

How to Access the First 5 Minutes®: Building Patient Trust Skills Practice Modules 1 and 2

Also Included:

- How to download Bodyswaps App to a device
- Switch to a shared device
- Technical errors
- Logging out

Note: These two VR modules will take approximately 40 minutes to complete. All modules must be completed in order to claim CME.

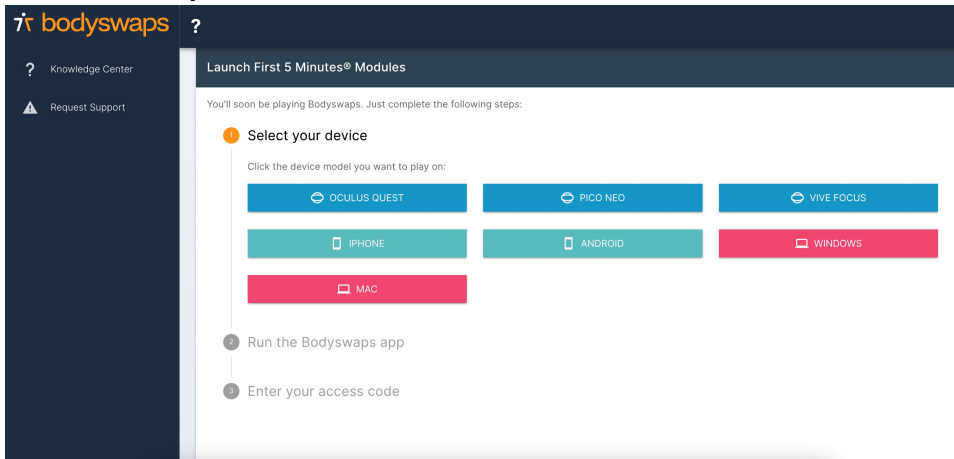
How to Access on Oculus Quest 2

1. Turn on the Oculus Quest headset and follow the onscreen prompt to set a boundary.
2. Open the Oculus Store by pressing the orange button with a shopping bag on it (located on bottom toolbar). If you already have downloaded the app, skip ahead to Step 4.

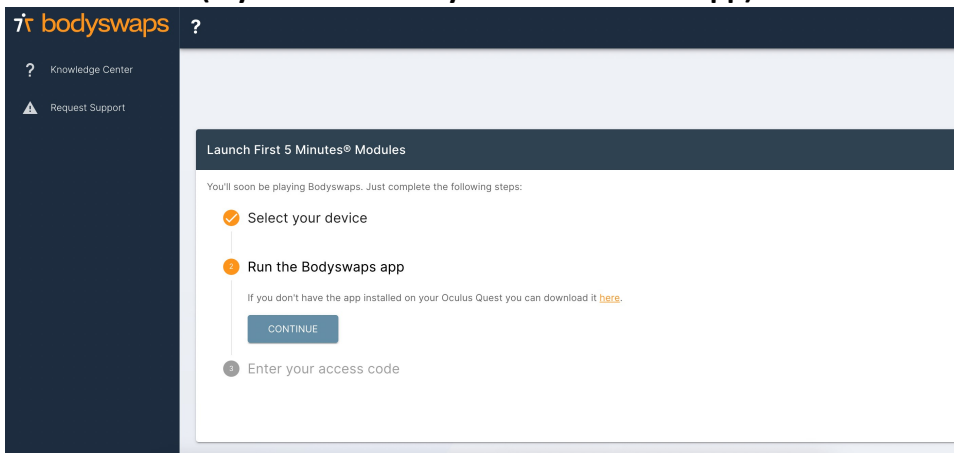


3. Search for “Bodyswaps” and download it to the headset.
 - a. Note: Oculus will alert you that Bodyswaps is available via the App Lab.
 - b. Press OK and download the app.
 - c. If applicable, you can find the Bodyswaps app by pressing either the orange shopping bag button or the dots button on the toolbar.
4. Open the Bodyswaps app.
5. Log into the [CHEST e-Learning library](#) from a computer.
6. Search for and open the First 5 Minutes®: Strategies for Building Patient Trust course.

