



How to prescribe Mahana IBS

The first FDA-cleared prescription digital therapeutic that delivers gut-directed CBT for IBS

Is this treatment right for my patients?

Mahana IBS is intended for adults ages 22 and up whose primary language is English and who have access to an Apple iOS or Android mobile device (phone/tablet) and internet connectivity.

When identifying suitable patients, it's important to discuss the required time commitment (designed to take about 10 minutes a day) and if that seems feasible.

Mahana IBS can be used with other IBS treatments patients may be using.

Download Mahana IBS



How to prescribe Mahana IBS. It's as easy as 1-2-3:

Step 1:

To prescribe, select Mahana IBS from your EMR using NDC 60006017201 and E-prescribe to eRx: CaryRx using EMR drop-down or via phone at 1-202-930-4242 or fax 1-202-930-4243.

Step 2:

Instruct your patient to download Mahana IBS from the App Store or on Google Play and expect a text message from Mahana to pay for their prescription.

Step 3:

Encourage your patient to start Session 1 right away. After your patient pays for their prescription, they can proceed beyond Session 1.

It's important that your patient completes all 10 Sessions within the 90-day prescription. Your patient may access any unlocked content and tools beyond the 90-day prescription free of charge.

Please refer to Mahana for IBS Clinician Information Sheet for Indications for Use and Important Safety Information.

www.mahana.com