



Choosing the best mask for you.

**Your guide to remotely selecting
a suitable obstructive sleep
apnea CPAP* mask.**



1

Download the app

Welcome. This guide gives you a quick overview to the steps for your remote mask set up. You will receive a text message from your healthcare provider inviting you to download the F&P myMask™ App. Click on the link, then install the App.

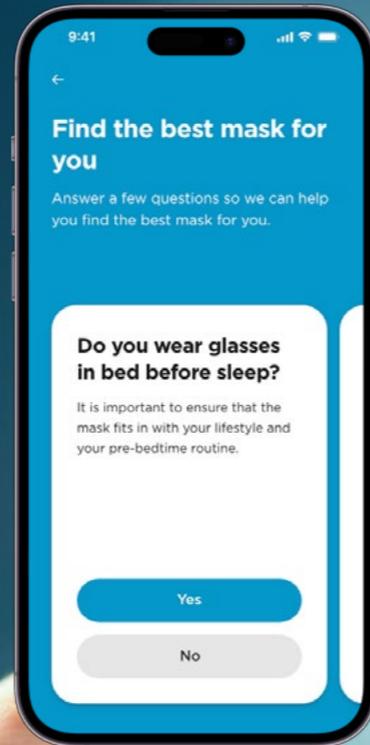
Hello Sam, Please click on the link below to download, then install the F&P myMask App.
[Download F&P myMask App here](#)



2

Select

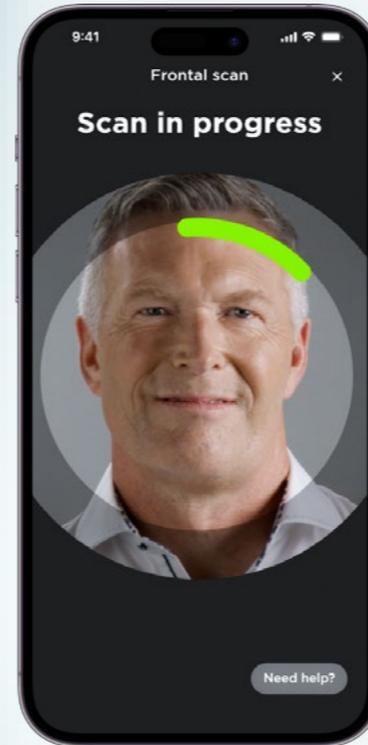
Answer seven simple questions to help us better understand your lifestyle needs and sleeping style. Once done, select one of the recommended masks that matched your answers.



3

Size

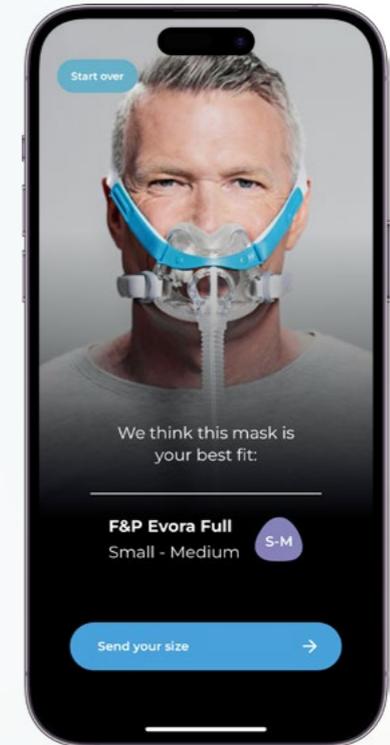
Now it is time to determine what size mask you will need. The F&P myMask App scans* your face in real time for an accurate sizing match. Simply follow the app's step-by-step process.



4

Request your mask

Tap "Send your size" to request your mask type and size from your healthcare provider.



Step 5 is located on the reverse.

* We refer to CPAP in this instance, but this may also include other positive airway pressure device modes such as APAP or bilevel. Masks must be used with a PAP device to deliver therapy.

** The F&P myMask App sizing accuracy was tested on 73 participants in 2023. When compared to the use of calipers, the F&P myMask App was found to have a median accuracy of > 91% (Confidence Interval 90 - 95%) across three measures: Face height, nose height and nose width.

*** We take patient data and privacy seriously and respect anonymity. There is no need for a patient to create an account to use any of the features on the myMask App including gaining access to selection and sizing or for mask help and support. No patient images are transmitted during the myMask selection and sizing process and no image or video is stored on the device after processing. To manage data security, we are ISO 27001 certified internationally and ISO 13485 certified in New Zealand.

Assist

Once your mask arrives, the F&P myMask App supports you with step-by-step fitting, fine-tuning and mask cleaning videos along with troubleshooting advice in the Help menu.



Home page



Fitting



Fine-tuning

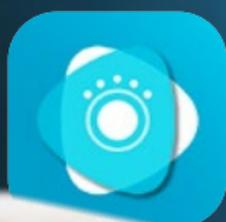


Mask help

Selected mask

Recommended size

F&P myMask



For a full product set-up description, cautions, hazards and warnings, refer to the user instructions provided with the product. Use the device as directed. Always follow the user instructions for use. F&P, myMask and Evora are trademarks of Fisher & Paykel Healthcare Limited. For patent information, please see www.fphcare.com/ip. PM-630325 REV B © 2023 Fisher & Paykel Healthcare Limited

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