

XRHealth: Virtual Reality Therapy for Veterans

FDA-Registered • Clinically Validated • Available through federal procurement channels where clinically appropriate



VA providers ready to place an order can find ordering details here:

www.xr.health/us/va-procurement

About XRHealth

XRHealth provides self-guided immersive virtual reality headsets with peer social support groups to help Veterans manage pain, trauma, anxiety, and stress naturally, and from home.

Our FDA-registered VR system delivers self-guided therapeutic programs grounded in cognitive behavioral therapy (CBT) principles and used nationwide in rehabilitation and behavioral health settings.

Treatment Areas

- Chronic Pain
- PTSD
- Depression & Anxiety
- Sleep Disorders
- Substance Use Recovery
- Stress & Grief
- Adjustment Disorders
- Behavioral Health Coaching

What's Included



FDA-registered
DME VR
headset



Preloaded
therapeutic
programs



Step-by-step
onboarding
call



Ongoing
support for your
device



Peer social
support
community

Over 50,000 patients, including 5,000 Veterans, have used XRHealth and reported improvements in symptoms.

XRHealth Treatment Outcomes (90 Days):

37%

Reduction
in depression

30%

Reduction
in anxiety

51%

Improvement in
pain intensity

83%

Improvement in
daily function

91%

Adherence
rate

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At-Home VR Therapy as an Adjunct to Clinical Care

XRHealth enables clinicians to prescribe FDA-registered, home-based virtual reality therapy for eligible Veterans as an adjunct to existing treatment plans.

XRHealth does not replace clinician-directed care; treating providers retain clinical oversight, while XRHealth manages device provisioning, patient onboarding, and technical support to facilitate continuity and adherence.

What Veterans Are Saying



A community that gets it

Over 5,000 Veterans have found community in Innerworld. It's where they've shared their experiences and grown together. Through Innerworld, Veterans also attend group support sessions led by trained guides that teach real, evidence-based tools for mental health. Innerworld has supported Veteran-focused peer community programs at multiple VA Medical Centers since 2024.

See what Veterans are saying:



About the XRHealth Platform

- Grounded in 30+ years of research on VR and CBT.
- Used by 2,000+ clinicians across the United States.
- Over 1 million XR therapy sessions delivered with 91% adherence and 93% retention rates.
- Pre-configured headset with full technical and clinical support included.

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