

**Improved lung health  
at Home and on the Go**



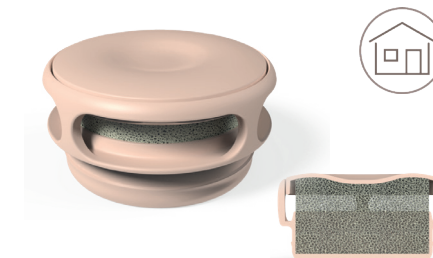
Coughing and excess mucus is a challenge especially if you only use an HME every once in a while.

It can make everyday activities difficult and disrupt your daily life. Wearing an HME throughout the day helps to:

- ✓ Improve lung health
- ✓ Reduce excessive mucus production
- ✓ Reduce coughing

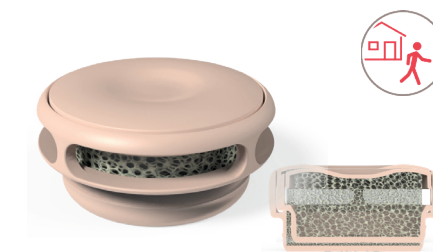
## Healthier lungs for reduced coughing and mucus

Provox Life™ is an everyday routine that works together to help improve your lung health whether you're at home or on the go.



### 50% cough reduction when using Provox Life™\*

Starting your journey with Provox Life™ couldn't be easier with Home HME and Go HME, two high performing HMEs that ensure the right balance between humidification and breathability.



They are designed to offer you better lung health and less coughing and mucus in a comfortable, discreet design. Simply, pop into your Provox Life™ adhesive of choice and listen out for the click on the SecureFit coupling.



cough reduction when using Provox Life™\*

\*Provox Life™ Experience Programme. Data on file 2021.



# Why not track your coughing with our handy tracker?

Most people who wear an HME 24 hours a day begin to see an improvement in their coughing and mucus after a few weeks.

## Week 1

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Number of coughs per day	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Number of hours wearing an HME per day	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
--	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------

## Week 2

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Number of coughs per day	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

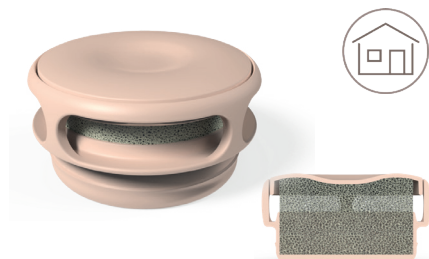
Number of hours wearing an HME per day	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
--	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------





# Provox Life™ Home

Provox Life™ Home HME is designed to offer you better lung health whilst at home with the highest humidification level of the daytime HMEs.

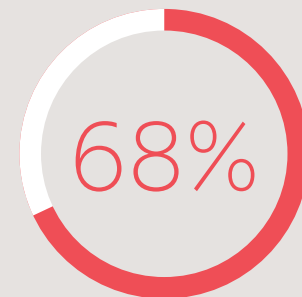


**68% of early Provox Life™ users now use Provox Life Home HME when relaxing at home\***

It's perfect for your at-home activities that don't require deep breathing such as reading the newspaper or watching the television.

