

FREESPIRA

WHAT IS FREESPIRA?

Freespira is an FDA cleared, medication-free digital therapeutic that reduces or eliminates symptoms of panic disorder and PTSD by training users to normalize respiratory irregularities. This is a 28-day at home treatment, delivered in an evidence-based protocol with weekly telehealth coaching to improve adherence and clinical outcomes.

WHO IS ELIGIBLE?

Freespira is available to Commercial and ACA members in Delaware, Pennsylvania, and West Virginia who are 18 years or older and have symptoms of Panic Disorder or Post Traumatic Stress Disorder (PTSD).

HOW DO I REFER A PATIENT TO FREESPIRA?

There are two options to refer a patient:

- Submit a referral through the [Freespira website](#)
- Warm transfer the member to the Freespira Customer Success team at: **800-530-9380**

CAN A PATIENT SIGN UP ON THEIR OWN?

Yes, they can sign up directly through the [Freespira website](#)

MORE INFORMATION

For more information on Freespira, you can:

- Visit www.freespira.com



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