



## What distinguishes Vivatmo *me* from other devices?

You may already be familiar with the peak-flow meter or spirometer. These aids allow you to check how well your lungs are functioning. This involves measuring the narrowing of your airways. But the real cause of your asthma symptoms is the allergic inflammation of your airways. This can be determined by measuring the FeNO value with Vivatmo *me*.

## A practical support for therapy in consultation with your doctor

Vivatmo *me* provides you and your doctor with important supplementary information for treating your asthma. Regular measurements over time help your doctor to draw conclusions for adjusting your medication. In addition to how you feel subjectively, there is now an objective measurement that can be drawn on to adjust your future treatment.



## How to use Vivatmo *me*:

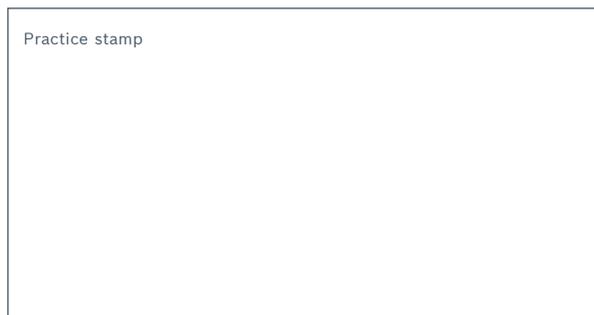
Measuring FeNO with Vivatmo *me* is fast, uncomplicated and non-invasive. Our short How-to video shows you how to use Vivatmo *me* correctly.

Watch the video here:

<https://youtu.be/k7elqdhpr4>



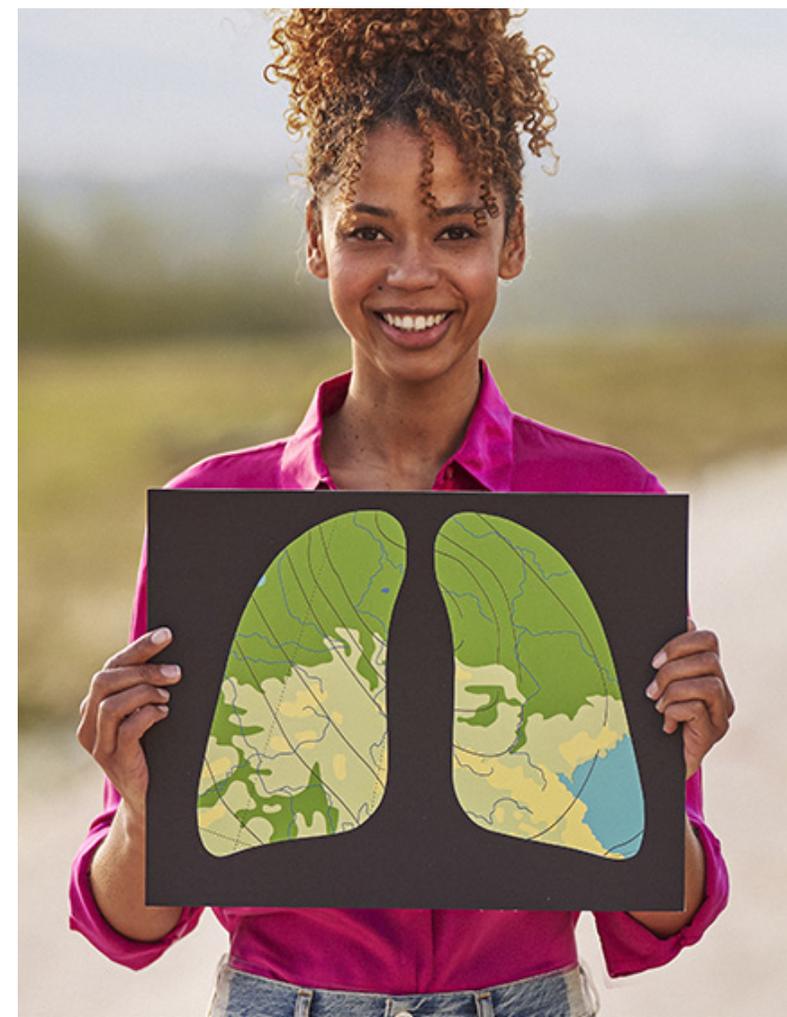
If you have further questions or need help, you can find more information and tips about Vivatmo on our website:  
[www.vivatmo.com/en/](http://www.vivatmo.com/en/)



