

WELCARE

BREATHEASY

BREATHING TRAINER



Low Resistance
WBT-01

Moderate Resistance
WBT-02

Advanced Resistance
WBT-03

Instructions for Use & Warranty Information



Read Instructions Carefully Before Use

WELCARE

BREATHEASY

Thank you for purchasing this Welcare Breatheasy *Breathing Trainer*.

Low Resistance
WBT-01

Moderate Resistance
WBT-02

Advanced Resistance
WBT-03



Please keep these Instructions for Use in a safe place where it is readily available.

Note: The illustrations in this manual may differ slightly from the product itself.

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Important Safety Information



Caution

Read this section thoroughly before using the product.

Please ensure you observe the safety instructions to avoid accidents, injury and damage.

Intended purpose

The **Welcare Breatheasy Breathing Trainer** is a precision medical Breathing Trainer, designed to open the airways into the lungs that have been partially obstructed over the years, due to natural aging, pollution, poor physical condition, or smoking (if applicable).

Contraindications

Inspiratory muscle training, such as training with a Breathing Trainer, is not for use by individuals with any of the following conditions:

- Severe cardiovascular, neurological, or musculoskeletal disorders.
- Chronic lung condition (chest or thoracic pain, pneumothorax, chronic thromboembolic pulmonary disease, severe chronic obstructive pulmonary disease, bullae or haemoptysis of unknown origin).
- Respiratory obstruction or severe respiratory pathology.
- Recent neck or lung surgery.
- Recurrent laryngeal spasm.
- Structural or valve heart disease (i.e. Myocardopathy, myocarditis, angina, marked elevated left ventricular end-diastolic volume and pressure).
- Uncontrolled hypertension.
- Unstable vital parameters.
- Pacemaker.
- Marked osteoporosis with a history of rib fractures.
- Lower back pain (severe).
- Ruptured eardrum or any other condition of the ears.

If in doubt, consult your medical advisor.

Safety Warnings

- **DO NOT** let children to play with the Breathing Trainer – it is not a toy.
- The Breathing Trainer is **NOT** suitable for children under 6 years.
- This product is **NOT** intended for use by children without adult supervision.
- This product is **NOT** intended for use by persons (including children) with limited physical, sensory or mental abilities or lacking experience and/or knowledge, unless they are supervised by a person responsible for their safety or have received and understand the instructions/safety warnings for use of the product from this person in advance.
- **DO NOT** use this product for anything other than its intended purpose and only use as described in this manual.
- This Breathing Trainer is for single patient use only.
- This device is designed for exercising your inspiratory muscles only. No other use is intended or implied.
- Consult your healthcare professional before using the Welcare Breatheasy Breathing Trainer.
- This Breathing Trainer is not intended to diagnose, treat, cure, or prevent any disease.
- Whilst training with this Breathing Trainer you should feel resistance when inhaling but it should not be painful. If you feel pain whilst using this Breathing Trainer, stop immediately and consult your doctor.
- Some users may experience slight ear discomfort when training with this Breathing Trainer, especially if they are recovering from a cold. This is caused by inadequate equalisation of pressure between the mouth and ears. If symptoms persist, please consult your doctor.
- If you are suffering from a cold, sinusitis, or respiratory tract infection, we advise that you do not use the Breathing Trainer until symptoms have disappeared. If in doubt, consult your doctor.

