



How To Get Started With the RelieVRx[®] Program

The RelieVRx program is an FDA-authorized 56-session virtual reality therapy program that will help change how you think, feel, and react to your chronic lower back pain.¹ 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:

Call or message your **healthcare provider's office** and tell them you are interested in the new RelieVRx program. My HealtheVet (www.myhealth.va.gov) makes it easy to send your provider a message. If you are not sure what to say, you can copy the sample message to the right, and paste it into your note to your provider!

Sample message:

I am interested in trying a new treatment option for my chronic lower back pain. I've recently learned that the RelieVRx program, a virtual reality therapy, is now available to Veterans like myself. This seems like a promising and potentially helpful treatment for my condition. More information on the therapy can be found on their website:

www.RelieVRx.com

Would it be possible to schedule an appointment soon to talk about it as an option?



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.



Contract Vehicles

Part # RVX-2002
FSS/GSA Contract # SPE2DE22DA020
FSS Contract # V797D-5045
DAPA Contract # SP0200-16-H-0011

Contact Info

customerservice@lovellgov.com
Phone: 850-684-1867
Fax: 850-254-9853
Order online:
GSAadvantage.gov

Need help? We are available every step of the way. Call us at **844-728-4487** Monday-Friday, 9am - 7pm ET
Online Help Center:
support.avrpathway.com

Learn more at RelieVRx.com



That's it! Start your journey towards unlocking the power of VR.

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>. Copyright 2024. All rights reserved. AppliedVR and RelieVRx are trademarks of AppliedVR, Inc. MKT1255 Rev A, MAY 2024



Take control of your pain

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



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

VR Treatment that is a self-guided, in-home program

- The RelieVRx® program helps you change how you think, feel, and react to pain.³
- It is easy to use, and because it is not a medicine, there are minimal side effects. It also can be used with your other medicines⁴
- It takes, on average, 6 minutes a day over a period of 56 sessions²

Daily experiences incorporate well-established pain management techniques, including²:



Deep Breathing



Relaxation / Interoceptive

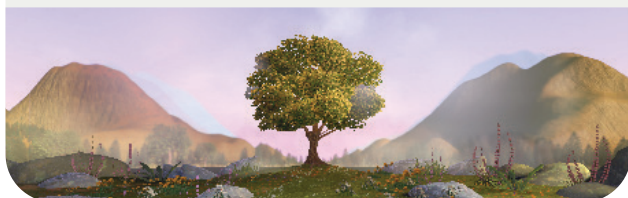


Pain Education



Mindful Escapes

The image below is an example of one of the virtual environments you will explore during the program. Visit 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

The first FDA-authorized VR treatment proven to significantly reduce CLBP¹



Contract Vehicles

Part #
RVX-2002

FSS Contract #
V797D-50450

Order online!
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(prescription required)

Contact Info

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Phone:
850-684-1867

Fax:
850-254-9853

AVR Pathway, our patients services team is here to help, if you have any questions:

AVR Pathway

1+(844) PATH4VR (844-728-4487)
support@avrpathway.com



Learn more now:

RelieVRx.com

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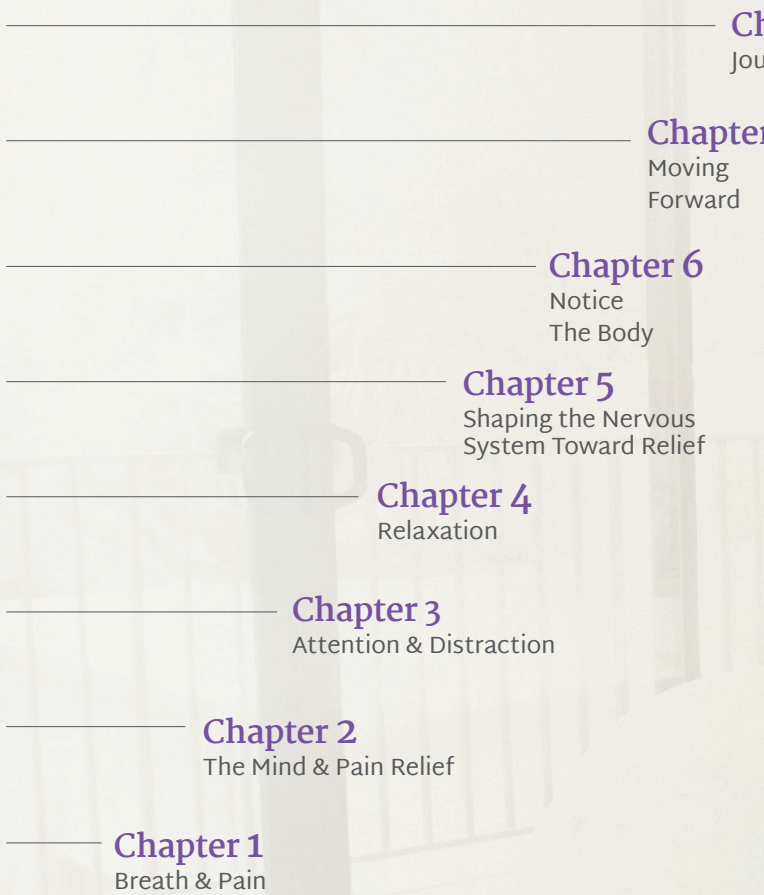
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People using the RelieVRx program may or may not experience motion sickness, dizziness, headache, or eye strain when using the device. If these experiences occur, please stop use of the device and resume therapy per your doctor's advice.

The RelieVRx[®] program guides you through engaging experiences to retrain your brain²



Chapter 8
Journey To Wellness

Chapter 7
Moving Forward

Chapter 6
Notice The Body

Chapter 5
Shaping the Nervous System Toward Relief

Chapter 4
Relaxation

Chapter 3
Attention & Distraction

Chapter 2
The Mind & Pain Relief

Chapter 1
Breath & Pain



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

Proven chronic lower back pain relief that lasts⁵

56-session study results showed a clinically meaningful* reduction in pain related outcomes².



At 18 months the RelieVRx program continued to deliver clinically meaningful results.⁵

*≥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/cf-pmn/denovo.cfm?id=DEN210014>. 2. 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. 3. 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. 4. RelieVRx User Manual Feb 2022. AppliedVR, INC; 2022. 5. Maddox T, Garcia H, Ffrench K, Maddox R, Garcia L, Krishnamurthy P, Okhotin D, Sparks C, Oldstone L, Birkhead B, Sackman J, Mackey I, Louis R, Salmasi V, Oyao A, Darnall BD. In-home virtual reality program for chronic low back pain: durability of a randomized, placebo-controlled clinical trial to 18 months post-treatment. Reg Anesth Pain Med. 2022 Nov 25:rapm-2022-104093.

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Reduction in²

