

AffloVest® Patient Training Guide

Getting the most out of your AffloVest.



AFFLOVEST®
MOBILE AIRWAY CLEARANCE THERAPY

Tactile
MEDICAL®

This is the AffloVest Patient Training Guide that will be used for your training.

Please read User Guide for full details.

To access the User Guide, scan the QR code on the back of your controller, the code to the right, or visit afflovest.com/manuals/

If you wish to order a paper copy of the User Guide, please call 800.575.1900 or send an email to afflovestrma@tactilemedical.com



Please check each box as you review with the patient.

What You Get With Your AffloVest



AffloVest



Rechargeable lithium-ion battery



Power supply



Go Anywhere travel case



Patient Training Guide



Quick Start Guide

Patient Education

- AffloVest is an airway clearance vest that helps mobilize secretions.
- Mucus is your body's defense from things we inhale like pollen or dust. Typically, mucus flows up through our lungs and airways naturally and it is swallowed automatically. With your diagnosis, there are physiologic changes in the airways causing the mucus to not flow naturally, leaving it in the lungs. Mucus that does not flow from the lungs leads to infections.
- Your diagnosis is a high-risk factor for recurring pneumonia.
- Similar to brushing your teeth to prevent decay or disease, the AffloVest is a daily commitment to maintain secretion mobilization and prevent infection.
- 20–30 minutes twice a day is the recommended therapy or as prescribed by your physician.
- In the beginning, you may produce a lot of mucus. Over time, with AffloVest used daily, you may see a reduction in mucus production. This does not mean you should stop using AffloVest. AffloVest is still working and should continue to be used to keep your airways clear.
- If AffloVest is not used daily, mucus may build up in your lungs, potentially leading to a lung infection. At that point, antibiotics and hospitalization may be required.
- Do not wait until you are congested to use AffloVest. Use it daily per physician recommendation.
- The goal with AffloVest is to reduce lung infections, antibiotic use, and hospitalizations.
- If you have any further questions about AffloVest, please contact your AffloVest representative.

AffloVest Use Information

- Familiarize yourself with the AffloVest User Guide and Quick Start Guide.
- Put AffloVest on and buckle the chest buckles so they are closed. Start with bottom buckle and move to top.
- Fit and sizing vary from person to person. Tighten the chest straps as needed. AffloVest should fit very snugly on the chest but not limit the ability to take in a full, deep breath.
- If needed, adjust the shoulder straps to place the front upper oscillation motors on the upper chest just below the collar bone. The bottom of the AffloVest should fit at the bottom of the rib cage.
- Use the side straps, if needed, to adjust for better fit.
- A 1" (2.5 cm) overlap of the front panels of the AffloVest is acceptable for all sizes.
- A 1"-5" (2.5 cm–12.7 cm) gap between the two front panels of the AffloVest is also acceptable for all sizes.
- The zipper on the bottom is for factory service only. **DO NOT OPEN**. Opening voids warranty.

Battery

- Verify battery is fully charged before use.
- Battery is preinstalled in the battery pocket. No connections are required to start the AffloVest.
- To check the charge level of the battery, turn the controller on and look at the battery icon on the screen.

Controller battery icon is full, indicating the battery is fully charged: 

Power Supply

- The power supply is rated for 65W output power.
- The AffloVest power supply is designed for use with AC voltage of 100–240 VAC/50–60 Hz.





Charging Battery


- Plug in power supply to wall outlet and ensure LED on power supply comes ON.
- Connect power supply to charging port on bottom of battery pouch.
- View battery icon to check battery level. If full, charging is not needed.
- Charge until all four bars on the battery icon appear solid. This should take approximately three hours when battery level is low.
- Unplug the power supply from outlet when fully charged. Battery will last at least two hours on the highest setting. It is not recommended to start a treatment if the battery is low; the controller will notify you if the battery is too low.


- A battery indicator on the controller will blink when the battery is getting low and has approximately 30 minutes of use remaining.
- If the battery level is too low a treatment cannot be started.
- If a fully charged battery has been unplugged from charger for approximately 30 days, check the charge level of the battery before attempting to use. If necessary, charge the battery before use.


Controller


Icon Definitions


-  **Intensity**
Pressing the intensity button navigates through the intensity levels of the oscillation. Intensity can be adjusted at any time during the treatment based on comfort. AffloVest will start in the medium intensity mode by default.
 -  **Low**
 -  **Medium**
 -  **High**
 - Pressing the vest modes or intensity button will update the treatment whether the AffloVest is running or not.


 -  **Pressing the GO button starts the preprogrammed GO settings.**
When using GO mode, the system will perform the following treatment sequentially by default:
 - **Percussion mode:** 10 minutes duration at medium intensity (followed by a 10-second pause with a cough prompt on the controller)
 - **Vibration mode:** 10 minutes duration at medium intensity (followed by a 10-second pause with a cough prompt on the controller)
 - **Drainage mode:** 10 minutes duration at medium intensity


 -  **Cough Prompt**
The cough prompt will show in between sequences when you use the GO settings to encourage you to cough.

 -  **Vest Zones**
The Main Menu screen will show the zones indicator anytime a treatment is running.
-


-  **Vest Modes**
Pressing the vest modes button navigates through the various modes of therapy. Highlighted modes on the screen (percussion, vibration, drainage) indicate the current active program.

