



CLICK TO LEARN MORE

# Choosing the best mask for you.

Your guide to selecting  
a suitable obstructive  
sleep apnea CPAP<sup>1</sup> mask.



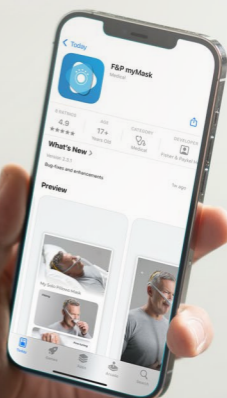
[fphcare.com/mymask](https://fphcare.com/mymask)

**Fisher & Paykel**  
HEALTHCARE

1

# Download the app

Welcome. This guide gives you a quick overview to the steps for your mask set up. Simply scan the QR code below to download the F&P myMask™ app.



2

## Select

Answer a few simple questions to help us better understand your lifestyle needs and sleeping style. Once done, select one of the recommended masks.

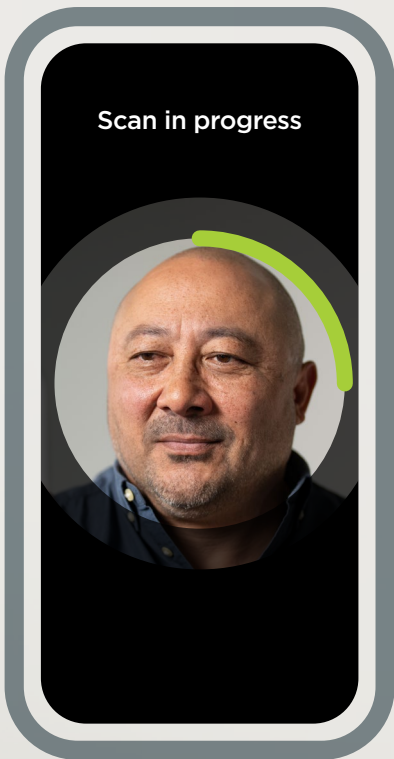
Mask selection tool



3

## Size

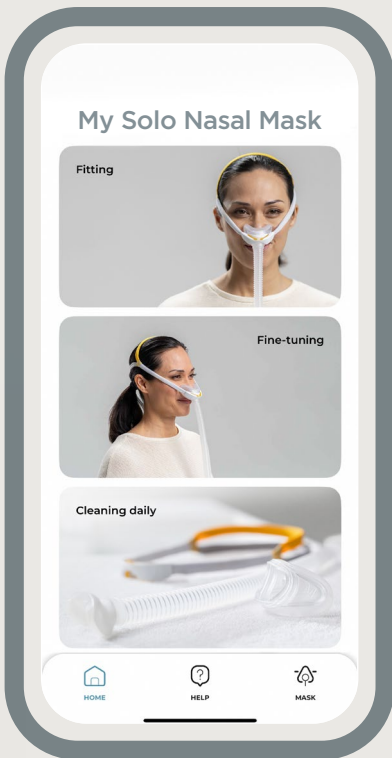
Now it is time to determine what size mask you will need. The F&P myMask app scans your face in real-time for an accurate sizing match.<sup>2,3</sup> Simply follow the app's step-by-step process.



4

# Request your mask

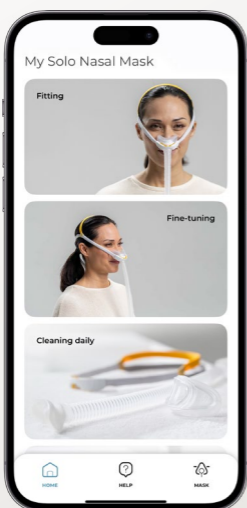
Provide the mask type and size to your healthcare provider to request your mask.



5

## Assist

Once your mask arrives, the F&P myMask App supports you with step-by-step fitting, fine-tuning and mask cleaning videos along with troubleshooting advice in the Help menu.



Home page



Fitting

For a full product set-up description, cautions, hazards and warnings, refer to the user instructions provided with the product. Use the device as directed. Always follow the user instructions for use. F&P, F&P myMask, myMask, F&P Solo and Solo are trademarks of Fisher & Paykel Healthcare Limited. For patent information, please see [www.fphcare.com/ip](http://www.fphcare.com/ip). PM-630325 REV D © 2025 Fisher & Paykel Healthcare Limited

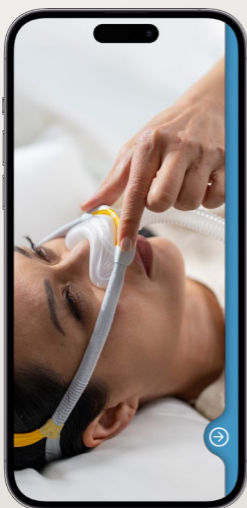
[fphcare.com/mymask](http://fphcare.com/mymask)

## Selected mask

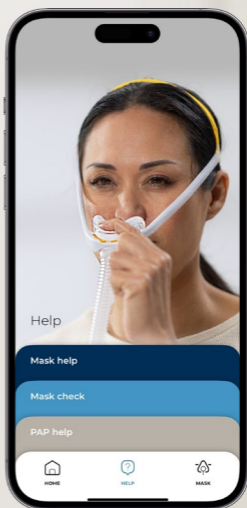
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## Recommended size

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Fine-tuning



Mask help



<sup>1</sup> We refer to CPAP in this instance, but this may also include other positive airway pressure device modes such as APAP or bilevel. Masks must be used with a PAP device to deliver therapy.

<sup>2</sup> The median sizing accuracy of the F&P myMask app compared to manual measurements of face height, nose height, nose width, and nose depth is >91%. Internal validation trial conducted by Fisher & Paykel Healthcare on 73 participants in New Zealand, 2023. Pillows sizing is not currently supported in the app.

<sup>3</sup> We take patient data and privacy seriously and respect anonymity. There is no need for a patient to create an account to use any of the features on the F&P myMask app including gaining access to selection and sizing or for mask help and support. No patient images are transmitted during the F&P myMask selection and sizing process and no image or video is stored on the device after processing. To manage data security, we are ISO 27001 certified internationally and ISO 13485 certified in New Zealand.