



reducecept

Oculus Go Manual

Version: March 8th 2021



Oculus Go headset

In this manual, we explain how to prepare your Oculus Go headset in order to use Reducept. You can start by installing the Oculus app on your smartphone. Then, you connect the app with your phone and your Oculus Go headset. After that you also need to connect the headset to your WiFi network. Now, start Reducept on your Oculus Go headset!

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Good to know before you start

Thank you for trying Reducept! We're going to tell you a little bit about the product, right after that you'll find instructions on how to install Reducept on your Oculus Go.

Target group

Reducept is designed for people with chronic pain. Chronic pain is defined as ongoing or recurring pain that lasts longer than the normal healing period for an illness or injury, or that lasts longer than three to six months. Reducept has been tested on people between the ages of 18 and 80. For younger children, we have no data on the efficacy of the product. For people 65 years of age or older, help is often needed to install and familiarize themselves with the program, but subsequently older people can also make improvements with the program.

Potential Risks

Reducept is used at your own risk. At this time, the app itself has few known risks. However, it is possible that playing on your VR-Headset may cause you some discomfort. If you experience more pain while playing, stop playing immediately and contact your doctor.

For possible risks involved in playing on your VR-Headset, we recommend you read the manual of your own VR-Headset.

Furthermore, it is possible that you may become dizzy from looking at the screen. If you experience this, stop playing and contact your treating physician.

Despite Reducept's psychosocial approach and the relatively low risk of the intervention, there are some criteria that are good to keep in mind when using Reducept. We do not recommend using Reducept when experiencing:

- Psychotic disorders: any disorder in which a patient has difficulty distinguishing between reality and the fictional world of VR can potentially lead to an increase in confusion
- Dementia: any disorder in which a patient has difficulty distinguishing between reality and the fictional world of VR can potentially lead to an increase in confusion
- Psychiatric comorbidity: we recommend that psychiatric comorbid disorders be treated before using Reducept
- Younger than 18 years: Reducept was developed for adults. At the time of writing, feasibility studies are being conducted on the application of Reducept in adolescents
- Audio-visual disorders: when they interfere with the use of VR

Current state of research

Within Reducept, we use a variety of psychological treatment techniques. For example, cognitive behavioral therapy, acceptance and commitment therapy, Mindfulness and





Hypnotherapy¹. These techniques have been widely researched in the past and have proven to be effective.

Virtual Reality (VR) has also been widely researched in recent times for its effectiveness in treatment techniques with promising results.

Reducept has chosen to combine the well researched psychological treatment techniques with VR. To investigate the success of Reducept, several studies are currently underway.

For more information visit the website: reducept.com/science.

CE mark

Reducept has a CE mark. This mark certifies that the product complies with the applicable rules within the European Economic Area. The CE number is: 2019/682-01

