



WellO₂ – Instructions for use





Breathe well. Feel better.

WellO₂ is a wellness device for household use that opens up and soothes airways and also strengthens respiratory muscles. The patented technology of WellO₂ combines adjustable breathing resistance and warm vapour inhalation in a unique way.

WellO₂ can be used by individuals with acute or chronic breathing difficulties, but also by those suffering from shallow breathing or snoring, the elderly, athletes and professional voice users.

WellO₂ technology combines resisted breathing with warm vapour inhalation and provides a natural aid for better and more efficient breathing. Resisted breathing strengthens respiratory muscles, opens up airways and helps the inhaled vapour generated by the device to penetrate deeper into the airways. The warm vapour moistens the mucous membranes and facilitates loosening and elimination of mucus.

WellO₂ is easy and safe to use. The device's double body structure guarantees consistent production of warm vapour during the breathing exercise and also protects users from exposure to hot water.

Adjustable breathing resistance and vapour temperatures provide optimal conditions for respiratory training with the device regardless of the current fitness of the user.

WellO₂ can be used regularly to boost breathing or to alleviate breathing difficulties when needed.

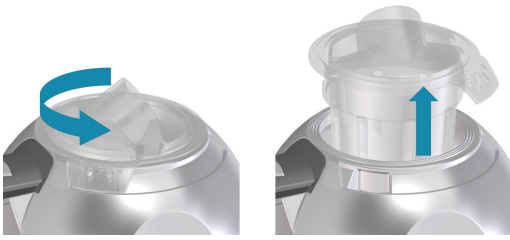
Register your WellO₂ now and take advantage of the various benefits!
www.wello2.com/support

Getting to know WellO₂



- | | | | |
|----|-------------------------|-----|---------------------|
| 1. | Silicon tubing | 9. | Lid |
| 2. | Connecting element | 10. | Basket |
| 3. | Breathing regulator | 11. | Ventilation hole |
| 4. | Resistance setting ring | 12. | Operating buttons |
| 5. | Mouthpiece | 13. | Handle |
| 6. | Extension hose | 14. | Power cord and plug |
| 7. | Side windows | 15. | Power base |
| 8. | Main body | | |

Preparing the device



Open and remove the lid (9) by turning it 90° anticlockwise.



Attach the breathing regulator (3) to the lid with the silicon tubing (1) facing downwards.



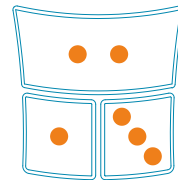
Attach the basket (10) to the lid.

Add clean water so that the water level is between the MIN and MAX fill level (7).



Put the lid in place and close it by turning it 90° clockwise.

Fully unwind the power cable (14) from the power base (15) and plug it into the mains supply. Place the device on the power base.



Select the temperature by pressing one of the pre-set buttons (12) for one second.

When the water has reached the selected temperature, the device emits a long sound signal and the LED light stops blinking and stays on.



Lift the main body off the power base using the handle and place it on a stable surface. Attach the mouthpiece (5) to the breathing regulator.

Breathing exercise



Adjust the exhaling/inhaling resistance by turning the setting ring (4) on the breathing regulator.

Sit upright or stand if possible and slowly exhale into the mouthpiece until your lungs are empty, then immediately slowly inhale the warm water vapour.

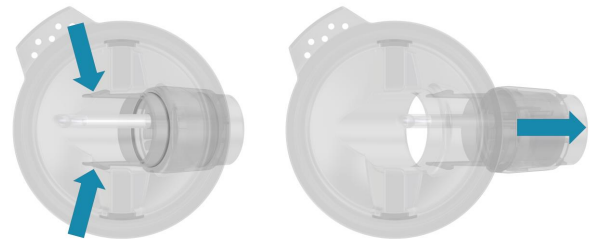
Avoid inhaling through your nose. Hold the mouthpiece tightly in your mouth so that the air flows from the device only.

Repeat exhaling and inhaling cycles 5 to 15 times, according to your feelings. If necessary, breathe normally a few times in between the cycles.

