



# How To Get Started With The RelieVRx® Program



**Taking control of your pain shouldn't be complicated.**  
That's why we've made the process as simple as possible.



## Plan for Success:

It's important to know that relief won't necessarily be immediate, but those who commit to the RelieVRx program will learn new skills and form new habits for long-lasting relief. **Making time in your schedule for the therapeutic sessions** (which average 6 minutes a day) will help you get the most out of the program.



## Contact Your Provider:

Let your provider know that you are interested in the RelieVRx program.

Print this document and bring it to your appointment to help guide the conversation with your provider.



## Review the Benefits:

Tell your provider the reasons why you think the RelieVRx program is a good choice to treat your chronic lower back pain. If they agree and it fits into your treatment plan, they may order the RelieVRx program for you.

## Program Benefits:

- Provides up to 2 years of pain relief<sup>1,2,3</sup>
- Works alongside other treatments
- Safe, non-invasive, and drug-free
- Self-guided and used in-home
- Shown to improve sleep, mood, and activity in patients with chronic lower back pain

**That's it! Start your journey towards relief.**

## AVR Pathway

**AVR Pathway, our support team** includes fellow Veterans who truly understand your journey and are here to help you find the relief you deserve.



**(844) 728-4487** | M-F 9am - 7pm ET



**support@avrpathway.com**

## Meet the Team:



Daniel is a retired U.S. Air Force TSgt with 20 years of service.



Tony is a retired Marine Corps Reserves and Air Force SMSgt with 28 years of service.

1. Garcia LM, Birkhead BJ, Krishnamurthy P, Sackman J, Mackey IG, Louis RG, Salmasi V, Maddox T, Darnall BD. An 8-Week Self-Administered At-Home Behavioral Skills-Based Virtual Reality Program for Chronic Low Back Pain: Double-Blind, Randomized, Placebo-Controlled Trial Conducted During COVID-19. J Med Internet Res. 2021 Feb 22;23(2):e26292. 2. Maddox T, Oldstone L, Sparks C, Sackman J, Oyao A, Garcia L, Maddox R, French K, Garcia H, Irvin A, Maislin D, Keenan B, Bonakdar R, & Darnall BD (2023). At-home virtual reality program for chronic lower back pain: A randomized sham-controlled effectiveness trial in a clinically severe and diverse sample. Mayo Clinic Proceedings: Digital Medicine, 2023;1(4):563-573. 3. Maddox T, Sparks C, Oldstone L, Maddox R, French K, Garcia H, Krishnamurthy P, Okhotin D, Garcia LM, Birkhead BJ, Sackman J, Mackey I, Louis R, Salmasi V, Oyao A, Darnall BD. Durable chronic low back pain reductions up to 24 months after treatment for an accessible, 8-week, in-home behavioral skills-based virtual reality program: a randomized controlled trial. Pain Med. 2023 Oct 3;24(10):1200-1203. doi: 10.1093/pm/pnad070. PMID: 37220894; PMCID: PMC10546478.



# Take control of your pain

The first FDA-authorized virtual reality (VR) treatment clinically proven to significantly reduce chronic lower back pain (CLBP).<sup>1</sup>



Available to **Veterans** with VA Benefits at **no out-of-pocket cost.**

## A Self-guided, In-home Program

- The RelieVRx® program helps you change how you think, feel, and react to pain.<sup>2</sup>
- A 56-session program with daily sessions that last about six minutes each.<sup>3</sup>

Sessions teach well-established pain management skills, including<sup>2</sup>:



Deep Breathing



Relaxation

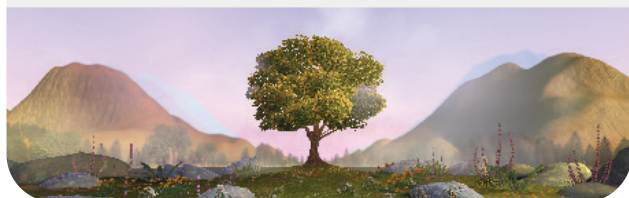


Attention Shifting



Mindfulness

The image below is an example of one of the virtual environments you will explore during the program. Visit [RelieVRx.com](https://relievrx.com) to learn more.