¹ Fennema & Zantema, 2019





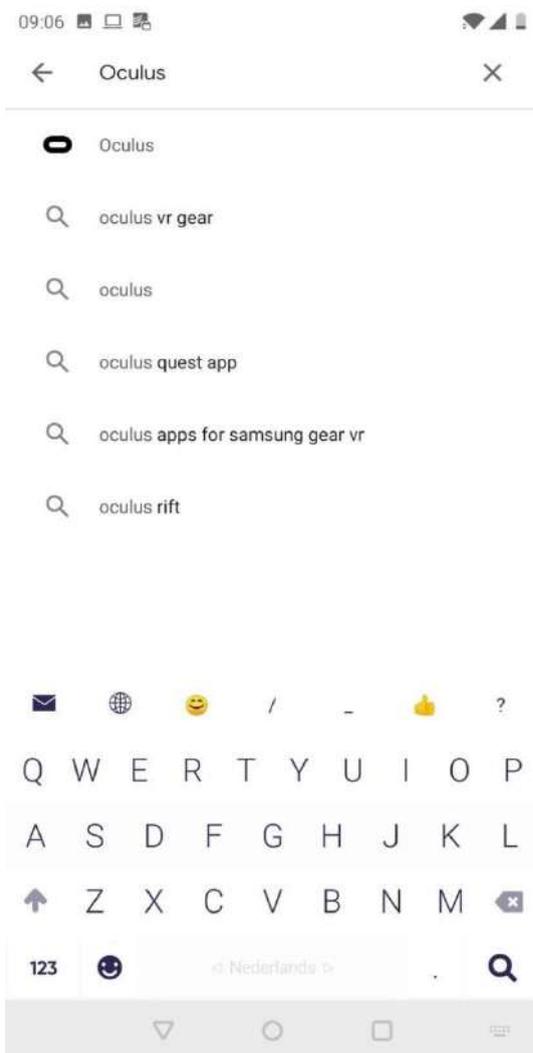
Install the Oculus app on your phone

1. Open the iTunes Store (on iPhone) or the Google Play Store (on Android phones).



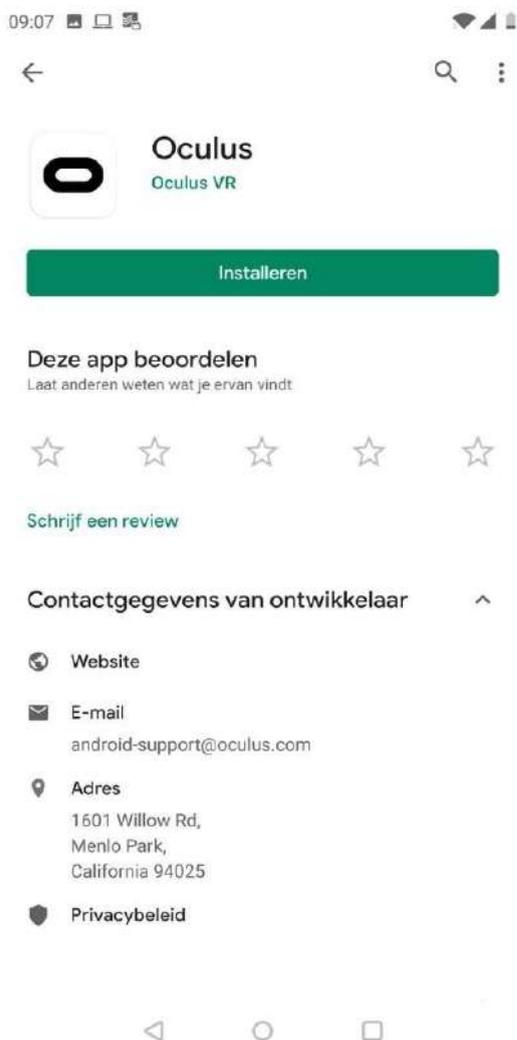


2. Search for 'Oculus' in the search bar. Choose the Oculus app in search results.



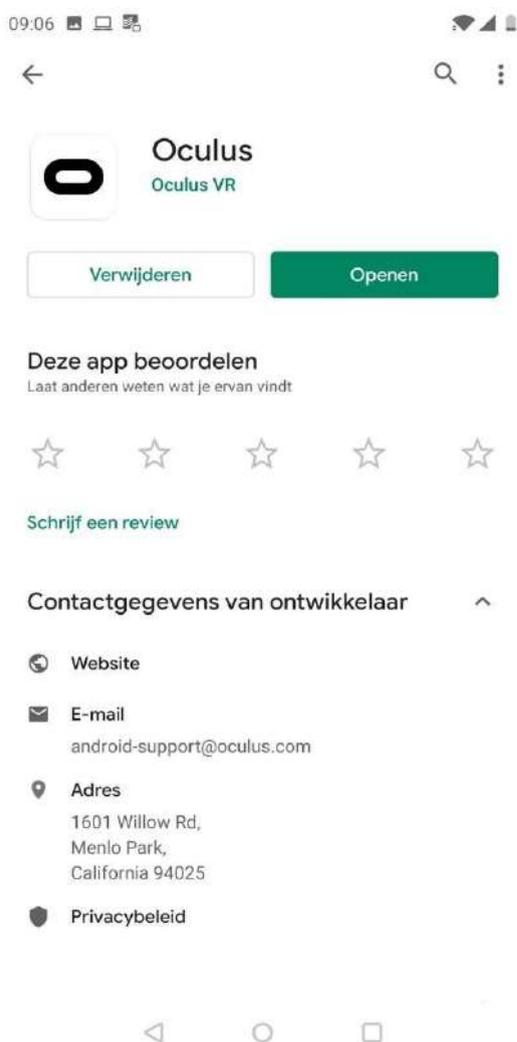


