healium App**.



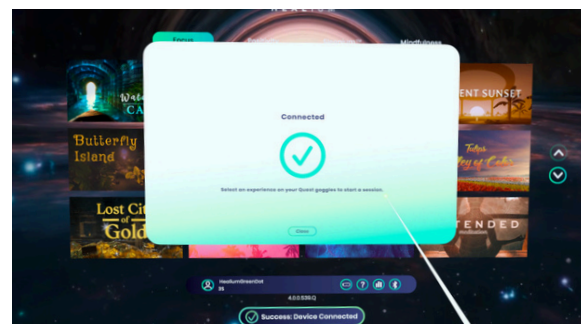
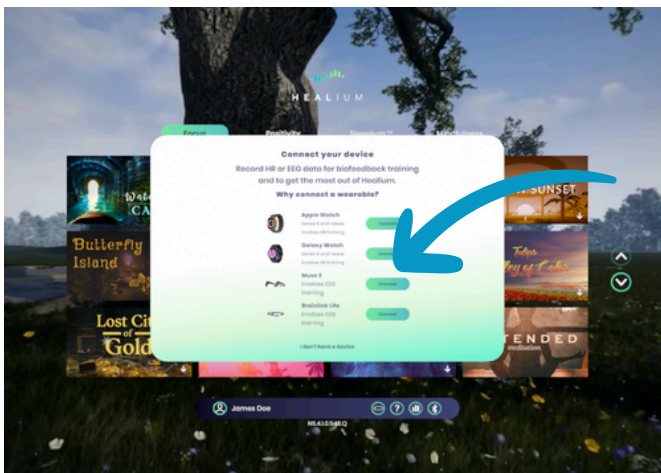
8 **Login** using your credentials.



9 Once you are in the **Healium Lobby**, at the bottom right-hand corner, click **Bluetooth icon**.

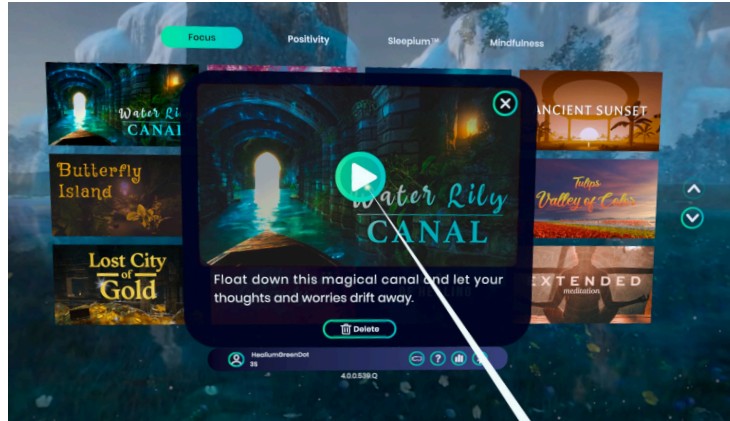


10 Confidently **click the Connect** button by Muse 2 and wait a few seconds.

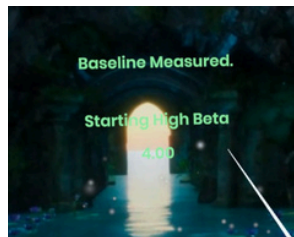
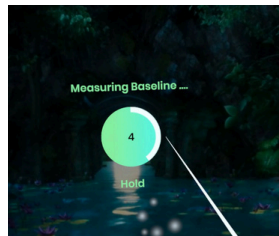


11 Once you see **Connected**, exit the window.

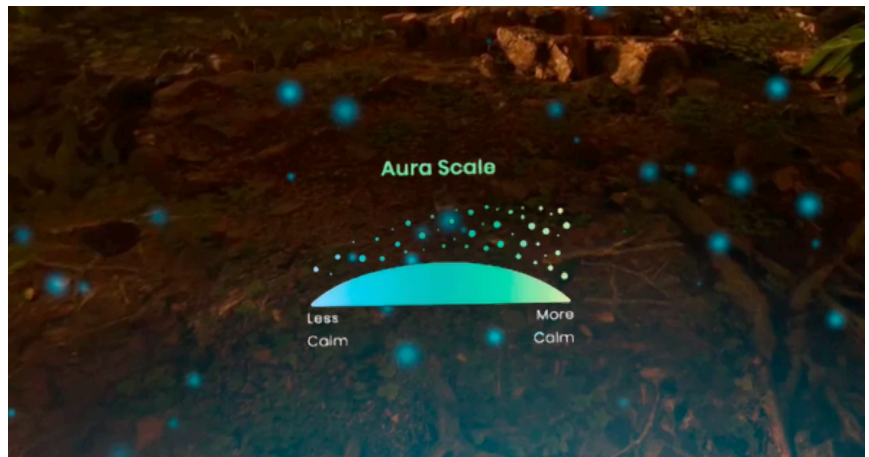
12 Navigate through the Healum menu and **pick an experience**. Press Play to start it.



