

ARWell User Guide

Device setup instructions:

1. Set up your device 3 feet off of the ground using a tripod or stand
2. Connect your device to an external monitor or TV:

Utilize Airplay:

1. Swipe down from the upper-right corner of your screen to reveal the device's control center
2. Tap the Screen Mirroring button
3. Select your Apple TV or AirPlay 2-compatible smart TV from the list
4. If an AirPlay passcode appears on your TV screen, enter the passcode on your device

Note: *The iOS device and Apple Airplay device must be on the same Wi-Fi network*

Use an HDMI cable and adapter:

1. Plug one end of the adapter into your iOS device
2. Plug one end of the HDMI cable into the adapter and the other end of the HDMI cable into the TV or external monitor
3. Plug a charger into a wall outlet, and the other end into the adapter to charge your device
4. Select the appropriate HDMI input channel on your TV or external monitor to see the mirrored iPad screen

Push audio to device speakers:

1. After logging in to the ARWell PRO app, select settings in the lower left corner.
2. Select the "Audio/Directions" menu options in the left-hand bar

3. Toggle on “Force Audio to Device Speaker” and exit the settings menu
4. Adjust the volume using your device controls

Log in to ARWell:

1. Download the ARWell app on your device and sign up for a subscription
2. Open the app and press “Play”
3. Tap the left and right arrow buttons to change your game trainer and select the game or exercise program you wish to play

Calibrate your device:

1. Back up in your space until your entire body is shown on your device screen. Tilt/adjust your device as needed to fit

Hardware requirements:

1. Downloaded ARWell app
2. Stable Wi-Fi connection
3. Compatible Device:
 - iPhone XR and XS (10) Series or newer
 - iPad 8th Generation
 - iPad 9th Generation
 - iPad 10th Generation
 - iPad Pro 11 (2019, 2020, 2021, 2022)
 - iPad Pro 12 (2020, 2021, 2022)

iPad Air 4th Gen

iPad Air 5th Gen

Thank you for using ARWell!

We value your feedback and consider you an important piece in building better software. Please share your thoughts with us along the way!

If you have any difficulties, please don't hesitate to contact us at support@augmenttherapy.com at any time.