

# We're making it fun and easy for youth to manage their asthma daily. We're doing it with a game called *InSpire*.

#### For Youth:

Do you have asthma? Have you ever felt like it's just too annoying to take care of, or that there isn't much you can do to change things? If so, then we hope you'll play InSpire, a game that makes taking care of your asthma easy and fun.

We've made InSpire for youth by asking them what they want and putting it into the game. Check out the game features, and if you're interested in trying out InSpire go to www.xrl.us/InSpire

#### For Parents:

Thank you for showing interest in our game. Asthma can be a source of stress and confusion for both youth and adults; we're trying to change that. Here at The Abramson Center we are aiming to provide children with the tools necessary to feel in control of their asthma.

We firmly believe youth can take care of their asthma, can do it every day, and can enjoying doing so. Please join us in our efforts to make InSpire a game both parents and children love. Feel free to play with your child, and if you have any comments or questions email us at <a href="mailto:PElias@rice.edu">PElias@rice.edu</a>. We hope to hear from you soon.

Sincerely, The Abramson Center Team

# Character Creation and Customization

Put yourself in InSpire! Choose from a ton of options to make your character. As you earn more credits, you unlock new styles and can customize your character even more.



## Your Personal Friend for Asthma, Spiro

Spiro lives inside InSpire, and he loves meeting new people. Get to know him and he'll help you play games and learn how to earn the most credits.

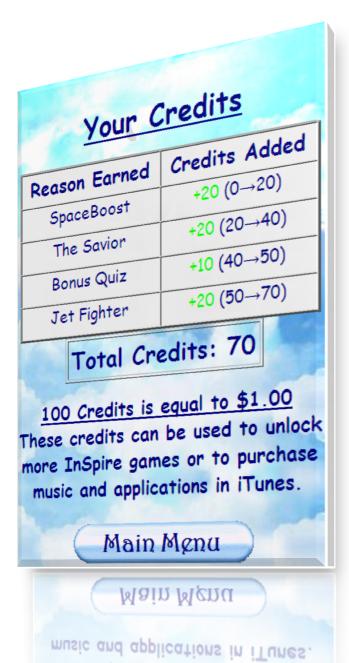


Together, we're going to have an awesome time earning credits for staying healthy!

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#### **Account Credit Reward System**

Want new games or music for your phone? How about some locked levels in one of InSpire's games? Well then just play some more games! In InSpire, you earn credits for playing games and taking bonus quizzes.



more InSpire games or to purchase

These credits can be used to unlock

#### **Spiro Games**

Like to play games? Who doesn't! We've loaded InSpire with a ton of awesome games for you to play. We've updated the games so that they can tell you how healthy your lungs are. InSpire lets you do crazy stuff, like using your lungs to activate an emergency jetpack in SpaceBoost!



Avoid black holes and get the boosts to keep going. If you're in danger, use your lungs to activate the emergency boost pack!

#### **Bonus Quizzes**

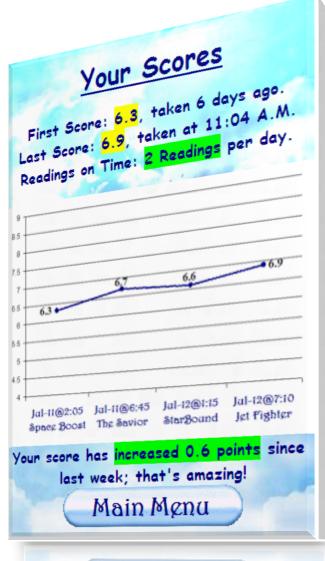
Trying to get that new level or hairstyle for your character? Feel free to take a bonus quiz with Spiro and earn some extra credits. You never know what's just a few credits away!

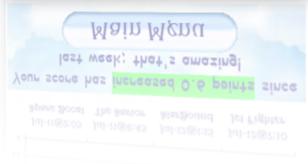


#### **Lung Scores**

Follow your lung health easily with a chart that shows your lung scores.

These scores take spirometry, a measure of how hard and long you can blow air out of your lungs, to see how healthy your lungs are. Get ready to see how taking care of your asthma pays off.





### **Weather Readings**

Did you know that nature has asthma triggers too? High levels of pollen, a powder from flowers, can get in your airway and irritate your lungs. Ozone, an air pollutant like smoke, can do the same thing. InSpire has easy to use updates on current pollen concentrations and Ozone levels that tell you if it will be harder to breathe because of these triggers.