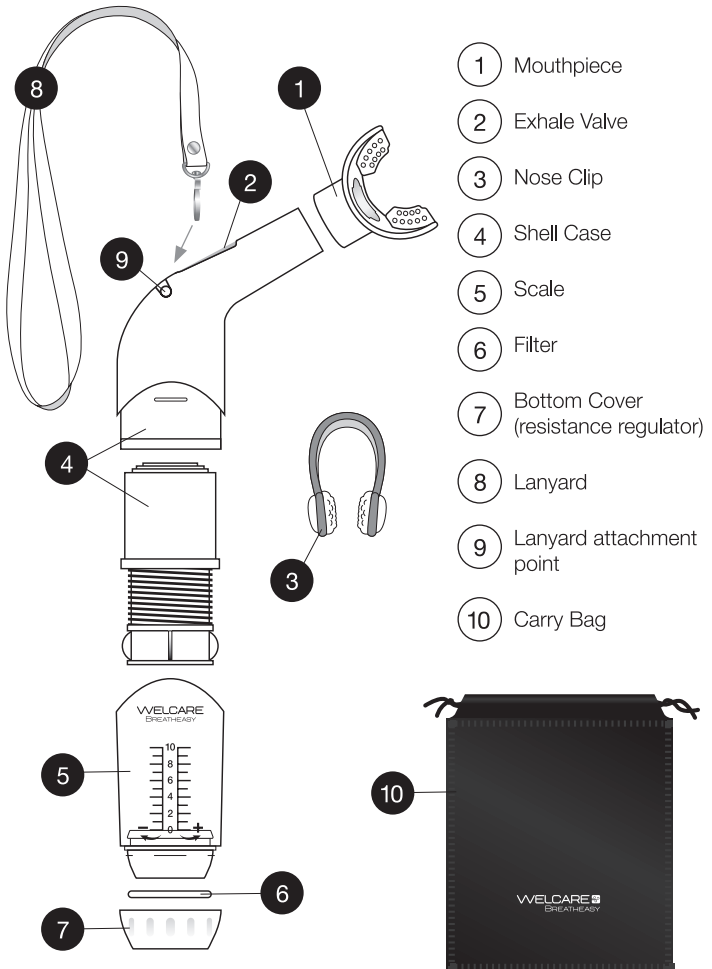
Important Safety Information - *continued*

- Refer to your medical advisor before using this device if you have a history of any of the following conditions:
 - Oxygen therapy (long-term).
 - Beta-blocker medication.
 - Endocrine abnormalities or diseases.
 - Clinically present hypoxemia.
 - Ischemic heart disease.
 - Atrial fibrillation.
 - Heart failure.
 - Back pain (moderate).
 - Autoimmune or inflammatory disease.
 - Desaturation during or following Inspiratory Muscle Training (IMT) <94%.

Cautions

- **DO NOT** drop or put heavy objects on the Breathing Trainer.
- **DO NOT** expose to temperatures over 40°C.
- **DO NOT** turn the indicator below value zero (0).
- Clean with a damp soft cloth and mild detergent if required.
- **DO NOT** use any harsh chemical cleaning agents. Dry with a soft cloth.
- Keep the Breathing Trainer and its components out of reach of children.
- Keep children away from the packaging material.
- Check the device for signs of damage prior to use.
- Ensure that all components are fitted securely prior to use.
- **DO NOT** use the device if there are visible signs of damage.

Breathing Trainer Components



Package Contents

1 x Breathing Trainer	1 x Lanyard
1 x Mouthpiece	1 x Carry Bag
1 x Nose Clip	1 x Instructions for Use & Warranty Information
5 x Replacement Filters	

Training Resistance Levels



WBT-01

LOW Resistance – Suitable for rehabilitation of lung function for people with certain respiratory illness, or children over the age of 6 years old wanting to strengthen and improve overall lung function.

- $<87 \text{ cmH}_2\text{O}$



WBT-02

MEDIUM Resistance – Suitable for healthy people and people recovering from certain respiratory illness aiming to improve their overall health and wellbeing, including past smokers.

- $<177 \text{ cmH}_2\text{O}$



WBT-03

ADVANCED Resistance – Suitable for athletes and sporting people who want to improve their overall health and increase lung function and endurance.

- $<200 \text{ cmH}_2\text{O}$

Training Resistance Levels - *continued*

cmH₂O pressure is used to measure breathing on respirators and ventilators.