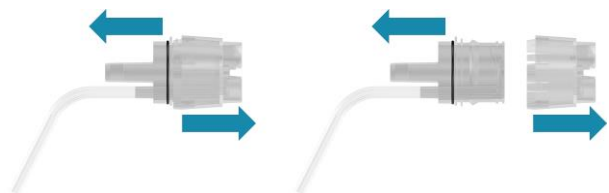
Cleaning the device



Let the device cool down then remove the mouthpiece from the breathing regulator. Remove the lid by turning it 90° anticlockwise and drain the water. Rinse the water vessel with plenty of clean water, wipe it and let it dry.



Detach the basket from the lid and then detach the breathing regulator by pressing the tabs.



Pull the setting ring (4) off the connecting element (2). Rinse all the separated components with clean water, drain off any excess water and allow them to dry.

WellO₂ – Instructions for use

Device name	WellO ₂
Part number	6430058490005
Instructions for Use	WellO ₂ IFU EN
Revision number	1.02
Release date	02-11-2016
Manufacturer	Hapella Oy Vuorikatu 36 FIN-70100 Kuopio Finland www.wello2.com info@wello2.com

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1. Introduction

Thank you for purchasing WellO₂.

It is extremely important that you read the instructions for use carefully before using the device. Reading and understanding the instructions guarantees safe and effective use of the product. If you are uncertain about any part of the instructions, we recommend that you contact your retailer or Hapella Oy (support@wello2.com) for more information.

2. Safety Information

This chapter provides important information on safe and efficient use. Before using the product, you must read and understand the following safety-related information.

⚠ Read the instructions carefully before using the device for the first time and keep them handy. The manufacturer accepts no responsibility for inappropriate use.

Regarding safety information, the following terminology is used throughout these instructions.

⚠ Warnings indicate a potential personal injury if the instructions are not followed.

⚠ Cautions indicate a potential risk of damage to the product and/or property if the instructions are not followed.

Warnings and cautions are given in several parts of these instructions. You must always pay attention to them whenever they are given.

General warnings

- ⚠ If any part of the device has been damaged or it is not working properly, do not use or dismantle it. Contact your retailer or Hapella Oy for further advice.
- ⚠ Any operations on the device other than cleaning and descaling as advised in these instructions must be performed by the manufacturer's representative.
- ⚠ Only plug the device into an earthed mains socket.
- ⚠ Check that the voltage indicated on the rating plate of the device corresponds to that of the mains.
- ⚠ Do not use any power base other than the one provided by Hapella Oy.
- ⚠ Always place the device on a dry, flat, stable, heat-resistant work surface. Keep the device and the power cord away from any source of heat, as well as from wet or slippery surfaces or sharp edges.
- ⚠ Never place any part of the device on a hot surface. Do not use it near an open flame.
- ⚠ Never turn the device on without filling the water vessel.
- ⚠ Immediately unplug the device from the mains if you notice that it is not operating correctly.
- ⚠ Do not immerse the device, the power base, the power cord or the plug in water or any other liquid.
- ⚠ When filling the device, avoid spillage on the connectors, the power cord or the plug.

- ⚠ Do not use the device when your hands are wet or your feet are bare.
- ⚠ The device emits vapour during the cleaning process. Do not touch the device when the cleaning program is running.
- ⚠ The device must be used with its lid locked in place.
- ⚠ Never open the lid while the water is hot, in particular immediately after the cleaning process when the device is very hot.
- ⚠ Always use the handle when moving the device.
- ⚠ Never move the device while it is heating water. Let the device cool down for at least 20 minutes after the cleaning process is completed before moving it.
- ⚠ Unplug the power base as soon as you have finished using the device and always before cleaning it. Leave it unplugged when the device is not in use.
- ⚠ Do not unplug the device from the mains by pulling on the power cord. Wind the power cord back onto the power base after you have finished using the device.
- ⚠ Never try to replace or remove any parts of the device when it is connected to power base and mains.
- ⚠ Always store the device dry. Never leave water inside the device or tubing.
- ⚠ WellO₂ is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been taught to use it under supervision or given

adequate instruction concerning use of the device by a person responsible for their safety.