3. Click on 'Install'.





4. Click on 'Open'. The Oculus app has also been added to the home screen of your phone.





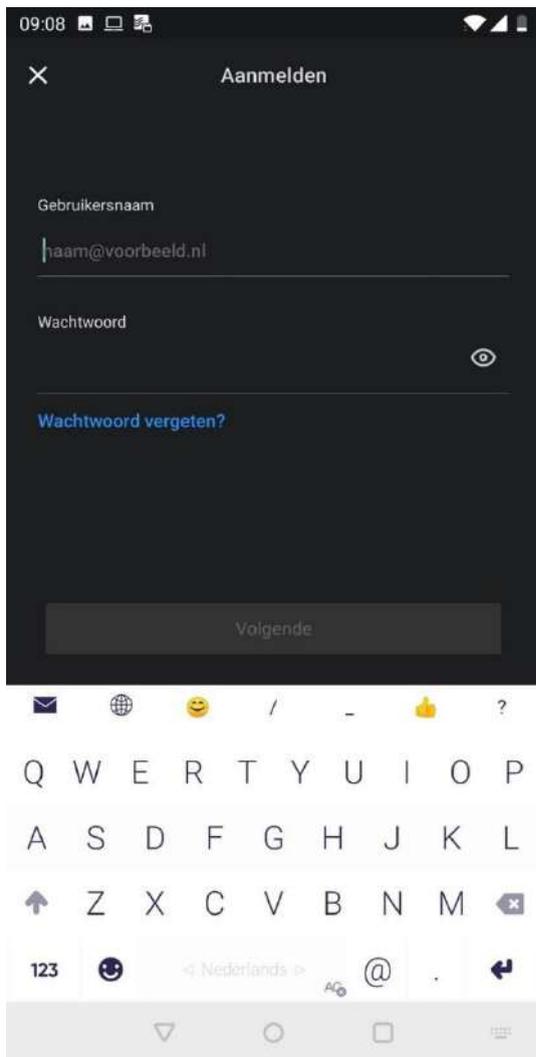
Log in the Oculus app

1. Open the Oculus app on your phone (see the previous step of 'install the Oculus app on your phone').
2. Click on 'Sign up' in the welcome screen of the Oculus app.