Resistance Levels 0 to 10

Model	Level	0	1	2	3	4	5	6	7	8	9	10
WBT-01	Resistance (cmH ₂ O)	33	34	37	46	50	56	61	70	76	82	87
WBT-02		41	54	62	79	93	107	117	123	148	162	177
WBT-03		34	45	61	84	100	122	140	156	177	193	200

Before Using the Welcare Breatheasy Breathing Trainer

- Carefully remove all packaging materials and keep the enclosed documents in a safe place.
- **Keep the packaging, product, and its components out of reach of children.**
- Check that the Breathing Trainer and its components are intact. **DO NOT** use if broken.
- Ensure all components are fitted securely prior to use.

If any abnormalities are detected, please contact our service centre:

In Australia - 1800 807 464

In New Zealand - 0800 523 583

Setting up the Welcare Breatheasy Breathing Trainer

1. If required, connect the Lanyard to the Breathing Trainer. (Figure 1)
2. Turn the Bottom Cover clockwise or counterclockwise to choose the desired resistance. You can see the indicator in the clear view window move up or down. (Figure 2)
3. Attach the Nose Clip to your nose. (Figure 3)
4. Connect the Mouthpiece securely to the Breathing Trainer. (Figure 4)

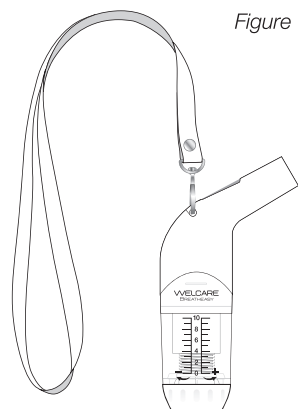
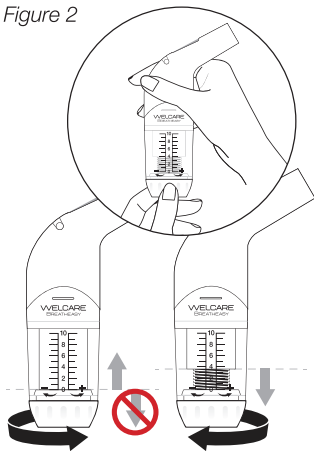


Figure 1

Figure 2



Note: Do not turn the indicator below value zero (0).

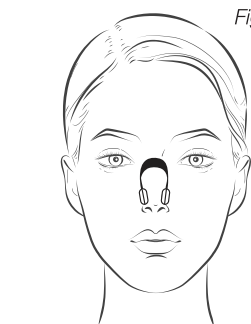
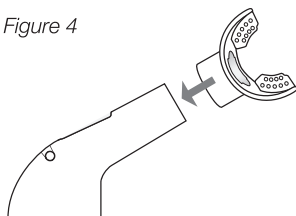


Figure 3

Figure 4



Using the Welcare Breatheasy Breathing Trainer

- Sit in an upright position or stand up straight.
- The resistance must be set to level 0 for the first time.
- **DO NOT** increase the resistance level if you develop signs or symptoms of severe dyspnoea, fatigue, or unstable vital signs.
- Place the Mouthpiece between your lips.
- Inhale quickly and deeply.
- Exhale slowly.
- Try to complete 30 breaths in a row (30 breaths is recommended but Doctors advice should always be followed).
 - Gradually increase the resistance level if you can easily do 30 breaths at a time.
 - Turn the resistance adjustment clockwise to increase the resistance level, then repeat.

Note: Most people see improvements after 4 weeks.

- It is recommended to exercise 30 times in the morning, and 30 times at night, daily.
- If you feel fatigue or tired during exercise, please rest before continuing.
- Precautions from harmful exercise must be considered in the first few weeks of use.

Replacing the Filter

- Remove the Bottom Cover. This can be done by pinching it between your finger and thumb then sliding away. Do not turn the Bottom Cover, this will change the resistance but will not remove the cover (Figure 5).
- Remove the old Filter and replace with a new one (Figure 6).
- Replace the Bottom Cover.
- Discard the used Filter.