### Indication for Use:

The RelieVRx program is a prescription-use immersive virtual reality system intended to provide adjunctive treatment based on cognitive behavioral therapy skills and other evidence-based behavioral methods for patients (age 18 and older) with a diagnosis of chronic lower back pain (defined as moderate to severe pain lasting longer than three months). The device is intended for in-home use for the reduction of pain and pain interference associated with chronic lower back pain.

Talk to your doctor about how you can take control of your CLBP with the RelieVRx program

### For Healthcare Providers

To learn more about prescribing, visit [www.relievr.com/veterans](https://www.relievr.com/veterans)

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Government Services



### Contract Vehicles

FSS Contract #  
36F79725D0128

### Part Numbers:

RelieVRx # RVX-2002  
MyRelieVRx Bundle # RSV-1001  
(Includes: RelieVRx and SustainVR)

### Contact Info

customerservice  
[@lovellgov.com](mailto:@lovellgov.com)

Phone:  
850-684-1867

Fax:  
850-254-9853

Order online! [Gsaadvantage.gov](https://Gsaadvantage.gov)  
(prescription required)



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**RelieVRx.com**  
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People using the RelieVRx program may or may not experience motion sickness, dizziness, headache, or eye strain when using the device. If these experiences occur, please stop use of the device and resume therapy per your doctor's advice.








# Proven chronic lower back pain relief that lasts<sup>4</sup>

56-session study results showed a clinically meaningful\* reduction in pain related outcomes.<sup>3</sup>

## End of Treatment

showed a reduction in<sup>3</sup>:

	Pain intensity	↓ <b>43%</b>
	Interference with Activity	↓ <b>52%</b>
	Interference with Sleep	↓ <b>54%</b>
	Interference with Mood	↓ <b>56%</b>
	Pain related Stress	↓ <b>60%</b>



**At 2 years** the RelieVRx program continued to deliver clinically meaningful results.<sup>4</sup>

By completing the 56 sessions and engaging in regular practice, the RelieVRx program builds a foundation for alleviating chronic lower back pain.



\*≥30% reduction in pain intensity.

References: 1. "Device Classification under Section 513(F)(2)(De Novo)." Accessdata.fda.gov, <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfpmn/denovo.cfm?id=DEN210014>. 2. Hoffman HG, Richards TL, Coda B, et al. Modulation of thermal pain-related brain activity with virtual reality: evidence from fMRI. *Neuroreport*. 2004;15(8):1245-1248. 3. Garcia LM, Birkhead BJ, Krishnamurthy P, et al. An 8-week self-administered at-home behavioral skills-based virtual reality program for chronic low back pain: double-blind, randomized, placebo-controlled trial conducted during COVID-19. *J Med Internet Res*. 2021;23(2):e26292. 4. Maddox T, Sparks C, Oldstone L, Maddox R, Ffrench K, Garcia H, Krishnamurthy P, Okhotin D, Garcia LM, Birkhead BJ, Sackman J, Mackey I, Louis R, Salmasi V, Oyao A, Darnall BD. Durable chronic low back pain reductions up to 24 months' after treatment for an accessible, 8-week, in-home behavioral skills-based virtual reality program: a randomized controlled trial. *Pain Med*. 2023 Oct 3;24(10):1200-1203. doi: 10.1093/pm/pnad070. PMID: 37220894; PMCID: PMC10546478.



Just as military preparation moves from training to deployment, the MyRelieVRx Bundle™ offers a two-phase approach to recovery and relief.

**1 Training** A prescription program that develops essential pain management skills through a proven curriculum.

**2 Deployment** A wellness device that offers on-demand tactical support for real-world challenges — all accessible through a device you keep.

SustainVR™ is only available to Veterans who have completed the RelieVRx program. SustainVR is a general wellness product and has not been reviewed by the FDA.



The AVR Pathway support team pairs you with fellow Veterans who understand and support your treatment journey.

**1+(844) PATH4VR (844-728-4487) | [support@avrpathway.com](mailto:support@avrpathway.com)**