



INHEALTH
TECHNOLOGIES®

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



Breath 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!

1300 005 279

main
MEDICAL

SpeakFree™ HME



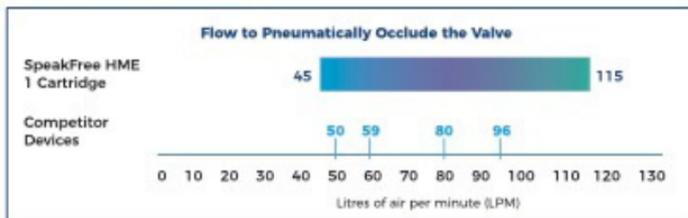
Blom-Singer® SpeakFree™ HME Hands Free Valve with ClassicFlow® HME

- Breathe healthy
- ClassicFlow® 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.

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

- Breathe easier at work or play
- With EasyFlow®, the foam filter is more porous than the ClassicFlow®. This allows you to breathe more freely to match your activity level and pulmonary needs.

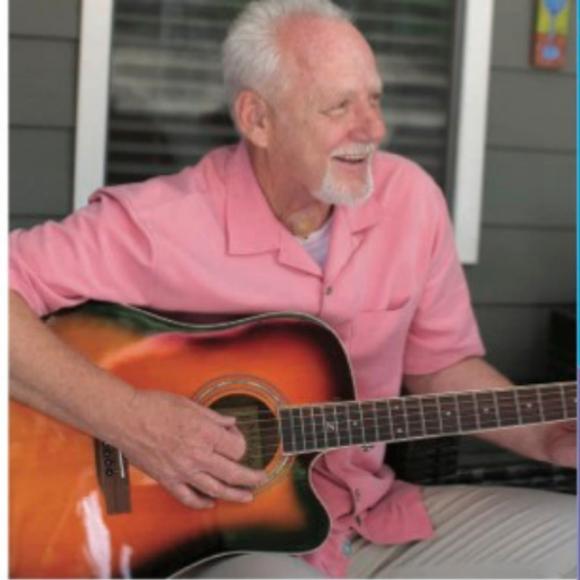
One hands free valve is an alternative to multiple competitor devices.



One SpeakFree™ HME cartridge can be adjusted to do the work of multiple hands free competitor devices.

A SpeakFree™ HME all-in-one cartridge can be adjusted from as little as 45 liters of air to as much as 115 liters of air to attenuate the speaking valve.

Data on file.



Whatever your activity or lifestyle. A simple, disposable hand free HME that fits with your active life.

REFERENCE #	PRODUCT NAME	QTY
 BE 1090EF	Blom-Singer® SpeakFree™ HME Hands Free Valve with EasyFlow® HME 5 optional crossbars included	30 per pack
 BE 1090EZ	Blom-Singer® SpeakFree™ HME Hands Free Valve with ClassicFlow® HME 5 optional crossbars included	30 per pack

INHEALTH
TECHNOLOGIES®



Stay Connected with Us



www.mainmed.com.au

©2021 InHealth Technologies®—Manufactured by Freudenberg Medical, LLC (270710-00)

INTRODUCING

INHEALTH
TECHNOLOGIES®

SpeakFree™ HME



New Blom-Singer® SpeakFree™ HME Hands Free Valve

It's simple. Your HME and hands free speaking valve, all in one.



Blom-Singer® SpeakFree™ HME Hands Free Valve is the first heat and moisture exchange (HME) cartridge with a single-use fully integrated adjustable 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.



TOTAL
Solution

www.mainmed.com.au