- ⚠ This device can be used by children aged from 8 years and above if they have been taught to use it under supervision or given adequate instruction concerning use of the device in a safe way and provided that they understand the hazards involved.
- ⚠ Cleaning and user maintenance must not be performed by children unless they are aged over 8 and supervised.
- ⚠ Keep the device and its cord out of reach of children aged under 8 years.
- ⚠ Children should always be supervised to ensure correct use of the device.
- ⚠ Children should be supervised to ensure that they do not play with the device.
- ⚠ Always remain vigilant when the device is on. Do not perform any other activities when using the device.
- ⚠ Hot surfaces, hot water and vapour may cause burns and scalds. If an accident occurs, immediately move the injured person away from the heat source and cool the area of the burn with cold water or ice for 10 to 30 minutes. Contact a doctor if necessary.

General cautions

- ⚠ This device is designed for indoor use only.
- ⚠ Only use for breathing exercises. Do not use as an electric kettle.

- ⚠ This device has been designed to be used for a maximum of 30 minutes at a time. Let the device cool down for 30 min before turning it on again.
- ⚠ Use only the descaling methods described in chapter 8 **DESCALING**.
- ⚠ Do not use scourers to clean the device.
- ⚠ Protect the device from humidity, direct sunlight and frost during storage.
- ⚠ To avoid possible adverse effects of humidity and condensation, if the device has been outside in the cold (for instance during transportation), always wait until it returns to room temperature before turning it on.
- ⚠ This device is intended to be used in household and other residential type environments. It is not intended to be used and the guarantee will not apply in the following applications:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - in hotels and motels when used by clients;
 - bed and breakfast type environments.

Dry-boil protection

This device switches off automatically if you accidentally switch it on with too little or no water in it. Let the device cool down for 10 minutes and then lift it off the power base. Fill it with clean cold water so that the water level is between the MIN and MAX fill level marks. The device is ready for use again.

Protection from electromagnetic radiation

This device complies with Electromagnetic Compatibility (EMC) standards.

- ⚠ Communication devices (mobile phones, tablets, etc.) may cause malfunctions, which may affect the safety of the device.
- ⚠ Do not change any of the electrical components, since this may lessen the EMC immunity of the device.

Correct disposal

Dispose of the product according to your national regulations for disposal of electronic devices. For more information, contact your retailer.

Contraindications

- ⚠ Do not use WellO2 without consulting your physician in case any of the following conditions applies to you. If you are in doubt, please contact your physician.
 - Emphysema
 - Pneumothorax
 - Unstable cardiovascular status
 - Recent myocardial infarction or pulmonary embolus
 - Thoracic, abdominal, or cerebral aneurysms
 - Recent eye surgery (including cataract)
 - Recent surgery of thorax or abdomen
 - Epilepsy
 - Nosebleed
 - Pregnancy

3. Before using the device for the first time

- ◆ Remove the device from its packaging and check that all the following parts are included:
 - main body and lid with the basket attached
 - power base with power cord
 - 3 mouthpieces (each in a sealed plastic bag)
 - breathing regulator (in a sealed plastic bag)
 - extension hose (in a sealed plastic bag)
 - instructions for use
- ◆ Check that all outer and inner packagings are intact.
- ⚠ If any of the wrappings are damaged, do not use the device and contact your retailer.
- ◆ Remove the device, the power base and the accessories from their plastic bags.
- ◆ Separate the two parts of the breathing regulator by pulling them apart as shown in **FIGURE 8**.
- ⚠ The breathing regulator contains two check valves. Do not attempt to remove the valves from their housing.
- ◆ Carefully rinse the separated components with clean water and run the cleaning program as described in chapter 7 **USING THE CLEANING PROGRAM** then continue to the following chapter.

4. Preparing the device for use

- ⚠ If you are not sure that the device is clean, run the cleaning program before use.
- ⚠ Always use your personal mouthpiece to avoid microbial cross-contamination.
- ◆ Lift the device off the power base

- ◆ Open and remove the lid by turning it 90° anticlockwise as shown in **FIGURE 1**.



Figure 1 – Opening the lid

- ◆ Attach the breathing regulator to the lid as shown in **FIGURE 2** and put the assembly on one side on a clean and dry surface.