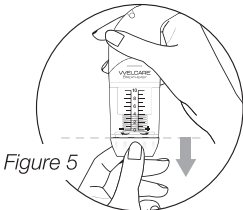


Figure 5

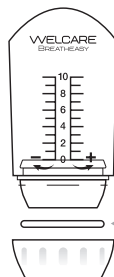


Figure 6

It is recommended to use your Welcare Breatheasy Breathing Trainer daily. When following this usage guide, it is recommended to change the Filter monthly.

← Replace Filter

Cleaning and Storage

- After using the Breathing Trainer:
 - Remove the Nose Clip from the nose.
 - Remove the Mouthpiece from the Breathing Trainer.
 - Wash the Mouthpiece and Nose Clip with mild soapy water then rinse thoroughly with clean water.
 - Allow to air dry or dry with a soft, dust-free cloth.
 - Store the Breathing Trainer, Mouthpiece, and Nose Clip into the Carry Bag provided.
- This cleaning procedure should be followed prior to initial use and thereafter as required.

Note: As the Mouthpiece and Nose Clip will be exposed to saliva and sweat during use, please do not share the Breathing Trainer.

Replacement Accessories (Sold Separately)

Part Code	Part Name
WBT-NC	Nose Clip
WBT-MP	Mouthpiece
WBT-L	Lanyard
WBT-F5	Filter (pack of 5)

Replacement accessories can be purchased online or by contacting us directly:

Australia: 1800 807 464 www.welcare.com.au

New Zealand: 0800 523 583 www.jadavey.co.nz

Troubleshooting

Problem	Possible Cause	Solution
Unable to take a breath in	The resistance is too high	Turn the Bottom Cover anticlockwise to lower the resistance
Unable to breathe out with ease	The Exhale Valve is obstructed	Ensure the Exhale Valve is unobstructed







If the problem is not solved by the troubleshooting guide or you have any queries, please contact our service centre:

In Australia - 1800 807 464

In New Zealand - 0800 523 583













DO NOT attempt to open or repair the product yourself.

Technical Data

Product Name	Welcare Breatheasy Breathing Trainer
Model Number/s	WBT-01 (Low Resistance) WBT-02 (Moderate Resistance) WBT-03 (Advanced Resistance)
Weight (out of packaging)	65g (device only)
Dimensions	128 x 76 x 40mm
Materials	ABS + PC, TPE, Silicon, Polyurethane
Operating Conditions	 Temperature: -20°C to 60°C  Humidity: ≤80% RH (non-condensing)  Atmospheric Pressure: 1010hPa-3030hPa
Storage/ Transport Conditions	 Temperature: -10°C to 40°C  Humidity: ≤80% RH (non-condensing)  Atmospheric Pressure: 1010hPa-3030hPa
Contents	1 x Breathing Trainer 1 x Mouthpiece 1 x Nose Clip 5 x Spare Filters 1 x Lanyard 1 x Carry Bag 1 x Instructions for Use & Warranty Information



Symbol Explanation

SYMBOL	DESCRIPTION
	Indicates the need for the user to consult the instructions for use.
	Indicates that caution is necessary when operating the device or control close to where the symbol is placed, or that the current situation needs operator awareness or operator action to avoid undesirable consequences.
	Indicates the manufacturer's batch code so that the batch or lot can be identified
	Indicates the temperature limits to which the medical device can be safely exposed.
	Indicates the range of humidity to which the medical device can be safely exposed.
	Indicates the range of atmospheric pressure to which the medical device can be safely exposed.
	Indicates the medical device manufacturer.
	Indicates the product's technical documentation has been assessed.
	Indicates a medical device that may be used multiple times (multiple procedures) on a single patient.
	Follow local waste regulations.
	Indicates product is free from phthalates.
	Indicates product is free from Bisphenol A.

