RelieVRx

Take control of your pain

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

Easy, in-home therapy reduces pain intensity and interference with daily activities.[2,3]

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

- The RelieVRx® program helps you change how you think, feel, and react to pain.[2,4]
- It is easy to use, and because it is not a medicine, there are minimal side effects, it can also be used while you're on other medications for pain.[2,3]

Daily sessions incorporate clinically validated pain management techniques,[2] including:

- 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.

The AVR Pathway® support team serves as the primary point of contact for technical and non-medical related questions.

The RelieVRx Journey

- The AVR Pathway support team will contact you to verify your benefits, coordinate device delivery, and address any non-medical therapy questions you may have.
- The RelieVRx device is shipped directly to your home, and will include simple instructions to turn it on, connect to WiFi, and begin your therapy.
- Complete the 56 daily sessions averaging just 6 minutes each.
- When your therapy is complete, simply return the device in its original shipping box using the prepaid label.

AVR Pathway

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Learn more now:
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.

The RelieVRx® program guides you through engaging experiences to retrain your brain[2]

Chapter 8
Journey To Wellness

Chapter 7
Moving Forward

Chapter 6
Notice The Body

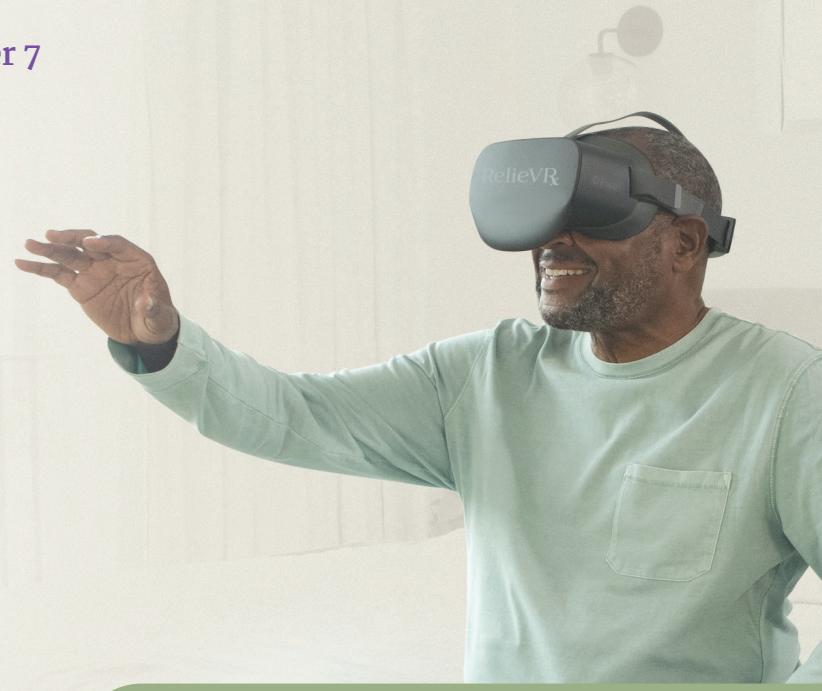
Chapter 5
Shaping the Nervous System Toward Relief

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 lasts[5]

In a clinical trial, results showed a significant reduction in pain and the impact it has on patients' daily lives.*[2]

- ↓**43%** Reduction In **Pain Intensity**
- ↓**52%** Reduction In Interference **With Activity**
- ↓**54%** Reduction In Interference **With Sleep**
- ↓**56%** Reduction In Interference **With Mood**
- ↓**60%** Reduction In Interference **With Stress**

At 2 years 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/cfpmn/denovo.cfm?id=DEN210014. **2.** Garcia LM, Birckhead 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.** Maddox, T., Oldstone, L., Sparks, C., Sackman, J., Oyao, A., Garcia, L., Maddox, R., Ffrench, 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. **4.** 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. **5.** Maddox, T., Sparks, C., Oldstone, L., Maddox, R., Ffrench, K., Garcia, H., Krishnamurthy, P., Okhotin, D., Garcia, L., Birckhead, B, Sackman, J., Mackey, I., Louis, R., Salmasi, V., Oyao, A., & Darnall, BD (2023). Durable chronic low back pain reductions to 24-months post-treatment for an accessible, 8-week, in-home behavioral skills-based virtual reality program: A randomized controlled trial. Pain Medicine, in press.

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