THERA, quick guide

From sign-up to the first session, without waiting for anyone.

What you need

- A **Meta Quest 2, 3, 3S or Pro** headset, with its Meta account already set up
- An internet connection, on the headset and on the computer or phone
- An email address and a password for the THERA account

> The trial lasts 30 days from when you activate it (step 3). It is best to activate it when the headset has arrived and is set up, so you can use all 30 days.

Part one: from the computer or phone

1. **Sign up.**
   Go to `thera.myndek.com`, click **Sign up** and create the account with your email and a password. Write them down: you will type the same ones inside the headset, where typing is less comfortable, so a password that is easy to type is better.

2. **Enter the verification code.**
   You receive a six digit code by email. **If you do not see it after a few minutes, check the spam or junk folder**: sometimes it ends up there. Type it on the page and the account is created.

3. **Start the trial.**
   On the home page click **Activate THERA**. There is nothing to pay: **the first 30 days are free and no card is requested**. If a secure payment page opens, confirm without entering anything: at the end of the 30 days nothing is charged, the trial simply ends.

4. **Create your organisation.**
   At the top you see the notice **to get started, create your organisation**: the name of the practice is enough. As soon as you create it, **the rooms are already assigned**. Then, on the same page, add at least one **department** (any name works): every patient has to belong to one.

5. **Create a patient.**
   In the **patients** section add one. For the trial a sample patient with a made up name is enough: you need it to start a session and to change rooms and parameters.

Part two: in the headset

6 **Download THERA.**

With the headset on, open the Meta **Store** and search for **THERA**, by Myndek (not to be confused with "Thera Social", which is a different app). It is free. You can also install it from the browser or from the Meta Horizon app on your phone, and it downloads by itself to the paired headset:

`https://www.meta.com/experiences/thera/4972761669476672/`

It is a large app: on a normal connection it takes a few minutes.

7 **Sign in with your account.**

When THERA opens you see the sign in screen with a keyboard in front of you. Point **a controller** at the email field, press the trigger and type by pointing at the keys. Do the same for the password. At the end press the **Enter** key on the keyboard.

The session: the headset shows, the website controls

8 **Start the session from the website.**

With THERA already open in the headset, go to `thera.myndek.com` on the computer, tablet or phone and open **session** in the menu. At the top you see the connected headset: choose the patient, then click a room in the grid and press **Start in the headset**. A few seconds later the headset loads the exercise. The patient does not need to touch anything.

9 **Adjust the difficulty while they work.**

The running room appears at the top of the page, with its parameters: for example the distance of the target, the height of the basket or the speed of the clouds. Change them and save with the bar at the bottom: the change reaches the headset straight away, without stopping and without taking the headset off the patient. To move to another room, just choose it in the grid.

> The first time, try it on your own: ten minutes with the sample patient, to get used to the headset and the website before the first real session.

If something does not work

The verification code does not arrive

Check the spam or junk folder. If after ten minutes it is still not there, write to us at info@myndek.com and we will activate the account ourselves.

I cannot create a patient

Almost always a step is missing before: the patient has to belong to a department, and the department to an organisation. Check in **organisation** that there is at least one department.

The headset does not appear on the website

Check that THERA is open in the headset and that the headset is connected to Wi-Fi: the USB cable does not provide internet. Then press **Refresh** on the session page.

The headset always reopens the last room

This happens when the sign in saved in the headset has expired. Update THERA from the Store; if it keeps happening, in the headset open **Settings**, **Apps**, **THERA**, **Clear data**, and sign in again with email and password. Patients and sessions are not lost: they are on our server.

There is nothing to adjust in this room

Not all rooms have parameters. In those, the panel says so and it is not a fault: those exercises are graded by changing room or number of repetitions.

I am typing in the headset but I cannot see the cursor

On the sign in screen the cursor is not visible, but the text is typed anyway. Look at what appears in the field. Careful with capitals: the key stays active until you press it again.

Which rooms work with bare hands

Bowling, basketball, flight, free exercise, ranged shooting and whiteboard use the controllers. The others also work with bare hands, with the headset's hand tracking.

If something gets stuck, write to **info@myndek.com**: a person answers. Tell us what you see on the screen and where you stopped.