

How an adjunctive treatment can give hope to patients with panic attacks and PTSD symptoms

Nearly 58 million Americans experience mental illness each year.¹ Security Health Plan is committed to covering effective treatment for our members and their dependents. Yet, it's clear that even with access to treatment, many people are still left struggling with stubborn symptoms.

Freespira is an adjunctive treatment for patients with PTSD or panic disorder symptoms that is clinically effective when used alone or alongside other treatment methods, such as psychotherapy or medication use. Because Freespira does not involve the use of medication, there is no risk of drug interactions with the treatment.

Advantages of Freespira

Time-limited. Freespira has a treatment course of just 28 days. Nine out of 10 patients achieved significant symptom relief by the end of treatment.²

Convenient. Patients may use Freespira at home or wherever they spend time.

Flexible. Freespira involves two 20-minute daily sessions completed on the patient's preferred schedule.

Real-time feedback. Treatment sessions use a specialized device to guide breathing rate and sample exhaled breath, providing real-time feedback.

High adherence rate. Clinical studies show that patients complete an average of TK% of the recommended sessions.

Patient access to Freespira. Freespira is fully covered for Security Health Plan members whose symptoms qualify for the treatment.

If you have patients who could benefit from this treatment, please visit [Freespira.com/provider](https://freespira.com/provider) to learn more or refer a patient.

¹ Mental Health by the Numbers. National Alliance on Mental Illness. <https://www.nami.org/about-mental-illness/mental-health-by-the-numbers/>

² Kaplan, et al., 2020