-  In **percussion mode**, all motors operate in a pulsed fashion


-  In **vibration mode**, all motors operate continuously

-  In **drainage mode**, motors operate in a preprogrammed sequential fashion

Play/Pause

-  Press and hold Play/Pause to start a treatment. Press to pause the treatment or resume. Play/Pause can also be used to change treatment settings once highlighted. The Play/Pause button also acts as an enter button.

Up, Down, Right, or Left Arrows

-  Use arrows to navigate to different menus and highlight settings.

Menu Navigation

- Press ▲ (Up), ▼ (Down), ◀ (Left), and ▶ (Right) buttons to navigate to the menus and to highlight the values that you want to change.
- Once the value you wish to change is highlighted, press ▶|| (Play/Pause) to toggle to desired settings.

Controller Steps

- To power AffloVest On/Off, press and hold ⏻ (On/Off) on the controller. After a brief start-up period, the controller will display the main treatment menu.
- A GO mode treatment consisting of a preprogrammed sequential treatment can be started by pressing the Ⓞ (GO) button from anywhere in the interface. For more information on changing GO treatment settings, see Program Settings Menu.
- To modify individual treatment settings, navigate to the Main Menu and press ▲ (Up) to highlight different treatment settings. When the vest mode, intensity, or treatment time icon is highlighted, press ▶|| (Play/Pause) to toggle through the options. Press and hold Play/Pause to start an individual treatment.
- While treatment is running, AffloVest may be paused by pressing Play/Pause. This will suspend treatment until you press Play/Pause again. To end a treatment early, highlight the Back Arrow on the controller screen and press the Play/Pause button to return to the Main Menu.



Program Menu

- To modify the default GO settings, use the arrow buttons to navigate to the Program (GO) settings.
- Use the arrow buttons to highlight the desired value and use the ►|| (Play/Pause) button to change the value.
- Customize GO mode settings in the following ranges:
 - **Treatment Type:** Percussion, Vibration, Drainage
 - **Treatment Intensity:** Low, Medium, High
 - **Treatment Time:** 5–15 minutes, in 1 minute intervals
- Select ✓ (Confirm). To exit without saving, select ✗ (Cancel).
- The next time the GO button is pressed from the Main Menu it will run on the customized GO settings.

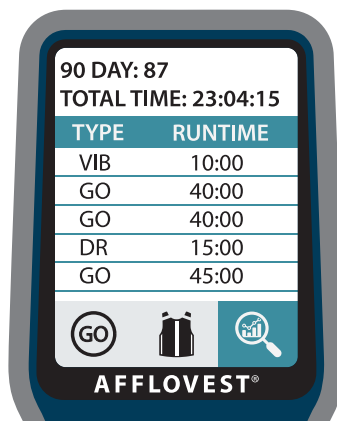
Program Screens



Usage Menu

- To view the history, use the arrow buttons to navigate to the Usage Menu (🔍) and press ►|| (Play/Pause).

Usage Screen



Cleaning Instructions

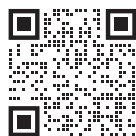
- Clean your AffloVest when it becomes visibly soiled. To clean, use a broad-spectrum disinfecting wipe or spray rated to kill at least 99.9% of bacteria and viruses, and follow the manufacturer's instructions for use.
- Do not machine wash.
- See User Guide for more detailed instructions.

Flying With AffloVest

- When flying, the AffloVest can be checked in the Go Anywhere travel case or brought on the aircraft as a carry-on. Using as a carry-on depends on aircraft size and airline policy. Most airlines do not count medical devices against the carry-on limit per passenger. Check with your specific air carrier for details.
- If checking AffloVest, the lithium-ion **battery must be removed** from AffloVest and put in your carry-on.
- AffloVest is not intended for use during flight.
- When traveling internationally, the power supply is considered universal and will charge the battery on any input. However, you will need the proper plug adapter to fit overseas receptacles.

Connecting the AffloVest

- Download the AffloVest app in the Apple App Store or Google Play.
To connect:
 - Create an account and register your device.
 - Enable Bluetooth® and/or Wi-Fi on the AffloVest controller.
 - Follow registration instructions.
 - To connect using Bluetooth®:**
 - Select Bluetooth® on the AffloVest controller.
 - Ensure the PIN number on your smartphone or tablet is the same that is displayed on the controller.
 - Follow registration and setup instructions.
 - To connect using Wi-Fi:**
 - Select Wi-Fi on the controller and choose your network.
 - Enter your Wi-Fi password into the controller.
 - Follow the registration instructions.
- Contact your medical equipment supplier that provided you the AffloVest for additional connectivity support.
- Important: The AffloVest does not have to be connected to Bluetooth® or Wi-Fi in order to run a treatment. Using the AffloVest with Bluetooth® or Wi-Fi is optional.



PLEASE REFER TO THE USER GUIDE
FOR MORE DETAILED INFORMATION.

Acknowledgment of Training

By signing below, I acknowledge that I have received training on how to use and care for the AffloVest mobile airway clearance therapy system.

Client Signature

Date

Trainer Signature

Date

Please keep this with patient records.

SHARE THIS INFORMATION WITH THE PATIENT.

Our Insight Care Navigation Portal helps to support your respiratory equipment needs and helps you stay well.

You will receive an email with a quick survey or SMS texts* that will ask brief questions to determine your needs and if you need additional support.

It is quick, simple, and secure. Talk with your trainer to enroll.

*This is a service provided by Tactile Medical. There is no cost associated with this service but SMS fees may apply depending on your mobile provider. You can opt out at any time by texting "STOP" or for help with the messaging program text "HELP!"

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