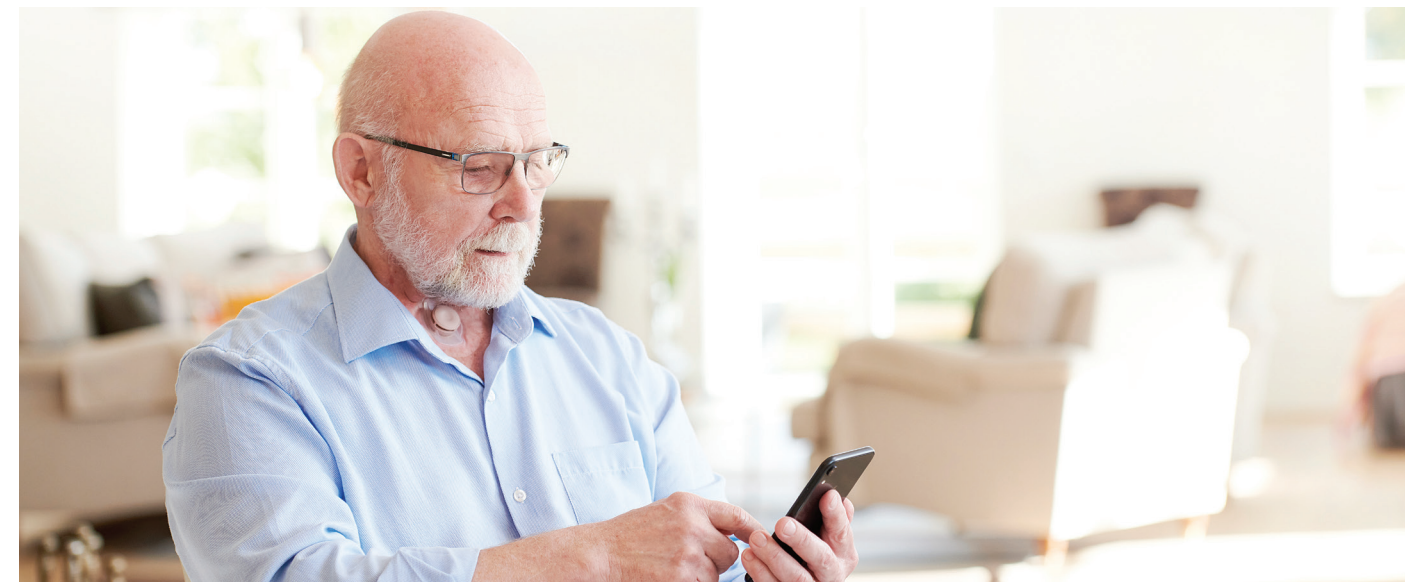
## Features:

- ✓ Reduces mucus production and coughing
- ✓ Comfortable breathability
- ✓ Easy occlusion of the stoma for voicing



of early Provox Life™ users now use Provox Life™ Home HME when relaxing at home\*

\*Provox Life™ Experience Programme. Data on file 2021.



“Recently I have tested the new Provox Life™ products, and I have been very impressed, especially with the Home and Go HMEs. I found it so easy to breathe with Home that sometimes I forgot to change it. I used the Go HME when walking, and I could not notice any resistance, which was nice.”

**Hanne Jensen**  
- Provox Life™ User

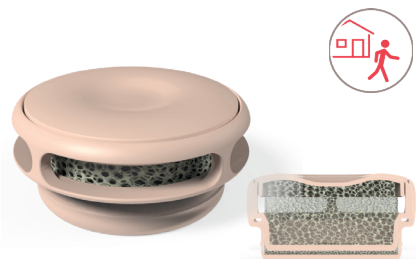
Scan me to find out more





## Provox Life™ Go

Provox Life™ Go HME is created to give you easier breathing whilst you're on the go as well as improving your lung health as you go about your daily activities.

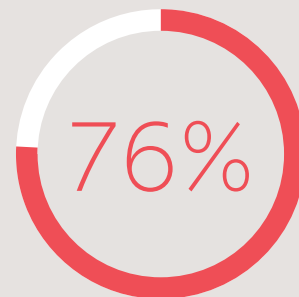


**76% of early Provox Life™ users reported that they never or rarely had to take their HME out to catch their breath\***

It's ideal when going to your local shop or popping out for a walk as it offers you a comfortable breathability.

### Key features:

- ✓ Good humidification
- ✓ Low-profile and discreet beige colour
- ✓ Reduces mucus production and coughing



of early Provox Life™ users reported that they never or rarely had to take their HME out to catch their breath\*

\*Provox Life™ Experience Programme. Data on file 2021.



“I got contacted about the new ‘Provox Life™’ range. So, I agreed to try them. It’s been amazing. I find my level of activity has increased using the Provox Life™ Go HME during a routine day.”

