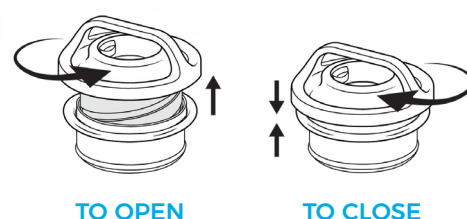


# Let's Get Started!



**SpeakFree® HME** is a daily disposable heat and moisture exchange cartridge with the added benefit of a hands free speaking valve. No assembly is required. Hands free speech, **simplified!**

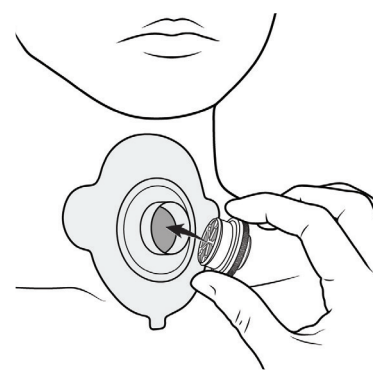
SpeakFree HME is adjustable. It comes packaged in “closed” position and should always be inserted and removed in the “closed position”. Grasp the outer rim and rotate to achieve a fully “open” position.



## STEP 1:

### Connect SpeakFree to Your Attachment

Connect the SpeakFree HME to your HME attachment, rotate the outer rim to its most “open” position, and breathe. The hands free valve will not close or attenuate in this position. In the “open” position, breathing will be at its easiest.



## STEP 2:

### Test Digital Occlusion

Cover the opening with your finger or thumb to talk.



## STEP 3:

### Try Hands Free Speech

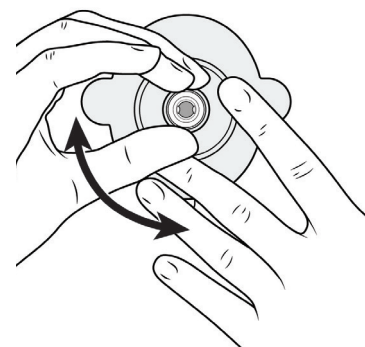
Starting with the SpeakFree HME in an “open” position, rotate the outer rim of the HME to a slightly more closed position. Attempt voicing: say “ah.”

If you don't achieve voice, make another slight rotation on the outer rim of the HME to a more closed position and re-attempt voicing with “ah.” This time make the “ah” longer.

Continue making small adjustments towards a closed position until you can consistently hold “ah” for around 5-10 seconds with comfortable effort.

### Once you find your comfort level:

- Count from 1-5, 1-10 and 1-20 to check in with the balance of breathing and voicing. You can always adjust a little more “open” or “closed.”
- Try reading something aloud or saying your home address to see how casual conversation might feel. Your voice and breathing needs will likely change throughout the day. Adjust the SpeakFree HME anytime to match your lifestyle or activity needs.



## Troubleshooting Tips:

Adjust “open” for easier breathing. Adjust “closed” for easier voicing.

If you hear the valve closing shut or “fluttering,” make small adjustments to the SpeakFree HME to find a more comfortable position to balance breathing and voicing.

If you cannot sustain voicing for a complete sentence adjust the SpeakFree HME to a slightly more “closed” position.

The baseplate may sustain more pressure changes during hands free speech. If you lose a baseplate seal:

- Consider a slightly more “open” position on the SpeakFree HME.
- Monitor your voicing effort. Attempt an easier and a more effortless voice to see if that makes a difference.
- Consider additional adhesive or steps to achieving an excellent baseplate seal.

**Talk to your healthcare team about options for maximizing your baseplate seal.**