



Free Yourself From Panic Attacks and PTSD Symptoms in Only 28 Days

Freespera is the only digital therapeutic proven to significantly reduce or eliminate panic attacks and PTSD symptoms by normalizing respiratory irregularities in adults and adolescents.*

Freespera is a cost-effective solution for conditions that drastically affect quality of life.



People in the U.S. have frequent panic attacks¹



People in the U.S. have PTSD²



People in the U.S. had a panic attack last year¹

“

I wasn't sure about the treatment when I first heard about it. I'm not going to lie to you - finding the time each day was a challenge, but it was definitely worth it. I was so miserable and scared all the time. Now I never worry about having a panic attack! While medication has been helpful in taking the edge off my anxiety, it's very empowering to feel like I can take control of my anxiety when it's at its worst.

”

— Talia

Freespera includes personalized training, coaching and support.

- Used at home and medication free
- Takes only 17 minutes twice daily for 28 days to complete
- Offers long-term symptom relief



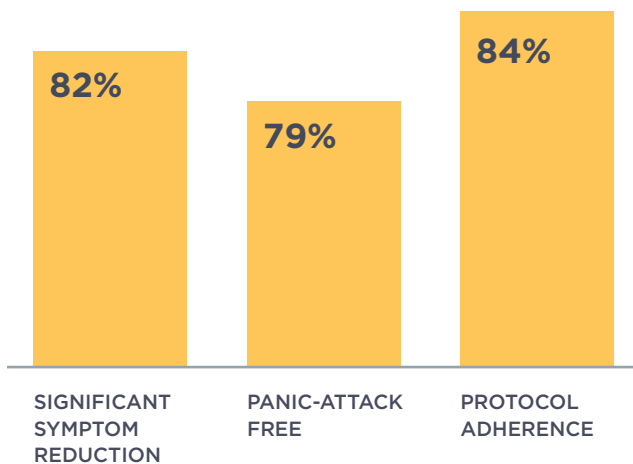
Over 80% of people completing Freespira experience significant panic attack or PTSD symptom reduction, and often, symptoms are eliminated.

Panic and PTSD are linked to CO₂ hypersensitivity. This hypersensitivity leads to panic attacks, bodily and psychological stress, dissociation, exaggerated

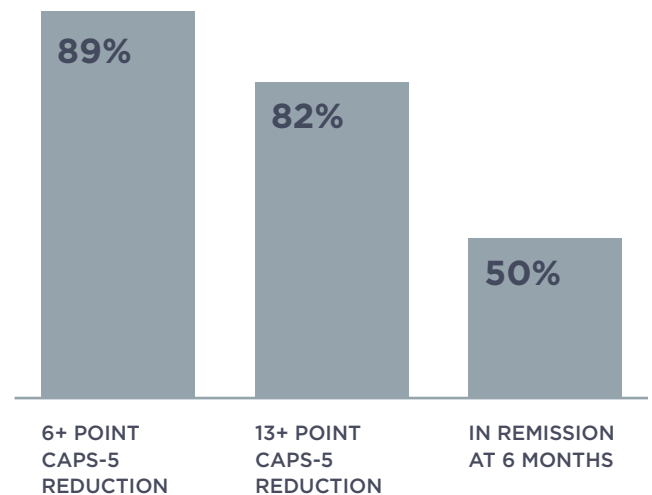
startle reflex and post-traumatic flashbacks. Normalizing CO₂ and respiratory rate significantly reduces or eliminates symptoms.

REDUCE OR ELIMINATE PANIC ATTACKS AND PTSD SYMPTOMS FROM HOME IN 28 DAYS WITH OUR TABLET, SENSOR, CUSTOM APP, AND PERSONALIZED COACHING

Panic Disorder Patients 12 Months Post-treatment³



PTSD Patients Post-treatment⁴



CAPS-5 = Clinician-Administered PTSD Scale for DSM-5



Patients would recommend Freespira³



Patient protocol adherence⁴

FREESPIRA IS A COVERED BENEFIT BY CHORUS. CONTACT +1 800.735.8995 FOR MORE INFORMATION AND VISIT [CCHP.FREESPIRA.COM](https://www.chhp.com/freespira)

 FREESPIRA.COM
CS@FREESPIRA.COM

*Freespira is FDA-cleared as an adjunctive treatment of symptoms associated with panic disorder, panic attacks and/or PTSD in patients 18 and older. In younger patients Freespira has been evaluated and is being made available as permitted by FDA's COVID-19 Enforcement Discretion Guidance.

¹Kessler et al., <https://doi.org/10.1001/archpsyc.63.4.415>

²<https://www.ncbi.nlm.nih.gov/books/NBK224872/>

³Tolin et al., <https://doi.org/10.1007/s10484-017-9354-4>

⁴Ostacher et al., <https://doi.org/10.1007/s10484-021-09521-3>