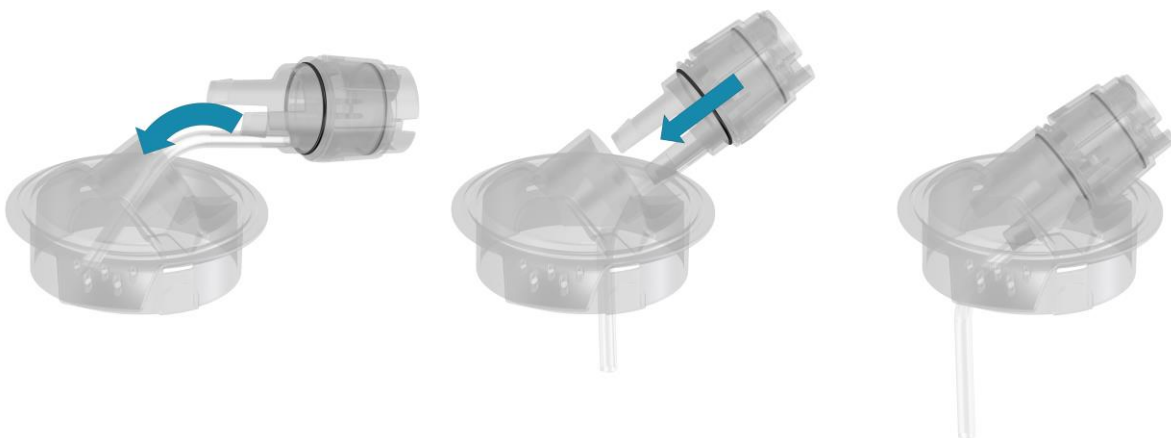
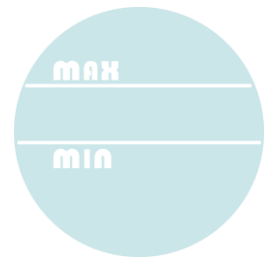


Figure 2 – Attaching the breathing regulator

- ◆ Add clean water so that the water level is between the MIN and MAX fill level marks.



- ⚠ Use clean drinking water only. If you are not sure of the quality of your tap water, use only bottled still water.
- ⚠ Do not use water that looks, smells or tastes unusual.
- ⚠ Never fill the water vessel above the MAX fill level mark! Overfilling may lead to scalding injuries.
- ◆ Attach the basket to the lid taking care that the tubing is placed in the correct position as shown in **FIGURE 3**.



Figure 3 – Attaching the basket to the lid

- ◆ Put the lid in place taking care to position it as shown in **FIGURE 4** and close it by turning it 90° clockwise.

