

# Public App Approval Details - Exheale

## Application Information

**Application Name:** EXHEALE

**Emory Application Owner:** Weihua Zhang (WZHANG3)

**Emory Application Technical Contact:** Weihua Zhang

**Application Support Model:** Emory app owner

**Application Administration Model:**

**Application Description:**

Summary:

The first breathing exercise app of its kind for patients with COPD and Asthma. This app coaches users to practice a phonetic breathing exercise that promotes deep breathing and well-being.

Full description:

Progressively hyperextended alveoli leading to the destruction of lung parenchyma is the basic pathophysiology for development of emphysema and COPD. Increase the length of exhale deeper and slower and make it as smooth as possible are fundamental to ensure the alveoli not going overextended or to collapse or collapse with positive end expiration pressure being maintained at 0cm H2O pressure which is equal to the atmosphere pressure. The common obstacles are related to inconsistency on the instructions on how to be able to breathe effectively. Exheale coaching program strategically selects words that promote longer exhalation with loose lip closure. For example, the word "woof" is used in one of the exercises. The instructions ask the participants to pay close attention to the inhale to exhale timer. Inhale with open mouth while silently saying "woo" in one to two second. Then, exhale with lips loosely closed while making the second part of the word "f" as long as you can. The emphasis is on the resistive phonation during the exhalation and prolongation of the exhalation as the exercise progressively getting harder.

**Application Marketplace ID/Link:**

ServiceNow Request	Distribution Status & Date	Internal Review Status & Date	ePHI	Target User Base
Request received 2019-07-15			n/a	

## Current Issues

## Issue Log

## Reapproval Conditions

**Review Status:** pending

Internal Distribution Request Date	Office of Technology Transfer Signoff	Legal Counsel Review	Marketing & Communications Review	Compliance & Regulatory Review	IT Security Review
Builds received. App distributed to review teams 2019-08-19					

## Collateral

Upload collateral as it is collected.

## Approval Artifacts

Approval artifacts can be found here: <https://emory.app.box.com/folder/82168384457>

1. Completed IP Disclosure.
2. Commercial Evaluation Report.
3. Legal Counsel Review.
4. Marketing and Communications Review.
5. Compliance and Regulatory Review.
6. IT Security Review.
7. Architecture Review.
8. App Store Submission Templates: [Apple App Store](#) and [Google Play](#).
9. Distribution Review Checklist.