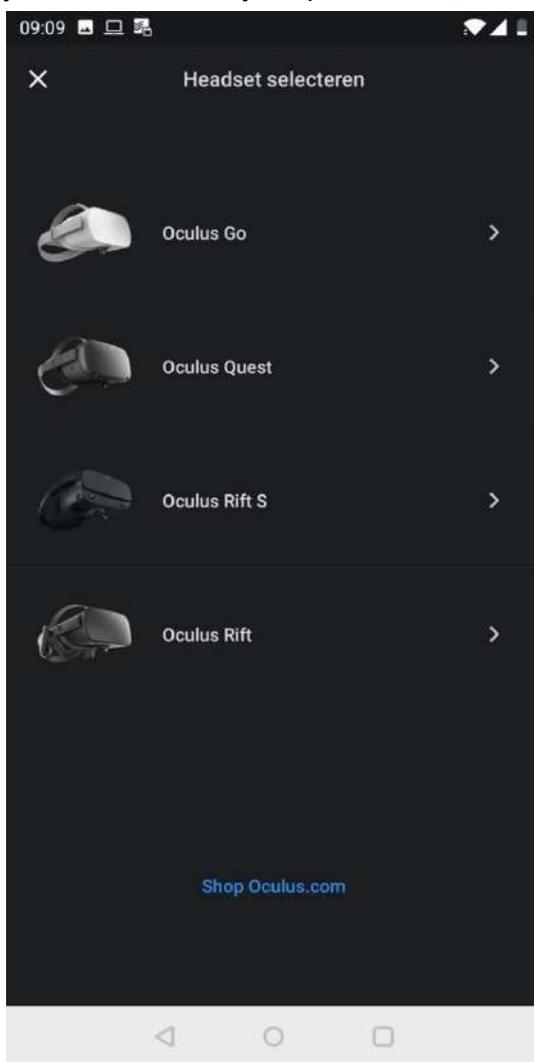


3. Set up the username and password of your Oculus account.





4. Now you will see the 'Select headset' screen. To continue, go to the next step 'Pair your headset with your phone'.

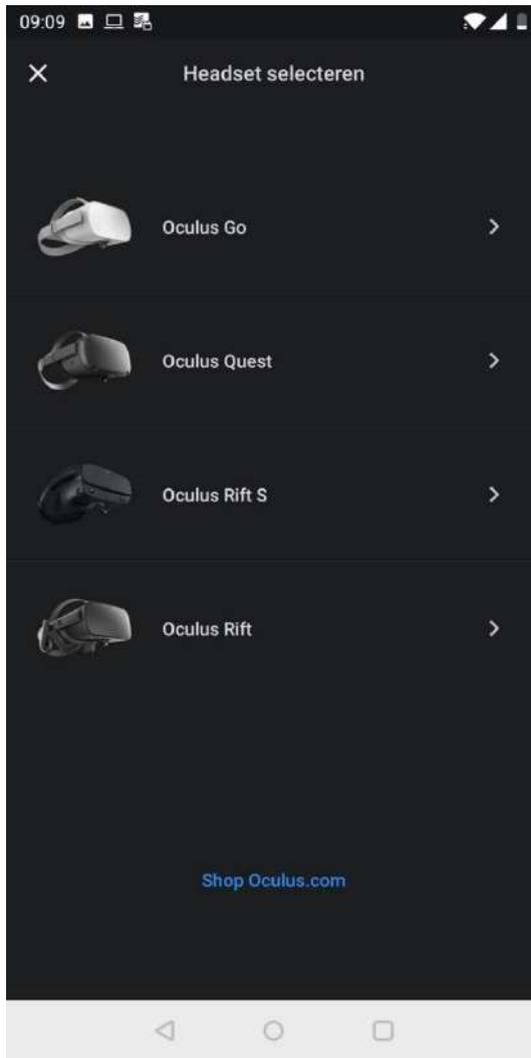


Pair your headset with your phone

1. After completing the previous step of 'Log in the Oculus app', the 'Select headset' screen is displayed in the Oculus app.



2. Click on 'Oculus Go'.





3. Follow the steps in the Oculus app to pair your headset with your phone.



Install Reducept on your headset

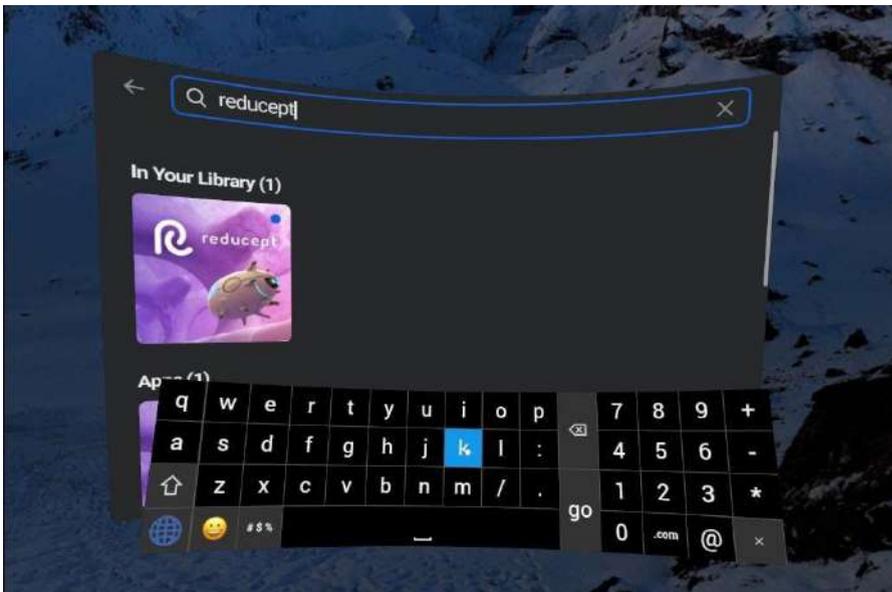
1. Switch on the Oculus Go headset and put it on. For more information: <https://support.oculus.com/183135912238400/>



