

## Breathe Easy Mobile App - Frequently Asked Questions

Hello,

Below are answers to frequently asked questions about the transition from the Lung Care Chat to the Breathe Easy app.

1. **What is Breathe Easy?**

Breathe Easy is an upgraded home spirometry mobile app that connects to your existing spirometer to measure and track your lung function after transplant.

2. **Why are we making this transition?**

Breathe Easy automatically records your results within the app, allowing your provider to view them directly—so you no longer need to send them manually. The app also provides clearer visualizations of your lung function, helping your provider better interpret your results. For your safety, all patients are required to transition to Breathe Easy to ensure we can continue monitoring your post-transplant lung health.

3. **Can I continue using my current spirometer?**

Yes. Breathe Easy pairs with the **Spirobank Smart** spirometer (this is labeled on the front of the device). If your device is a **SmartOne** spirometer, please contact your nurse to receive a replacement.

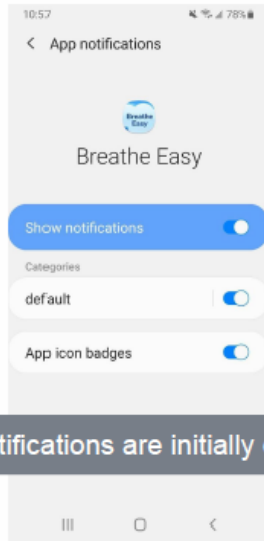
4. **How will I get weekly reminders to test?**

You'll need to turn on Breathe Easy notifications on your phone. This will be reviewed during your onboarding appointment when you download the app and connect your device.

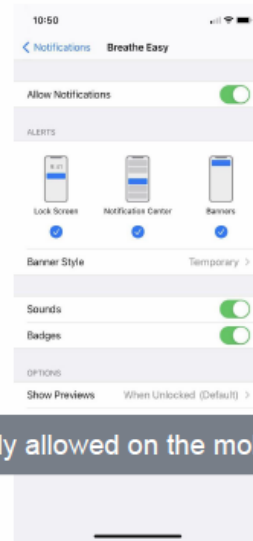
If you're already using Breathe Easy but haven't enabled notifications yet, follow these two steps:

1. **Turn on notifications in your phone's settings**

**ANDROID:** Settings > Apps > Breathe Easy > Notifications, then enable 'Show notifications'



**Apple iOS (iPhone, iPad):** Settings > Notifications > Breathe Easy, then enable 'Allow Notifications'



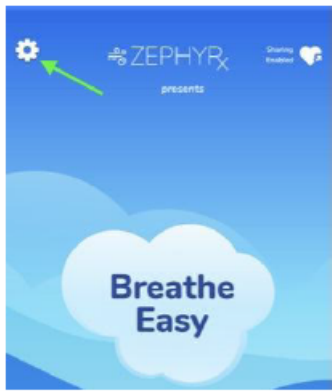
If notifications are initially declined, they must be manually allowed on the mobile device



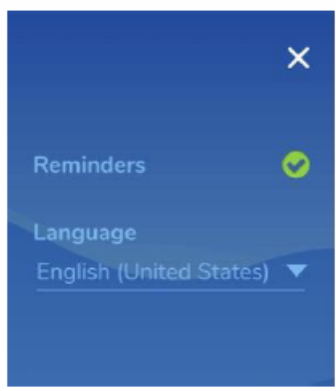
**2. Enable notifications within the Breathe Easy app**

**Enable Notifications for Breathe Easy app**

Select the Settings icon in the top left corner of the app home screen



Fill in the circle to the right of 'Reminders' so that it is highlighted by a green check mark



If notifications are initially declined, they must be manually allowed in the app

**1. What if my FEV1 declines?**

Please be aware that if you experience a >10% drop in FEV1, Breathe Easy will record this result to your provider. However, always, you must report to your nurse if

you experience abnormal symptoms or have reason for concern regarding your lung function.

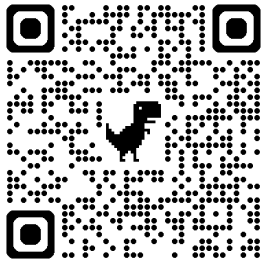
## 2. How do I download the Breathe Easy app?

You must schedule a brief 30-minute onboarding appointment with a Breathe Easy specialist to get started. Onboarding appointments are offered in both English and Spanish.

Please do not download the app on your own. Proper setup requires guidance from the onboarding team.

Use the link or QR code below to schedule your appointment, or call (888) 452-6269:

[zephyrx.com/onboarding](https://zephyrx.com/onboarding)



To scan the QR code, simply open your phone's camera and point it toward the circle above. A link should appear on your screen—tap it to access the scheduling page.

Please have the following information ready for your appointment:

- Your MRN: @MRN@
- Recent Height: @HEIGHT@
- Recent Weight: @LASTFLOW(14)@

After your onboarding call, you can review proper spirometry technique here:

[How to Use Your Spirometer \(YouTube\)](#)

Thank you for your attention to this important transition.

Take care,

Your Lung Transplant Care Team

This is also found on Apex using the Smartphrase: **.LTXHOMESPIROFAQ**

(Updated 6/13/2025 by Lim, H)