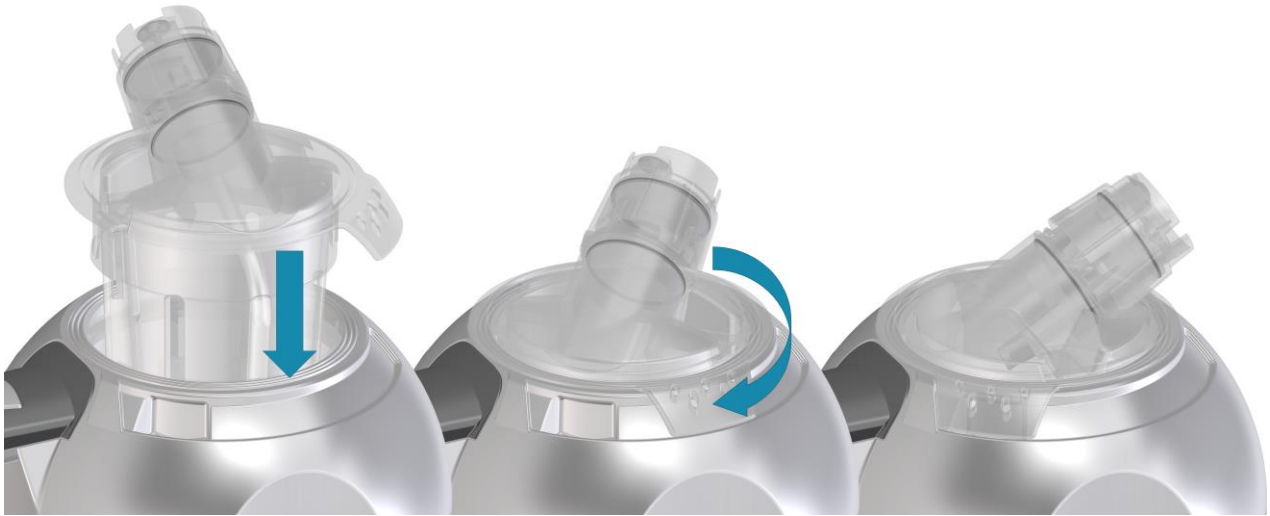


Figure 4 – Closing the lid

5. Using the device

⚠ Always make sure that the breathing regulator is operating correctly. It includes two check valves regulating the direction of the air flow. Blowing into the device should generate bubbles in the water vessel whereas inhaling should bring only water vapour into your mouth, not water. If you notice that water rises up into the tubing on inhaling, do not use the device and contact your retailer or the manufacturer.

- ◆ Fully unwind the power cable located in the power base and place the power base on a dry, flat, stable and heat-resistant surface such as a table.
- ◆ Place the device on the power base and plug the power cable into the mains supply.

WellO₂ has three pre-set temperature buttons marked respectively with one (warm), two (hot) and three (very hot) dots. As perception of heat and cold is subjective, we recommend that you to start with warm vapour. If the inhaled vapour feels too cold for you, increase the temperature one step at a time until you find the most suitable temperature.



- ◆ Select the temperature by pressing one of the pre-set buttons and holding it for one second. Note that pressing any button again or removing the device from the power base immediately interrupts heating.
 - The device emits a short sound signal.
 - The indicator light of the selected button blinks slowly.
 - The device heats up the water to the selected temperature.
- ⚠ **Make sure you do not select the cleaning program as this will cause the temperature to rise to an extremely high level. Inhaling very hot vapour can cause serious injury.**
- ◆ When the water has reached the selected temperature
 - The device emits a long sound signal.
 - The indicator light for the selected temperature stops blinking and stays on.
 - The heating process stops.
- ◆ Lift the main body off the power base using the handle and place it on a dry, flat, stable and heat-resistant surface. Take care not to touch the main body or the lid, as they may be hot.
- ◆ Lifting the main body off the power base will turn it off. The device is now ready for use.

⚠ Never perform the breathing exercise while the device is on the power base.

- ◆ Attach the mouthpiece to the breathing regulator as in **FIGURE 5**. For better comfort you can attach the extension hose to the mouthpiece.



Figure 5 – Attaching the mouthpiece

- ◆ Adjust the exhaling/inhaling resistance by turning the setting ring on the breathing regulator as shown in **FIGURE 6**.

It is very important to select the correct resistance and you may need to try out different settings to do so. We suggest you to begin with the lowest resistance and gradually raise it as your breathing power increases.



Figure 6 – Adjusting the inhaling and exhaling resistance

- ◆ Sit upright or stand if possible.
- ◆ Slowly exhale into the mouthpiece until your lungs are empty, then immediately slowly inhale the warm water vapour.
- ⚠ **Beware of the hot vapour that comes out of the ventilation hole during the exercise.**
- ◆ Avoid inhaling through your nose.
- ◆ Hold the mouthpiece tightly in your mouth so that the air flows from the device only.
- ◆ Repeat exhaling and inhaling cycles 5 to 15 times, according to your feelings.
- ◆ If necessary, breathe normally a few times in between the cycles.
- ⚠ **If you feel dizzy or otherwise uncomfortable during the exercise, stop and take a break until your condition normalises.**

Please note that the air flowing through the device during the breathing exercise may cause the emission of sounds.

- ◆ After use, clean the device as described in chapter **6 CLEANING THE DEVICE**.
- ◆ Run the cleaning program as described in chapter **7 USING THE CLEANING PROGRAM** at least every tenth use and always if the device has been used by others.

6. Cleaning the device

- ◆ Clean the device each time you finish using it.
- ◆ Let the device cool down for 20 minutes.

- ◆ Open and remove the lid by turning it 90° anticlockwise as shown in **FIGURE 1**.
- ◆ Drain the water.
- ⚠ Be careful as the water, the heating element surface and other internal parts of the device may still be hot.
- ◆ Rinse the water vessel with plenty of clean water, wipe it and allow it to dry.
- ⚠ Never immerse the device, the power base, the cord or the electric plug in water since by doing so you may risk electric shock.
- ⚠ Do not use scouring pads. Do not use strong or abrasive cleaning agents.
- ◆ Detach the basket from the lid.
- ◆ Detach the mouthpiece from the breathing regulator.
- ◆ Detach the breathing regulator by gently pressing the two tabs as shown in **FIGURE 7**.

