

# Freespira Informational Guide

**Now there is a safe and effective medication-free treatment for panic attacks and panic symptoms with long lasting results**

## What are panic attacks?

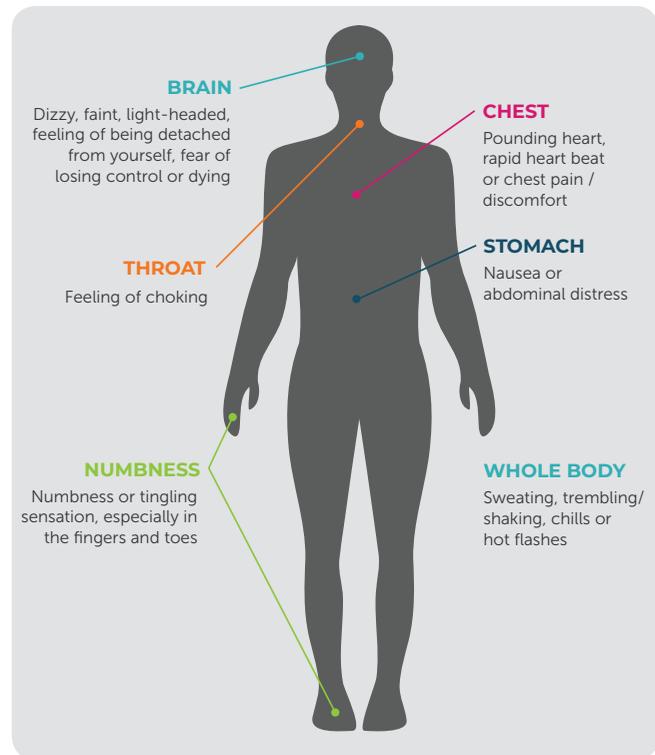
Panic attacks are sudden periods of intense fear accompanied by physical symptoms such as chest tightness, racing heart, shortness of breath, dizziness, lightheadedness, weakness, unsteadiness, and numbness. These physical symptoms are often misinterpreted as a medical condition, like a heart attack or stroke.

## Why do I get them?

There are many reasons why people suffer from panic attacks, and triggers are unique to each individual. Often, people who suffer from panic attacks may not even know what brings them on. However, research shows that most people who suffer from panic attacks chronically hyperventilate (breathe too fast and/or too deeply), which increases susceptibility to a panic attack. Training the body to slow down respiration rates and breathe in less air has been shown to be very effective in reducing or eliminating panic attacks and other panic symptoms.

## What is Freespira, and how does it help with my panic attacks?

Freespira is an innovative FDA-cleared digital therapeutic treatment that trains you to control your breathing rate and depth, normalizing your breathing pattern to reduce or eliminate panic attacks. Freespira is portable for use at home, and simple and intuitive to use. It does not rely on medication, and you do not have to be in long term psychotherapy to access or benefit from Freespira.



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To learn if Freespira is right for you, call 800.735.8995.

## How does the Freespira program work?

Freespira sessions are completed at home, twice daily for 17-minutes per session for 4 weeks. After that, the treatment is complete. Freespira uses audio and visual cues to guide you throughout each session. You are provided in-person or video training and coaching throughout the treatment to ensure you are getting the maximum benefit. Freespira treatment is authorized by a licensed clinician, and our Customer Care Representative can identify one for you, if needed.

After you complete the treatment, simply return Freespira using a pre-paid mailing label.

## Is it safe?

Yes. Freespira has been shown in multiple clinical trials and commercial use to be safe and effective.

## How long does Freespira last?

Freespira studies have shown that most people significantly reduce or eliminate panic attacks immediately after completing treatment. Approximately 85% of people who complete the four-week, twice-daily treatment are panic-attack free at the end of the treatment. After one year, 81% of people report being panic-attack free.

## What's included with Freespira?

Everything you need for the Freespira treatment is included: a tablet with a pre-loaded custom App, a small nasal cannula, and the handheld sensor that measures your breathing rate and exhaled carbon dioxide levels.

## How do I pay for Freespira?

Freespira is covered by Highmark Health insurance for non-Medicare adults (deductibles and co-insurance apply), and some employers. It is also available via self-pay with financing plans available. HSA and Flex plans can also cover the cost of Freespira.

## How do I get Freespira?

Contact Customer Care at (800) 735-8995 to learn more about eligibility, and how to get Freespira.

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