**Martin O'Donnell**  
- Provox Life™ User

Scan me to find out more



## Create an everyday routine that works for you

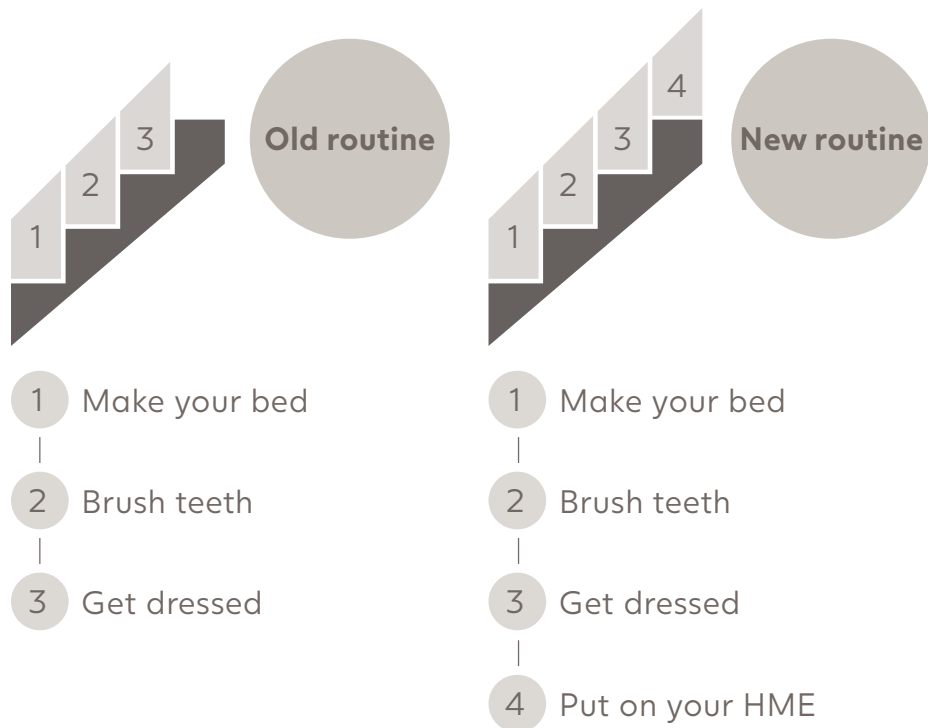
To help improve your lung health, it's important to create an everyday HME routine that works for you.

Putting on your Home HME in the morning is as quick and simple as brushing your teeth, simply pop it into your adhesive and listen for the click. That's it, you're good to carry on your day as normal!

If you're nipping out to the shops later in the day, take out your Home HME and put in your Go HME – there's no need to change your adhesive. **Simply click and go.**

### Top tip

Stacking habits such as putting on your Home HME after brushing your teeth or popping your Go HME on when putting on your shoes can help make it easier for you to remember to wear your HME.



## Simply click and go





# Common myths about HMEs

**Q. Do I have to change my adhesive to wear a different HME?**

**A.** No, if you're already wearing a Provox Life™ adhesive then you can simply pop out your old HME and put your new one in. Once you've heard the click, you're good to go!

**Q. I already wear an HME if I'm going out, why do I need to wear one at home?**

**A.** To get the best possible improvement to your lung health and a reduction in coughing and mucus, you should aim to wear your HME throughout the day as it will warm and moisten the air that you breathe in thereby reducing the build up of mucus.

**Q. Why do I need two different daytime HMEs?**

**A.** The Provox Life™ Home HME has a comfortable breathability for casual activities such as making a cup of tea but sometimes you need deeper breathing for activities such as walking which is why we have the Provox Life™ Go HME.







## Ready to get started?

If you would like to start using Provox Life™ Home HME and/or Provox Life™ Go HME, you can request a call back from helpful Customer Care team.

Yes, I would like to receive a call back from the Atos Customer Care team to discuss:

- ☐ Provox Life™ Home HME.
- ☐ Provox Life™ Go HME.

Name: (First name) (Surname)  
Customer reference: (Customer reference)  
Territory: (Territory)

As always, talk to your Clinician about which products are right for you.

## Contacts us

-  Tel: **01157 841899**
-  Email: **info@atos-care.co.uk**
-  Web: **www.atos-care.co.uk**





## If you would like to start using an HME you can contact our Customer Care team

We will help support you when ordering an HME and to achieve your goal.



### **Call or text us**

Freephone: 01157 841 899 Text: 07800 140 059



### **Email us**

[info@atos-care.co.uk](mailto:info@atos-care.co.uk)



### **Visit our website**

[www.atos-care.co.uk](http://www.atos-care.co.uk)



### **Write to us**

Atos Care UK, Cartwright House,  
Riverside Business Park, Tottle Road,  
Nottingham, NG2 1RT

# Atos

Breathing-Speaking-Living  
[atosmedical.com](http://atosmedical.com)