Pico Manual

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Reducept.com

Pico headset

In this manual, we explain how to prepare your Pico headset in order to use Reducept. You can start by connecting the headset to your WiFi network, followed by downloading the Reducept game on the Pico. Now, start Reducept on your Pico!

Content

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 Pico.

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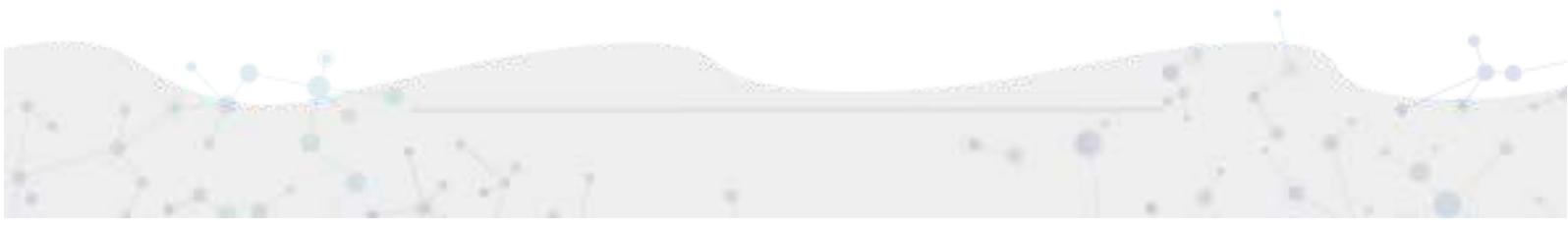
Furthermore, it is possible that you may become dizzy from looking at the screen. If you experience this, stop playing and contact your treating physician.

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

Hypnotherapy[1]. 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
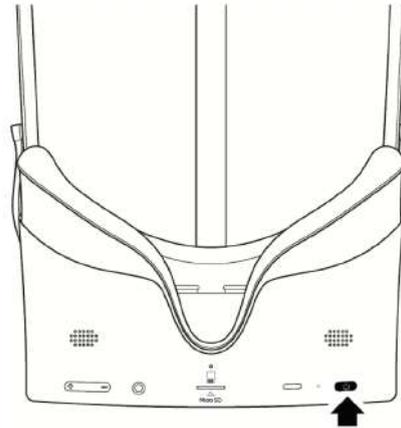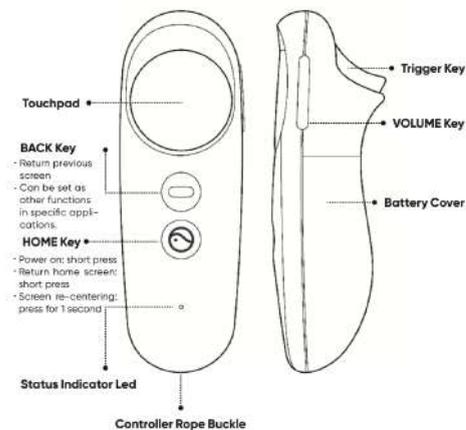
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[1] Fennema & Zantema, 2019

First time setting up your device

1. Put on the Pico G2 4K and press the "Power-Button" for approximately 3 seconds.

2. The setup guide will start automatically.
   a. Connect the controller if you want. Otherwise, click on skip.

   b. Choose language. - Then click "Ok".
   c. The buttons will be explained in the headset. - Click "Ok"
   d. The privacy agreement will appear in the headset. Accept them and click "next".
   e. The radius will be explained - Click "continue".
3. You are now on the main menu of the Pico G2 4K.

How to connect to wifi

1. Click on the Wi-Fi-Symbol in the taskbar.

2. Click on "WLAN" to turn it on or off.

3. The headset will automatically search for any Wi-Fi in the area.

4. Choose your Wi-Fi and enter the password. After completing, click on the "enter-key".

5. Click on connect - the headset will connect to the chosen Wi-Fi.

How to download *Reducept* from the store

1. Click on "Store" in the Pico main menu.

2. Create a Pico account in the device or register your account here

https://us-passport.picovr.com/register/regpre?lang=en_US

3. Search for the Reducept application in the store.

4. Click on download.

5. The application will then appear in your library.

Log in the Reducept app

1. Start the Reducept app as described in the previous step of 'Install Reducept on your headset'.
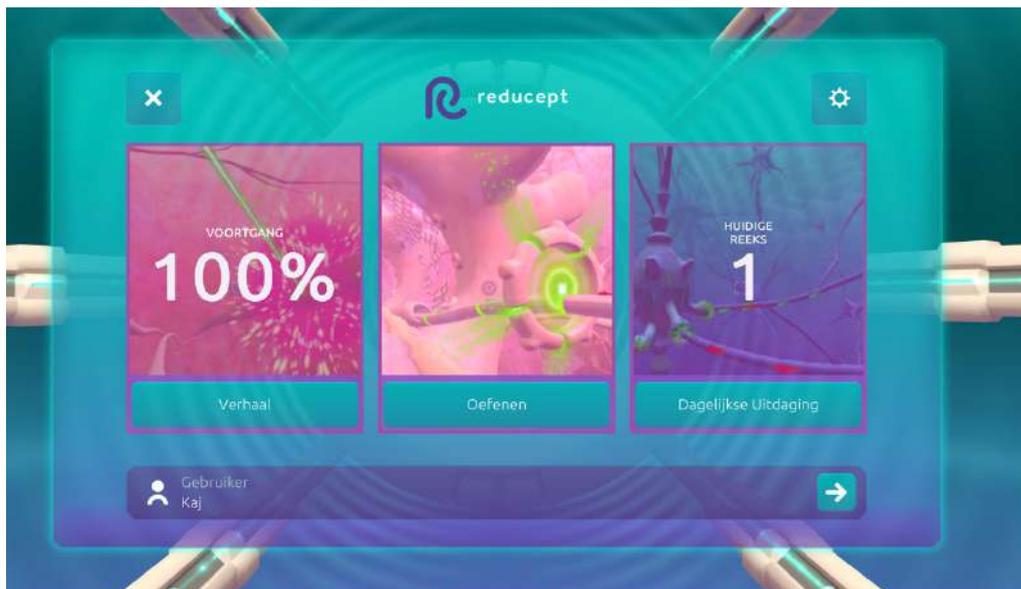2. Turn your view so the arrow points 'Log in' button

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.

Tips & Tricks

Pico button

The Pico button is located on the controller and on the headset. The button has the Pico symbol on it.

- Pressing the Pico button for a few seconds will bring you to the main menu at
  any time. The running application will be minimized, not closed.
- Double-clicking the Pico button will open the task manager. You will be able to
  'switch' or close the active applications here.
- To 'center' the view, look straight ahead and hold the Pico button (either on
  the headset or on the controller) for approximately 2 Sec.

Back button

- With the back button, you will be able to get to the previous page, but the current application won't close when you switch.