



Blom-Singer®  
SpeakFree™ HME  
Hands Free Valve  
with **EasyFlow®**  
**HME**



**INHEALTH**  
TECHNOLOGIES®

Breathe easier at **Work or Play**



# SpeakFree™ HME Tips

To get used to the feel of the device, adjust your new Speakfree™ HME to the open position, then the closed position before inserting.

## Step 1 Breathing

Put the HME cartridge in the closed position, insert, then **immediately** open and just breathe, just like a standard HME.

## Step 2 Digital Occlusion

Now occlude the SpeakFree™ HME as you normally would with your standard HME to speak.

## Step 3 Finding your sweet spot

- **Open** the SpeakFree™ HME - offering easier breathing but harder voicing.
- **Closed** position will give easier voicing but is harder on the baseplate seal & could occlude with heavier breathing.
- Anywhere in between is finding your "sweet spot".

## Step 4 Adjusting

Do small turns towards closed and attempt to make the "Ahh" sound. Note the point at which you achieve hands free speech.

## Step 5 Hands Free Speech

Once you find the optimal adjustment:

- Count from 1-5 and adjust as needed.
- Start to use 2-3 word responses and continue to adjust as needed.
- Have a conversation (still optimal or adjust as needed).

## Tips:

\*If you hear fluttering of the valve or "slapping" - adjust more "OPEN" \*If you cannot sustain voice easily or you are running out of breath, adjust more "CLOSED" \*It can take up to 2 weeks to fine tune voicing / breathing, practice!

**SpeakFree™ HME Translucent** Design Lets YOU Shine



# Blom Singer® SpeakFree™ HME Hands Free Valve

## Features

Choose your flow and go. Two simple choices for your breathability. ClassicFlow® or EasyFlow®.

Truly innovative. One adjustable valve with hands free speech that adjusts from light to extra strong.

Freedom of choice. Attaches to Blom-Singer® adhesive housings or a Blom-Singer® StomaSoft® Laryngectomy Tube.

### Classic Flow® HME:

Helps assure you breathe warmed, filtered and humidified air - every day - to reduce respiratory symptoms after a total laryngectomy. ClassicFlow® is designed for increased moisture retention and resistance.

### Easy Flow® HME:

The foam filter is more porous than the ClassicFlow®. This allows you to breathe more freely to match your activity level and pulmonary needs.

Pack of 30 Product order code: IHT BE1090EZ

Pack of 30 Product order code: IHT BE1090EF

**INHEALTH**  
TECHNOLOGIES®

Why complicate matters?

## Learn the truth.

**SpeakFree™**  
**HME** one hands  
free valve is an  
alternative to  
multiple  
competitor  
devices.