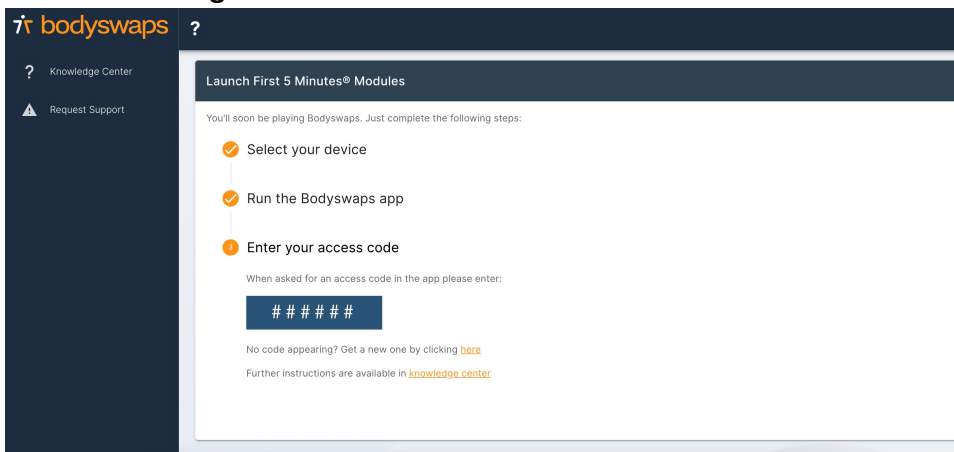
7. Click on area that says First 5 Minutes®: Building Patient Trust Skills Practice.
8. Click on box that says “Bodyswaps Experience.”
9. You will then be directed to a new tab with a Bodyswaps portal.
10. Under “Select your device” choose “Oculus.”



11. Press Continue (if you have already downloaded the app).



12. Locate the six-digit access code.



13. Put on a headset and type in the code.

- a. If this is the first time you are using a new device, you may be prompted to type in a code right away.
- b. If this does not happen and you are at the main screen showing Module 1, press the dots button at the bottom right.



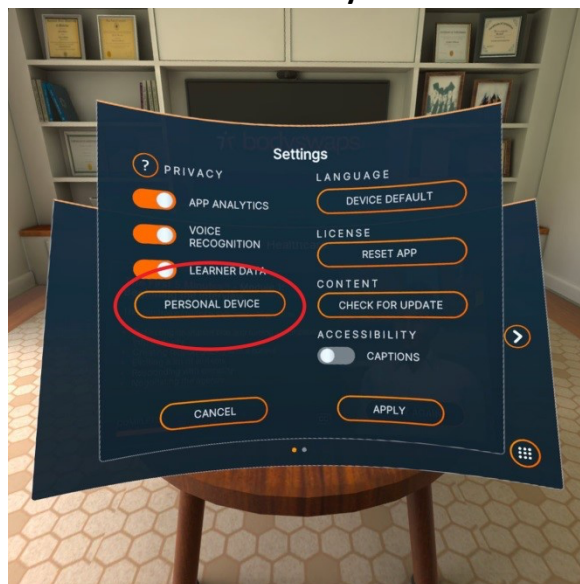
- c. A new screen will pop up asking you to type in your code.

14. Important: If you are sharing this headset with others:

- a. On the left handheld controller, press the hamburger menu button under the joystick. A menu screen will appear.
- b. Press SETTINGS on screen.



- c. Locate the button that says **PERSONAL DEVICE**.



- d. Click the button to change it to **SHARED DEVICE 1** or **SHARED DEVICE 2**. Press **APPLY** when done.



