

How to Launch Your VR Session

Follow these steps to start a VR therapy session directly from the MyXRHealth app on your phone.

First: Get Your Headset Ready

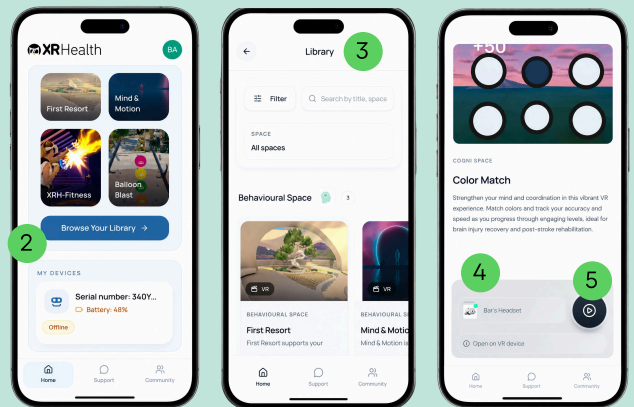
- ✓ Turn on your VR headset
- ✓ Connect it to Wi-Fi
- ✓ Open XR Portal on the headset

Your headset must be on, connected to Wi-Fi, and inside XR Portal before the app can detect it as ready.



Launch a Session from Your Phone

1. Open the MyXRHealth app and scroll down on the Home screen
2. Tap Browse Your Library
3. Select the VR app you want, use Search or Filter by Space to find it
4. Check the headset status panel at the bottom of the screen
5. When your headset shows as online, tap the Play button
6. Put on your headset. Your session will start automatically



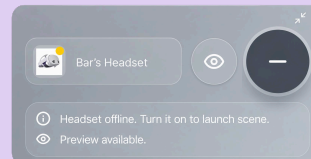
What the Status Icons Mean

What you see

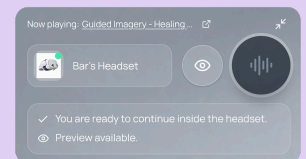


What it means

Headset is on, connected, and ready



Headset is offline — turn it on and make sure it's connected to Wi-Fi and inside XR Portal



A VR session is already running on the headset

Good to Know

- **Exiting a session.** To exit, remove the headset and use the controls inside VR. You cannot exit from the phone app. If a session is running, launch is disabled until you exit.
- **Preview mode.** Some VR environments can be previewed directly on your phone — no headset needed. Look for the eye icon in the headset panel and tap it to watch.