13 Your “calm” baseline will be measured in the first 10 seconds of the experience.



14 The aura starts as an **icy blue**, and change colors to a **golden green** as you become calmer.



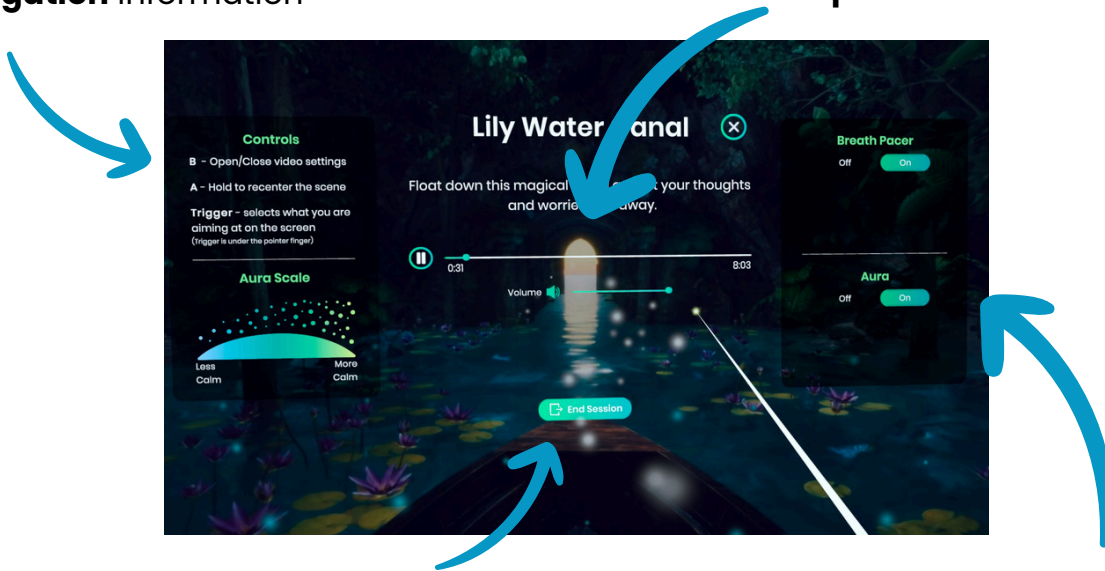
15 Press the **“B” button** on the right controller to open the settings.



16 Customize your experience:

Navigation information

Experience controls



End Session. Return to the Healum menu.

Customization:

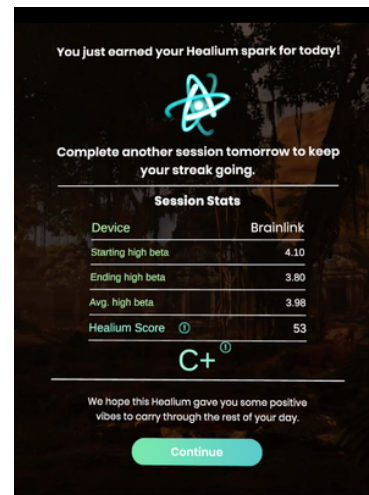
Breath Pacer: white bubbles coming in and out.

Aura: real time feedback bubbles coming from the bottom of the screen.

17 After your time expires or you end the session, you will get a **recap screen** showcasing how you did.

The longer you are under your baseline, the better **Healum score** you will get.

18 Press **Continue** to go back to the Main Menu.



19 Once you are done with the Healiium sessions, **Log out of your profile** and press the **Home Button** on the right controller to open the App settings.



20 Click Quit to properly **Exit Healiium**.