15. Start Module 1.

16. When completed, start Module 2.

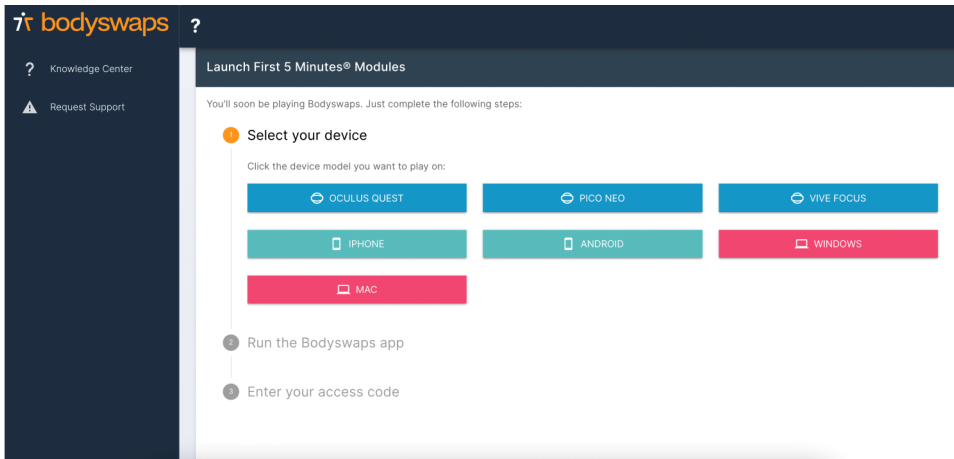
17. When completed, log out of the Bodyswaps app if needed.

- a. On the left handheld controller, press the hamburger menu button under the joystick. A menu screen will appear.
- b. Press USER PROFILE on screen.
- c. Press LOG OUT.

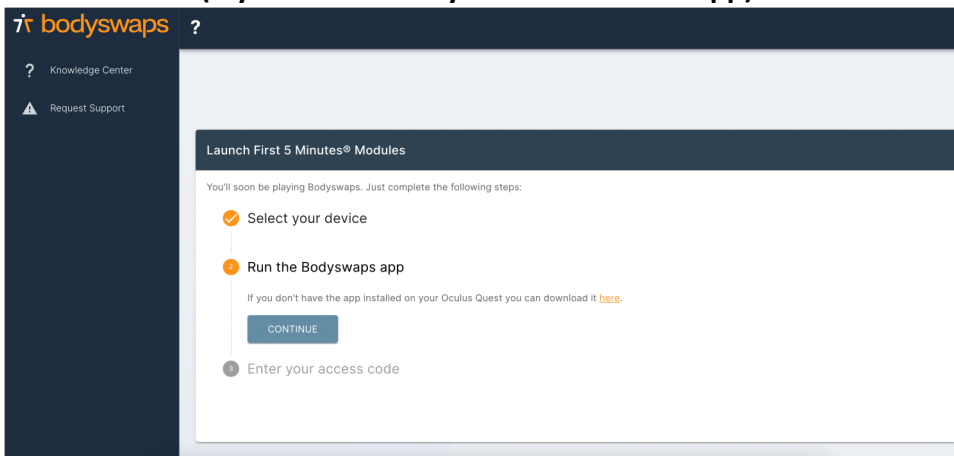
18. Go back to CHEST e-Learning site and claim CME.

How to Access on Windows/Mac Computer or Laptop

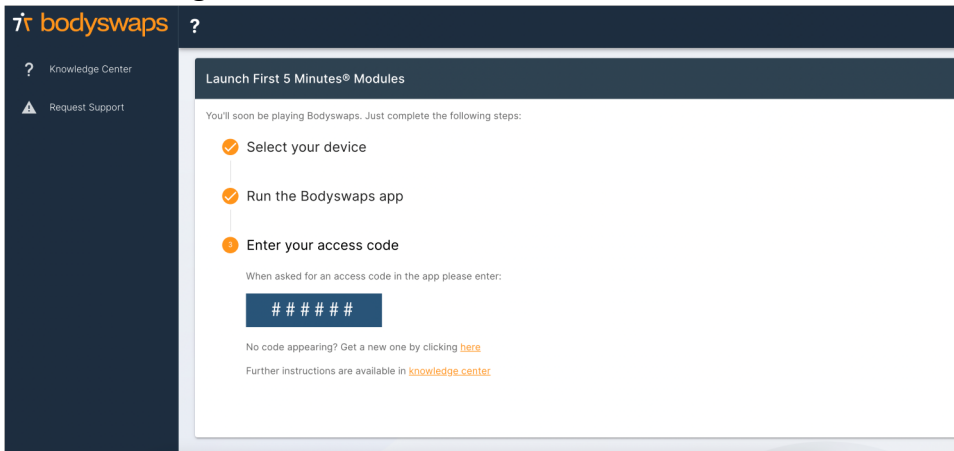
1. Download the Bodyswaps app to your computer/laptop. If you already have the app, skip ahead to Step 3.
 - a. Use Google Play for Android devices.
 - b. Use App Store for Mac devices.
2. Search for "Bodyswaps" and download to device.
3. Open the Bodyswaps app.
4. Log into the [CHEST e-Learning library](#).
5. Search for and open the First 5 Minutes®: Strategies for Building Patient Trust course.
6. Click on area that says First 5 Minutes®: Building Patient Trust Skills Practice.
7. Click on box that says "Bodyswaps Experience."
8. You will then be directed to a new tab with a Bodyswaps portal.
9. Under "Select your device" choose whichever computer you are using.