2. Point your controller at 'Search' and press the trigger.



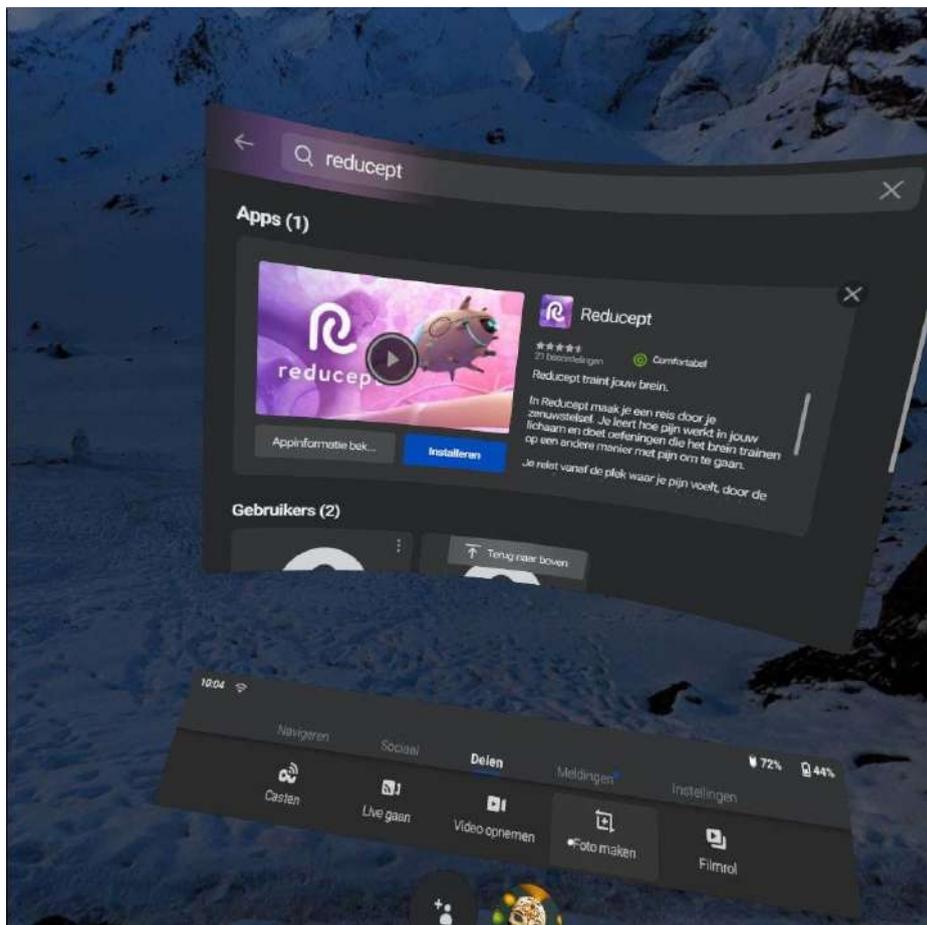
3. Now type in 'Reducept' and choose 'Go'.



4. You will see the Reducept app. Now point at the app with your controller and install the app.



(wait until the installation completes).





5. When the installation is complete, you can open the Reducept app. Select 'Reducept' with your controller and press the trigger.