Bosch Healthcare Solutions GmbH | Stuttgarter Str. 130 | 71332 Waiblingen  
[www.vivatmo.de](http://www.vivatmo.de)

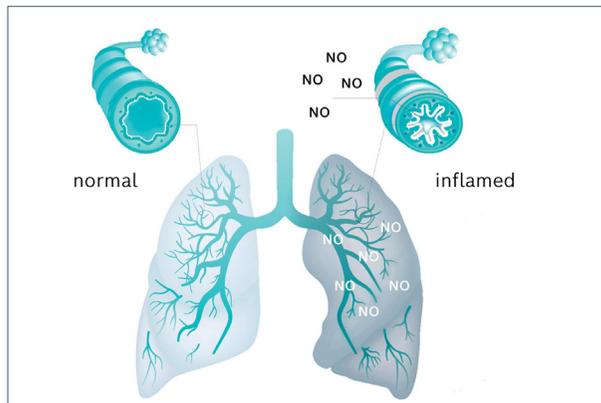
# FeNO self-measurement from home

Now there's an easy way to measure the severity of your airway inflammation yourself – with Vivatmo *me*.



## What is FeNO?

The FeNO value is an inflammatory marker that reflects the degree of inflammation in the lower airways of asthma patients. FeNO stands for fractional exhaled nitric oxide (NO). The inflammatory processes in asthma produce nitric oxide (NO) in the mucous membrane of the airways, which can be measured in exhaled air. The higher the NO content, the more severe the inflammation. The measured value is shown in ppb ("parts per billion").



Lung of a healthy person and of an asthmatic: formation of nitric oxide (NO) as a result of inflammation.

## What is Vivatmo me?

Vivatmo me is the world's first FeNO measuring device for home use. The handy medical device measures the amount of the inflammatory marker NO in exhaled breath in a matter of seconds. The reading shows the current degree of inflammation in the lungs. Regular measurements can help to monitor the course of the disease and thus to reduce the frequency of asthma attacks.<sup>1</sup>

Vivatmo me, gives you more confidence and control in coping with your asthma:

- ▶ Conveniently measure the degree of inflammation of your airways from the comfort of your own home.
- ▶ Check whether you are responding well to your anti-inflammatory medications.<sup>2,3</sup>
- ▶ Actively support your doctor in planning your therapy.

### Taking the measurement is really simple:

Place the disposable mouthpiece (Vivatmo oxycap) on the device and breathe out steadily into the device for 10 seconds. The LED display will guide you and show you whether you are blowing correctly. The result is displayed immediately. The red, amber and green traffic-light colors on the display show you the range of your FeNO values.



You can manage your readings in the device or using the free Vivatmo app - your digital asthma diary. Like this, you can see all the important parameters relating to your asthma at a glance:

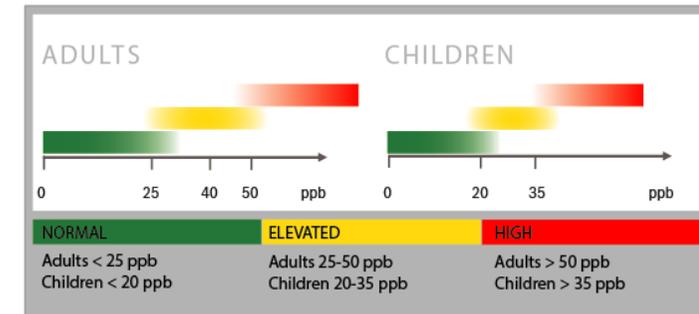
- ▶ Medication
- ▶ Symptoms
- ▶ Peak flow values (lung function values)
- ▶ **Regional pollen count information**



The Vivatmo app has been evaluated by the Deutsche Atemwegsliga e.V. and has been awarded the PnuemoDigital seal.

## What happens with my readings?

- ▶ The traffic light system on the device display shows you straight away whether your measured values are in the green, amber or red range.



Overview for interpreting FeNO values (as recommended by the American Thoracic Society (ATS))<sup>2</sup>

- ▶ You can see immediately whether your values are improving or deteriorating.
- ▶ You can match your activities to the current degree of inflammation of your lungs.
- ▶ You can actively support your doctor with managing your asthma and thus improve the success of your therapy and your well-being.

<sup>1</sup>Essat et al. Eur Respir J 2016;47:751-68

<sup>2</sup>Dweik et al. Am J Respir Crit Care Med 2011;184:602-15

<sup>3</sup>Taylor et al. Thorax 2006;61:817-27