10. Press Continue (if you have already downloaded the app).

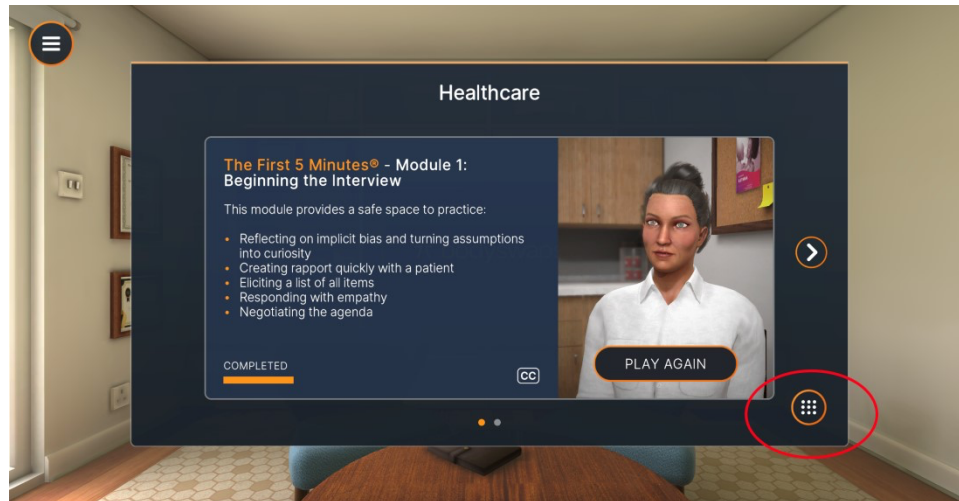


11. Locate the 6-digit code.



12. Go to the opened app and type in the code.

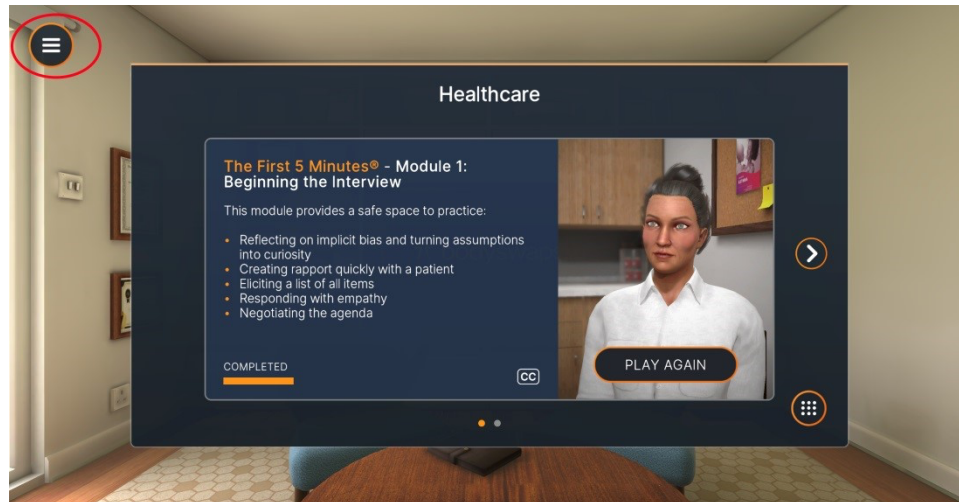
- a. If this is the first time you are using a new device, you may be prompted to type in a code right away.
- b. If this does not happen and you are at the main screen showing Module 1, press the dots button at the bottom right.



