

Veterans: Find Relief and Recovery with VR Therapy

Self-guided virtual reality therapy you can use from home.



About XRHealth for Veterans

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

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

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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(857) 706-4908 | veterans@xr.health
www.xr.health

How to Talk to Your Provider About XRHealth

Step-by-Step Guide for Veterans



Step 1: Talk to your provider

"I've read about virtual reality therapy and I think it could help with my PTSD, pain, or stress. Can we talk about whether VR therapy is an appropriate option for me, and if so, what the next steps would be?"



Step 2: Your provider submits the order

If you and your provider agree that VR therapy is clinically appropriate, your provider will determine the right pathway for ordering based on VA criteria and local policies.

Step 3: Start VR Therapy



You'll receive a call to verify your details and eligibility



Once approved, your VR headset arrives pre-configured and ready to use.



You'll receive remote onboarding and technical support.

If you have any questions you can reach out to our team at: veterans@xr.health



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Get started by answering a few questions

PHQ-2

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

GAD-2

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3

3. Pain, Enjoyment of Life and General Activity (PEG) Scale

Please rate the following on a scale from 0 to 10.

(0 = No pain, 10 = Pain as bad as you can imagine)

Pain Average: What number best describes your pain on average in the past week? _____

(0 = Does not interfere, 10 = Completely interferes)

Enjoyment of Life: What number best describes how, during the past week, pain has interfered with your enjoyment of life? _____

(0 = Does not interfere, 10 = Completely interferes)

General Activity: What number best describes how, during the past week, pain has interfered with your general activity? _____

4. UCLA 3-Item Loneliness Scale

How often do you feel each of the following?

	Hardly ever	Some of the time	Often
How often do you feel that you lack companionship?	1	2	3
How often do you feel left out?	1	2	3
How often do you feel isolated from others?	1	2	3



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