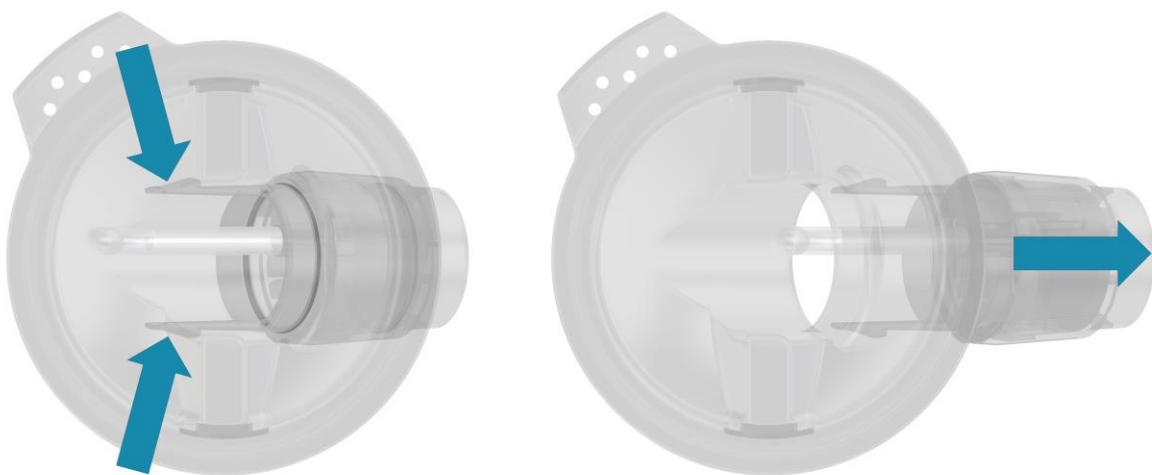


Figure 7 – Detaching the breathing regulator

- ◆ Separate the two parts of the breathing regulator by pulling them apart as shown in **FIGURE 8**.

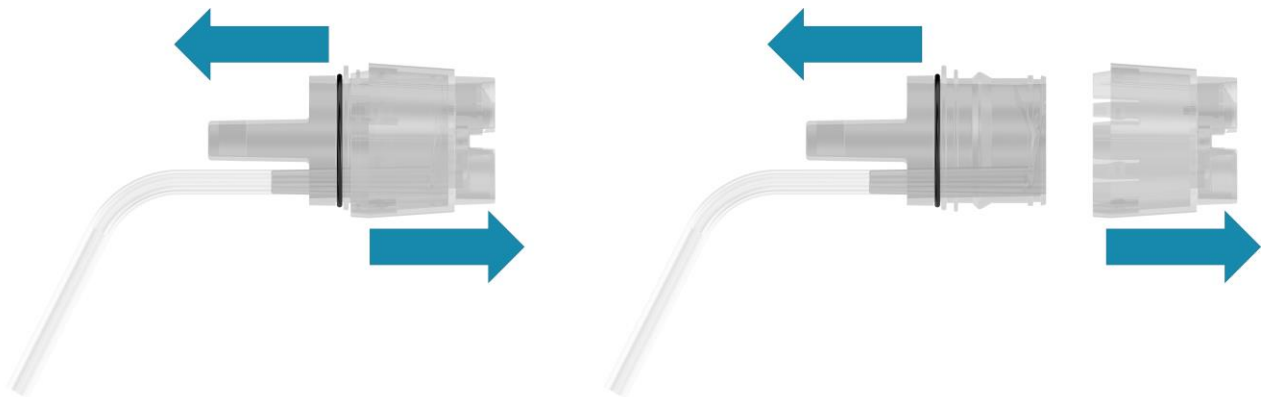


Figure 8 – Disassembling the breathing regulator

- ⚠ The breathing regulator contains two check valves. Do not attempt to remove the valves from their housing.
- ◆ Rinse the separate components with clean water, drain the excess of water and let them dry.
- ⚠ Do not leave the device drying upside down as this may cause residual humidity to remain inside the device.
- ◆ Periodically clean the removable parts as described in chapter 7 **USING THE CLEANING PROGRAM**.
- ⚠ Always store the device dry. Never leave water inside the device or tubing.