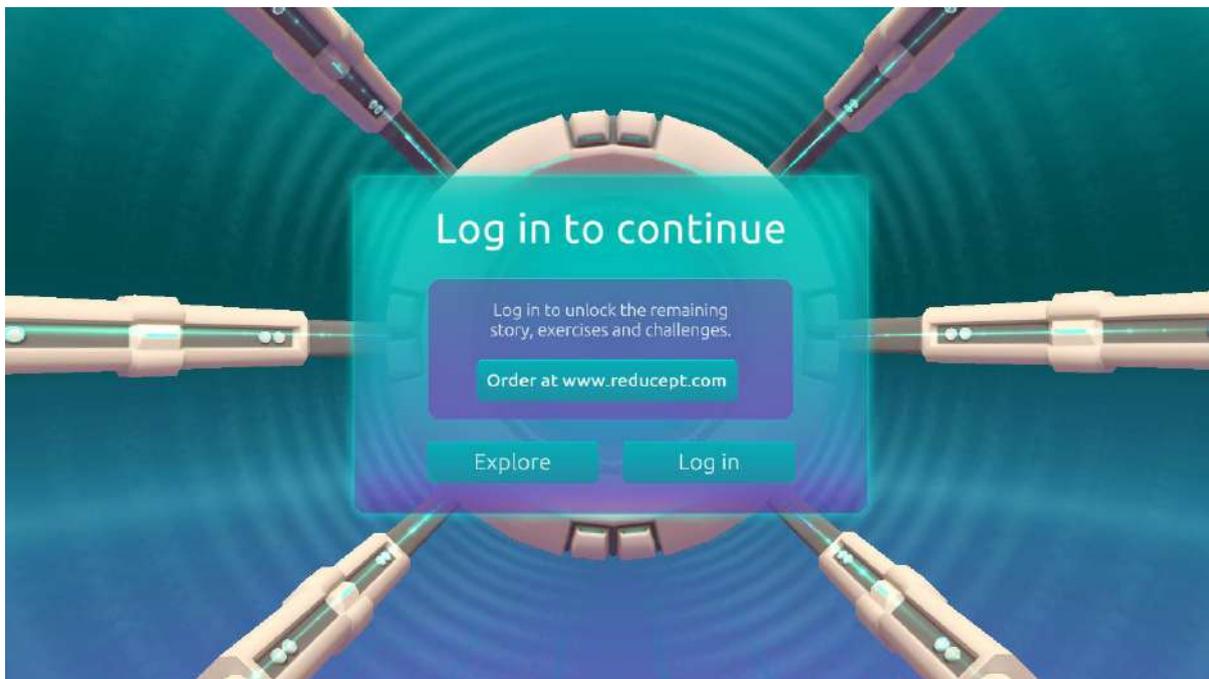


Log in the Reducept app

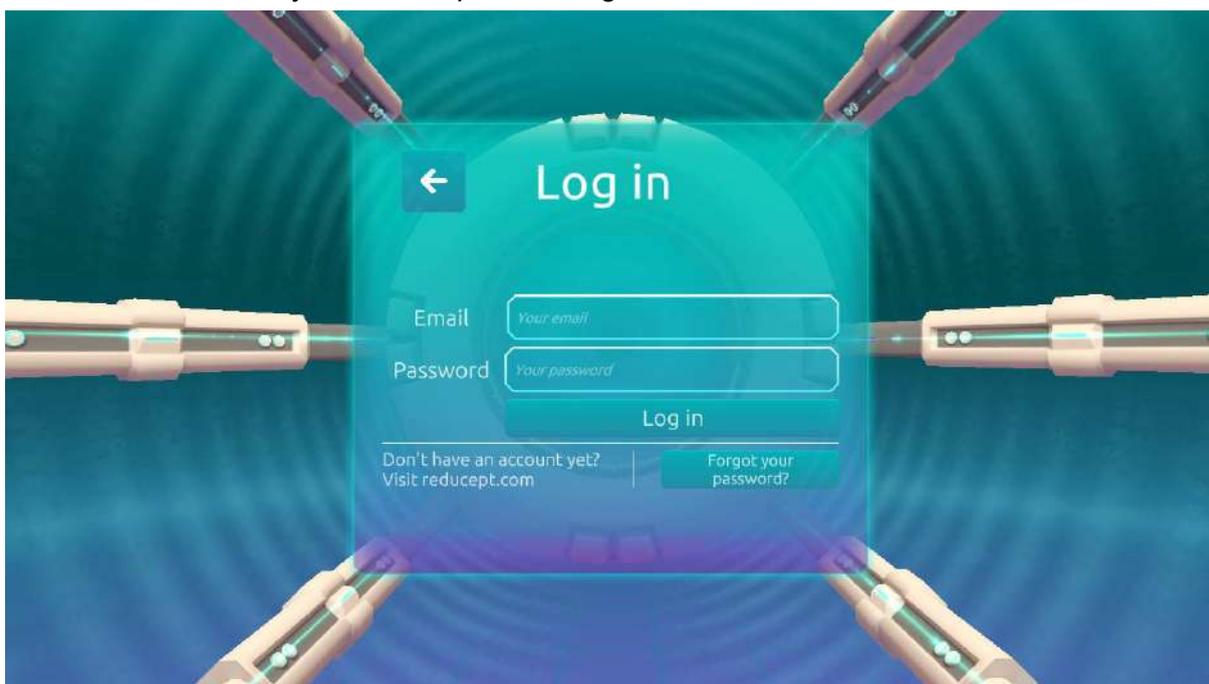
1. Start the Reducept app as described in the previous step of 'Install Reducept on your headset'.



2. Turn your view so the arrow points 'Log in' button



3. Enter your email address and the password that you have set up in the Reducept dashboard. Then turn your view to point at 'Log in'.



4. Now you are logged in.