Warranty Information

PRODUCT WARRANTY

Please register your warranty information at: **AUS – www.jadavey.com.au**
NZ – www.jadavey.co.nz

This **Welcare Breatheasy** product is warranted to be free of manufacturing defects for 1 year from the date of purchase*. This warranty is void if the product is modified or altered, is subject to misuse or abuse, damaged in transit or lack of responsible care, is dropped, if damage occurs by reason of failure to follow the written instruction booklet, or if product repairs are carried out without authority from J A Davey Pty Ltd.

We will repair, or at our option replace free of charge, any parts necessary to correct material or workmanship, or replace the entire product and return to you during the period of the warranty. Otherwise, we will quote for any repair which will be carried out on acceptance of our quotation. The benefits conferred by this Warranty are in addition to all other rights and remedies in respect of Product which the Consumer has under the Australian Consumer Law and other State or Territory laws in Australia and New Zealand (as applicable).

Our goods come with guarantees that cannot be excluded under Australian and New Zealand Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

*Please note the accessories are not covered under warranty.

BEFORE YOU SEND IN YOUR UNIT FOR SERVICE

Before sending in your product for service, please take a few minutes to do the following:

- In the instructions for use, read the troubleshooting section that describes common errors, their cause and remedies. Instructions for use can be downloaded online.
- Contact Welcare customer service. Our staff are trained to assist you with most issues you may have experienced, without the need to send your product in for service.

PLEASE CALL OUR TOLL FREE NUMBER:

IN AUSTRALIA:

Free call: 1800 807 464

IN NEW ZEALAND:

Free call: 0800 523 583

SENDING IN YOUR UNIT FOR SERVICE

1. Should repair be needed within the warranty period, enclose the cut-off section of the warranty form and your proof of purchase receipt. Please ensure all relevant details are completed before sending your unit in for service. Please ensure your contact details are still current and include a brief description of the problem you are experiencing together with your purchase receipt.
2. Include the unit with all product components in your package. This is extremely important, so our repair technicians can make the correct diagnosis with any problems.
3. Please return the product and warranty form at your cost to:

IN AUSTRALIA

J A DAVEY PTY LTD
Welcare Repairs
PO Box 84
Port Melbourne
Victoria, Australia 3207

IN NEW ZEALAND

BV Medical
Welcare Repairs
Unit 7, 110 Mays Road
Onehunga
Auckland, New Zealand 1061

Warranty Form

PLEASE RETAIN THE WARRANTY INFORMATION.
RETURN THIS PORTION ONLY WHEN YOU RETURN YOUR PRODUCT FOR REPAIR UNDER WARRANTY.

NAME: _____

ADDRESS: _____

POSTCODE: _____

DAYTIME PHONE: _____

EMAIL: _____

MODEL: _____

DATE OF PURCHASE: / /

PLEASE ATTACH PROOF OF PURCHASE

RETAILER'S NAME: _____

RETAILER'S ADDRESS: _____

POSTCODE: _____

BRIEF DESCRIPTION OF PROBLEM YOU ARE EXPERIENCING:

WARRANTY IS VOID UNLESS THE ABOVE INFORMATION IS COMPLETED AND CORRECT.

Our Privacy Policy can be found here <https://jadavey.com.au/privacy-policy/>



WELCARE

BREATHEASY

**Should you require any further information
please do not hesitate to contact us.**

Manufactured by:



Huizhou Kaiyi Technology Co., Ltd.
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Yuanzhou, Huizhou 516123,
Guangdong, China

MADE IN CHINA

Manufactured for:

(Australia)
J A DAVEY PTY LTD
Telephone: 1800 807 464
Website: www.jadavey.com.au

(New Zealand)
J A DAVEY LTD
C/- Healthcare Logistics
Telephone: 0800 523 583
Website: www.jadavey.co.nz

Disposal

Follow local waste regulations.

V08/23



OTHER