7. Using the cleaning program

- ⚠ To prevent microbial growth, it is extremely important to periodically run the cleaning program.
- ⚠ We recommend that you run the cleaning program every fifth use and you must perform it at least every tenth use.
- ⚠ Run the cleaning program before using the device for the first time and after a prolonged period of non-use (e.g. one month).

⚠ Always run the cleaning program whenever the device has been used by another person.

- ◆ Before running the cleaning program, carefully clean the device and the removable parts as described in chapter 6 **CLEANING THE DEVICE**.
- ◆ Attach the connecting element with the tubing to the lid until the two tabs are firmly in place as shown in **FIGURE 9**.

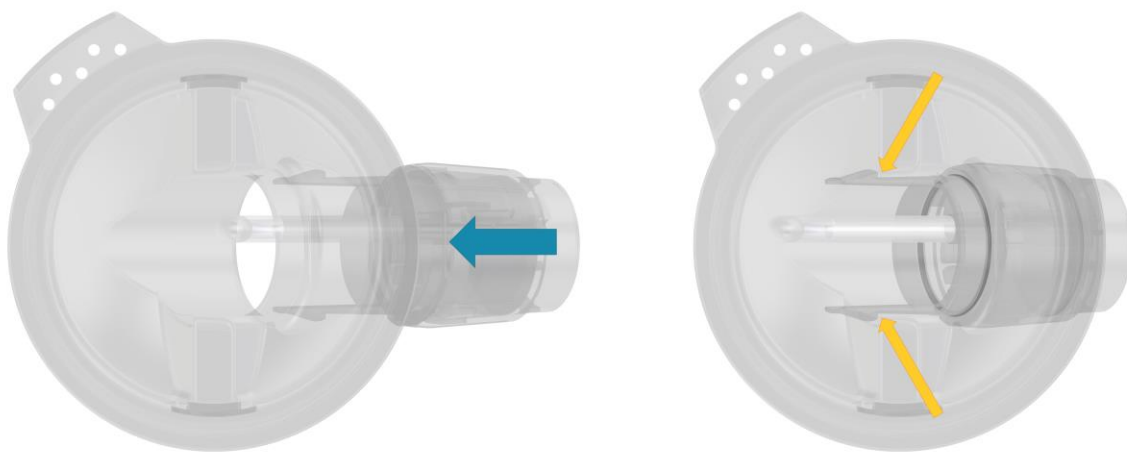


Figure 9 – Attaching the connecting element

- ◆ Place the resistance setting ring and the mouthpiece in the basket.
- ◆ Attach the basket to the lid as shown in **FIGURE 3**.
- ◆ Add clean cold water so that the water level is between the MIN and MAX fill level marks.
- ⚠ Never fill the water vessel above the MAX fill level mark! Overfilling may lead to scalding injuries.
- ⚠ Always fill the device with cold water as the cleaning program can be started only when the temperature of the water is below 40 °C.
- ◆ Close the lid as shown in **FIGURE 4**.
- ◆ Place the device on the power base and plug it into mains.

- ◆ Select the cleaning program by pressing and holding the cleaning button for three (3) seconds.
 - The device emits a long sound signal.
 - The indicator light on the cleaning button blinks quickly.
 - The device starts heating the water.



- ⚠ The device emits vapour during the cleaning program.
- ⚠ Boiling water may be spilt from an overfilled device.
- ⚠ Do not touch the device and do not open the lid while the water is boiling.
- ◆ When the water reaches boiling point the heating process stops.
- ◆ The cleaning program continues for approx. 20 minutes, after which:
 - The device emits a long sound signal.
 - The indicator light on the cleaning button stops blinking and remains steady.
- ⚠ Do not touch nor move the device before the indicator light on the cleaning button stops blinking and remains steady.
- ⚠ Be careful as the water, the heating element surface and other internal parts of the device are still hot.
- ◆ When the device has cooled down, lift it off the power base, open the lid and carefully remove the basket with the removable parts.
- ◆ Drain excess of water from the removable parts and leave them to dry.
- ◆ Pour the water out of the device and wipe it dry.
- ⚠ Always store the device dry. Never leave water inside the device or tubing.

