

## **HOW TO PLACE A CONSULT FOR FREESPIRA:**

Freespera, Inc. is the only drug-free, FDA-cleared digital therapeutic proven to significantly reduce or eliminate symptoms of panic disorder, panic attacks, and post-traumatic stress disorder (PTSD) in just 28 days.

Freespera's single course protocol addresses respiratory dysregulation caused by CO2 hypersensitivity, which has been proven to trigger PTSD symptoms such as:

- Nightmares
- Avoidance of triggering situations
- Startle
- Panic
- Hypervigilance
- And other bodily symptoms

### **1. SUBMIT CONSULT UNDER “GENERAL PROSTHETICS REQUEST”**

Please include the following information:

**Brand: Freespera**

**Vendor: Franklin Young International**

**GSA: FS-4275-PAH**

### **2. If asked:**

- What type of prosthetics consult? Please choose “DME”
- Where will it be delivered? Please choose “Deliver to Veteran's home”

### **3. DOCUMENT APPROPRIATE DIAGNOSIS CODE(S) (i.e., PTSD, PANIC)**

### **4. DOCUMENT MEDICAL NECESSITY FOR FREESPIRA:**

**Example only:** Veteran has not responded sufficiently to prior treatment interventions. The patient requires this additional treatment modality to manage PTSD/Panic symptoms, which will be provided under my oversight. Freespera addresses respiratory dysregulation associated with these conditions in a single medication-free, 28-day course.

Please contact us should you have any questions at all: [VA@freespera.com](mailto:VA@freespera.com) or, (619) 349-4879