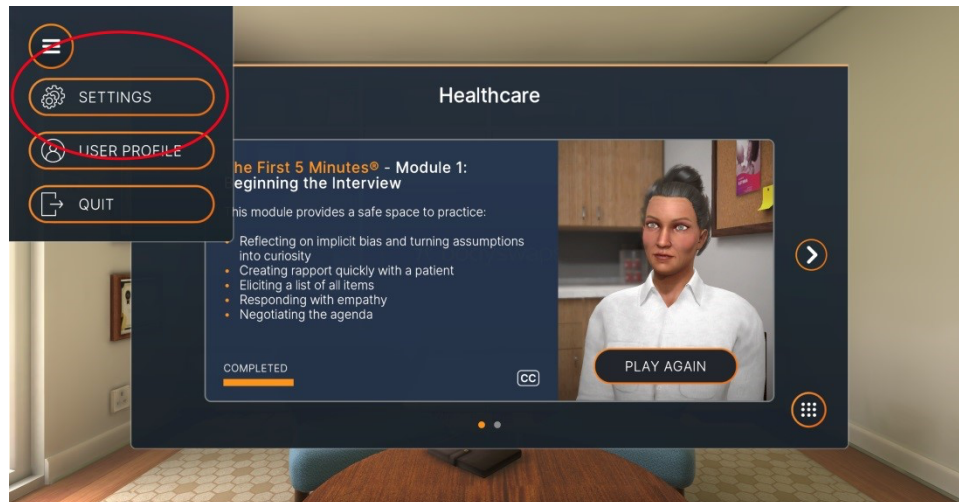
c. A new screen will pop up asking you to type in your code.

13. Important: If you are sharing this device with others:

a. At upper left corner, press the hamburger menu button.



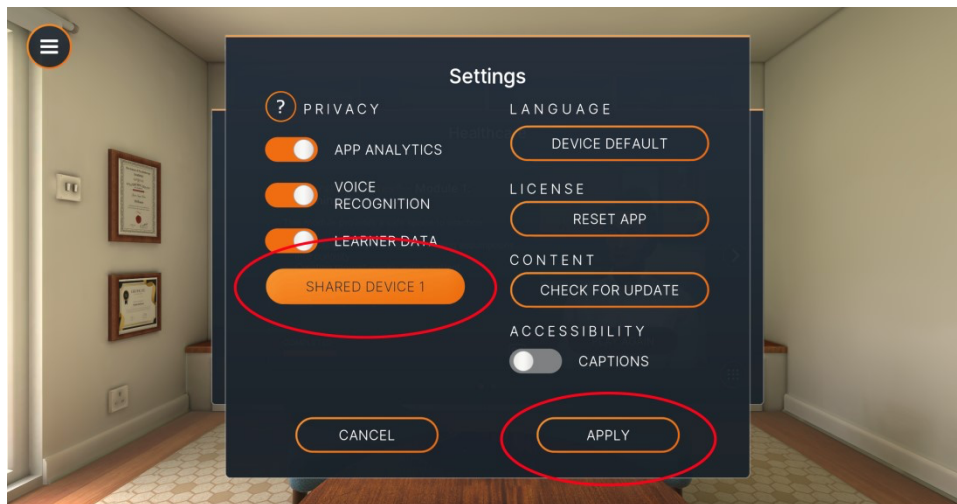
b. Press SETTINGS on screen.



c. Locate the button that says PERSONAL DEVICE.



- d. Click button to change it to SHARED DEVICE 1 or SHARED DEVICE 2. Press APPLY when done.



