XRHealth

Quick Start Guide:
XRVision
Guide for Patients

What is XRVision?

XRVision is a computer vision-based tool that enables you to perform therapeutic exercises using any device with a camera (computer, tablet, or smartphone) - no sensors required. The system gives real-time feedback on movement accuracy and posture, allowing you to exercise correctly and your clinician to remotely monitor progress and adherence.
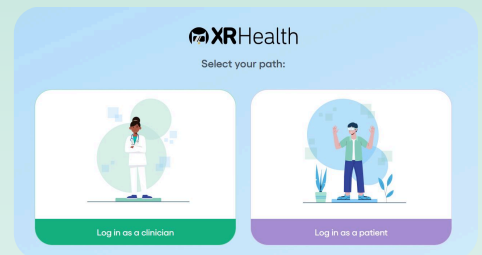
How to Start?

You can use any device with a camera - like a computer, tablet, or smartphone. No VR headset is needed.

1. **Log in** to MyXRHealth:
  - Go to platform.xr.health
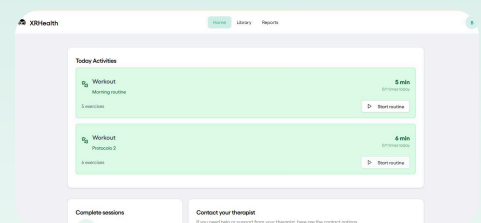 - Click "Log in as a patient"
  - Enter your credentials
    If this is your first time logging in – first activate your account using the link in the email we sent you (The email subject is: "Activate Your MyXRHealth Account ").


2. **Click "Start Routine"**
Note: You will see "Today's Activities" section only if a plan has been assigned for you.

3. **Complete each activity** with real-time guidance from the system.
  - Make sure your entire body is clearly visible in the camera - from head to toe - for the activity to work properly.
  - Refer to the "Prepare your equipment" section to ensure your space is set up correctly.
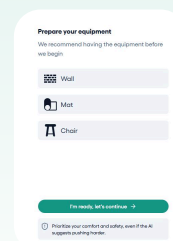
⚠️ Safety Reminder

If you feel sick or in pain, stop the session immediately.