8. Descaling

Hard water may affect the correct operation of the device due to the formation of lime scale in the water vessel, valves and tubing system.

⚠️ **Descal regularly, preferably at least once every three months or more frequently if your water is very hard.**

- ◆ Detach the removable parts as described in chapter **6 CLEANING THE DEVICE**.
- ◆ Place the detached components in the basket and attach the basket to the lid as shown in **FIGURE 3**.

Descaling options:

- ◆ Using white vinegar:
 - fill the device with 0.5 L of vinegar
 - close the lid as shown in **FIGURE 4** and leave to stand for 1 hour without heating
 - empty the device
 - carefully rinse the device and all the components 5 – 6 times
- ◆ Using citric acid:
 - fill the device with 0.5 L of water
 - add 25 g of citric acid
 - close the lid as shown in **FIGURE 4** and leave to stand for 15 min without heating
 - empty the device
 - carefully rinse the device and all the components 5 – 6 times
- ◆ Using descaling products designed for plastic kettles:
 - follow the instructions supplied with the descaling product to prepare 0.5 L of descaling solution and pour it into the device
 - close the lid as shown in **FIGURE 4** and leave to stand according to the instructions supplied with the descaling product without heating

- empty the device
- carefully rinse the device and all the components 5 – 6 times

Repeat the descaling procedure if necessary.

⚠ Always rinse the water vessel and the removable parts thoroughly after descaling.

9. Troubleshooting

This chapter summarises the most common problems that you may encounter with the product.

⚠ Do not use the device if it has been dropped, if it leaks or if you notice any visible damage in the power cord, the plug or the power base.

⚠ If the power cord is damaged, it must be replaced by a manufacturer's representative in order to avoid any hazard.

In the above mentioned cases, please return the device to your retailer or contact support@wello2.com for help and advice.

- ◆ If the device emits three short sound signals when one of the pre-set buttons is pressed and the indicator light on the selected temperature blinks quickly:
 - The temperature of the water is higher than the temperature of the selected pre-set button. Let the device cool down for a few minutes before warming it up again.
 - Accumulation of scale may cause incorrect reading of water temperature and trigger the alarm. Descale according to the procedure described in chapter **8 DESCALING** if necessary.
- ◆ If the device emits three short sound signals when the cleaning button is pressed and the indicator light near the cleaning button blinks quickly;

- The temperature of the water is higher than 40 °C. Let the device cool down or replace the water with clean and cold water.
- Accumulation of scale may cause an incorrect water temperature reading and trigger the alarm. Descale according to the procedure described in chapter **8 DESCALING** if necessary.
- ◆ If the device does not start heating the water:
 - The device is equipped with a Dry-boil protection. Please refer to chapter **2 SAFETY INFORMATION** for details.
 - The device is not correctly positioned on the power base. Remove it from the base and position it correctly.
- ◆ If the water temperature seems to be much higher or lower than expected.
 - Accumulation of scale may cause an incorrect water temperature reading. Descale according to the procedure described in chapter **8 DESCALING**.
- ◆ The inhaled vapour tastes or smells of plastic
 - Plastic odours may evaporate when the device is used for the first few times. If the problem persists, fill the device with water to the MIN fill level mark and add two teaspoons of sodium bicarbonate (baking soda). Run the cleaning program and discard the water. Rinse the device 2- 3 times.

If you have any problem or queries, please contact support@wello2.com for help and advice.

10. Specifications and requirements

Manufacturer	Hapella Oy Vuorikatu 36 70100 Kuopio Finland
Input Voltage	230 VAC, 50 Hz
Input Power	1000 W
Dimensions (H x W x D)	240 mm x 240 mm x 150 mm (9.4" x 9.4" x 5.9") incl. the power base
Weight	1055 gr (37 oz.) including the power base
Operating temperature	+10 to +30 °C (+50 to +86 °F)
Storage temperature	-20 to +50 °C (-4 to +122 °F)
Operating humidity	20% to 90% non-condensing
Storage humidity	20% to 90% non-condensing

Notes



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