14. Start Module 1.

15. When completed, start Module 2.

16. When completed, log out of the Bodyswaps app if needed.

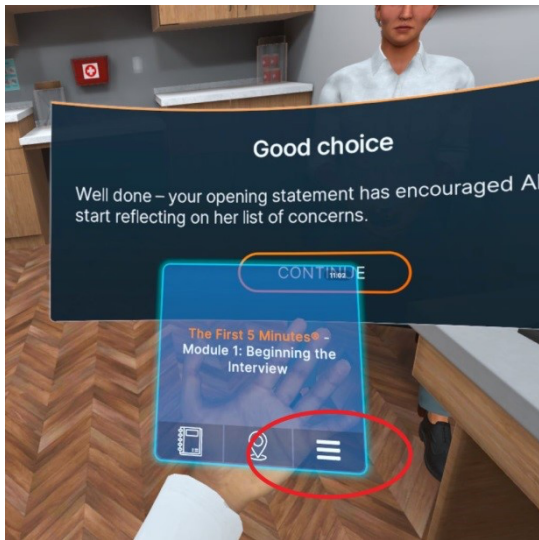
- a. At upper left corner, press the hamburger menu button.
- b. Press USER PROFILE on screen.
- c. Press LOG OUT.

17. Go back to CHEST e-Learning site and claim CME.

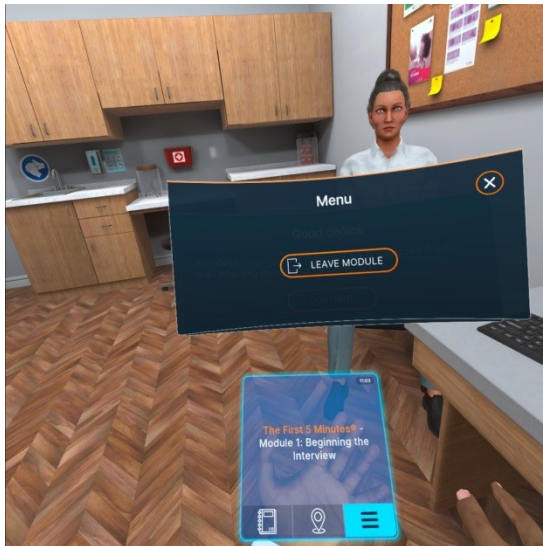
If Your Module Freezes: Oculus

Quest 2

1. Look at your virtual hand to see a blue menu appear.
2. Press the hamburger menu button.



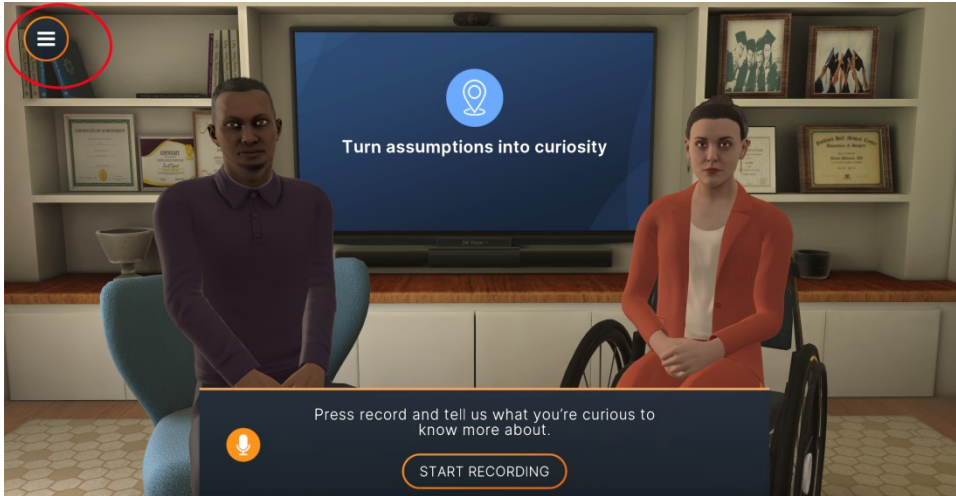
3. A new menu appears. Press LEAVE MODULE.



4. Press YES.
5. You will return to the main screen with the First 5 Minutes® modules listed.
6. Select the module you need to access.

Windows/Mac

1. At upper left corner, press the hamburger menu button.



2. Press LEAVE MODULE.



3. Press YES.

4. You will return to the main screen with the First 5 Minutes® modules listed.

5. Select the module you need to access.

Extra Support:

- Access the Bodyswaps help support webpage: <https://support.bodyswaps.co/knowledge>
- Fill out a Bodyswaps support ticket: <https://support.bodyswaps.co/knowledge/kbtickets/new>
- Email support@bodyswaps.co directly for support.