

STRESS, GONE.



## HIGHLY PERSONAL

VRelax is a scientifically validated virtual reality app for people to manage their own stress levels. It is a relaxation tool against stress, burnout, fear and gloom. VRelax takes people to other beautiful worlds. As a result, it also works as a powerful distraction from pain and physical discomfort. Think of oncological care, palliative care, therapy and undergoing medical treatments. From mild stress to severe tension complaints, VRelax can provide relief at any time and in any place. What is the power of VRelax?

- 1. Unique photorealistic 360° nature and animal experiences with interactive exercises, specially created for relaxation,
- 2. Growing range of content so that everyone can find the experience that suits him or her,
- 3. Smart ecosystem of apps for data insight, viewing and self-direction,
- 4. Developed and substantiated with scientific research of the University Medical Center Groningen,
- 5. Years of experience within a large network in healthcare, psychiatry, virtual reality.

# THE NEW RESOURCE AGAINST STRESS

Healthcare costs are increasing in our society. This calls for new e-health innovations such as VRelax. This app helps to relax in case of stress, pain and worry. People can use it independently, wherever and whenever they want. Within the app, people can choose for themselves which beautiful natural environments they want to experience. In the environments you can find exercises that give extra relaxation. It makes care easier and more humane. With VRelax you can really let go of worries and stress. The power of the app rests on the following pillars:

science

self-direction

co-viewing

measurable



## SELF LOOKING AND

A patient has control over how the app is used and viewed. But sometimes, as a healthcare professional, you want to see what a user sees and does in the VRelax glasses. The Vrelax GRIP app makes this possible.

Family and friends can also watch by pairing a second pair of VR glasses with the patient's VR glasses. From that point they follow exactly what the patient is doing. So they can relax together and have a better conversation about how someone feels. As a healthcare professional, you can also use the VRelax GRIP app to gain insight into biometric data when a wearable biofeedback device is connected.

A VRelax user wants freedom of choice. So even without the help of a healthcare professional and the GRIP app VRelax offers options for self-direction so that a user can work independently. In this way the healthcare professional has his or her hands free to do other things. Still interested in the GRIP app? A clear instructional video briefly explains how operation and navigation works within the app.



Scan the QR code and view the Instructional video about the audio-visual app.

Do you want to watch with a patient? Then do the following:

- 1. Download the VRelax app on the VR glasses,
- 2. activate it by means of the provided license code,
- 3. download the VRelax GRIP app on a tablet (3GB working memory, 2019 iPad),
- 4. activate it by means of the provided license code and user code,
- 5. the link is made between the VR glasses and watch app!

### VRELAX

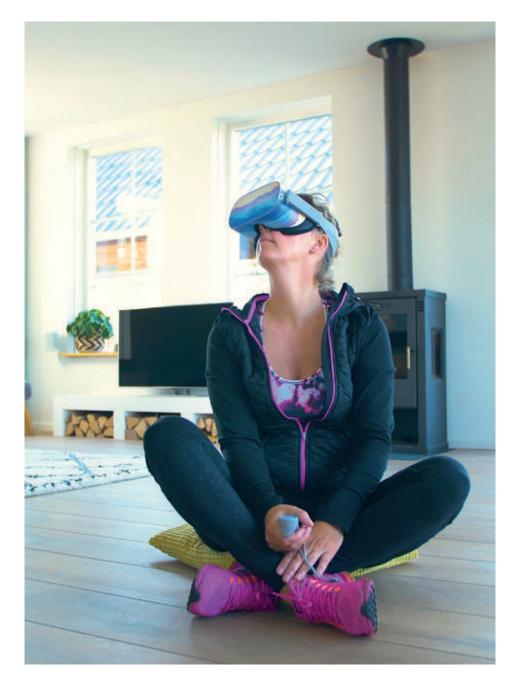
- Extensive range of photorealistic 360° worlds

- Control over app usage by means of a personal user code
- Interact with your environment through game elements

- Multiple relaxation exercises

### VRELAXGRIP.

 Full control and monitoring of what the VR user sees
 Watching, experiencing together and having a better conversation
 Better understanding of the mental and physical effects based on what one sees in the VR glasses.







#### WHAT IS STRESS?

Prof. Wim Veling takes you along in the world of stress and what effect this has on your mind and body. Scan the QR code below to watch the video If you have other questions about VRelax check out **vrelax.com/faq** 



## SCIENTIFIC VALIDATED

We want to make sure VRelax really works. Scientific research is therefore an important part of VRelax. Wim Veling, psychiatrist and professor at University Medical Center Groningen, does this research with the team of his Virtual Reality mental health lab.

Fifty people with mental health problems used VRelax for ten days and also did ten days of relaxation exercises. We wanted to know if VRelax has an immediate positive effect on how people feel and if VRelax helps better than the relaxation exercises that are now the standard method. By using VRelax people immediately felt much more relaxed and happy. They were less stressed and anxious. VRelax worked better than the relaxation exercises. "The unconscious, automatic attention gets the prevail and focus on nature. The active Attention costs us a lot of energy, and that takes a while pause. The battery recharges."

If you are under a lot of stress it is especially difficult to stop the active attention. Your head is working overtime, and can't just stop. Within VRelax we take this into account. We have interactive elements built into the 360° films. This allows you to focus your active attention on the environments in a playful way. This enhances the experience.

## HOW DO THEY USE VRELAX?



#### Case 1

#### Chronic pain and depression

The metastatic lymphoma of Mark (53) leads to a lot of chronic pain. It is still difficult for him to function, getting out of bed is actually already an challenge. These factors lead to structural depressive thoughts, making his life unpleasant.

#### Solution thanks to VRelax

Actually going outside is rarely an option for Mark. Fortunately, thanks to the VRelax glasses, he can explore nature from his bed or living room. In this way, despite his limitations, he can still escape the nasty reality. This distraction and relaxation contributes to a better feeling of well-being, and thus to some positivity in his life.



### Case 2

#### Gloom in autumn

Sophie (37) suffers every autumn from gloomy thoughts, presumably prompted by her sensitivity to seasonal depression. Among other things, it leads to much more brooding and miserable nights. With this she reports to you as a labor-psychologist, for advice on how to deal with this better.

#### Solution thanks to VRelax

You can't prevent it, but the VRelax goggles are of course perfect for Sophie to escape from the gray autumn weather. She swims among the dolphins or walks on a beautiful beach and forgets for a moment that it is already autumn.



#### Case 3

#### An anxiety disorder

*Erik-Jan (37) can no longer function in daily life and avoids 'difficult' situations beforehand. He is very anxious, even in his own home. Because of this he can barely relax and his life is stressful.* 

#### Solution thanks to VRelax

To make it easier for Erik-Jan to relax, give him the VRelax glasses. Thanks to the different stress-free worlds he can explore with them, he can lower his own level of tension.





Silicone facemask

## HYGIENE AND SAFETY COME FIRST

From our broad experience in healthcare we know how important hygiene is when using VR solutions. That is why we give tailor-made advice so that when you buy one or more VRelax glasses, they are ready to use. Together with the infection prevention team of the UMCG a hygiene protocol has been drawn up that guides hospitals and GGZ institutions on how VRelax glasses can be used.

VRelax can also provide cleaning agents and hard cases that are less sensitive to dust. Please contact VRelax to find out what the requirements are and how VRelax can take care of this.



## RELAX

versie 1.3.0.8

### Overzicht

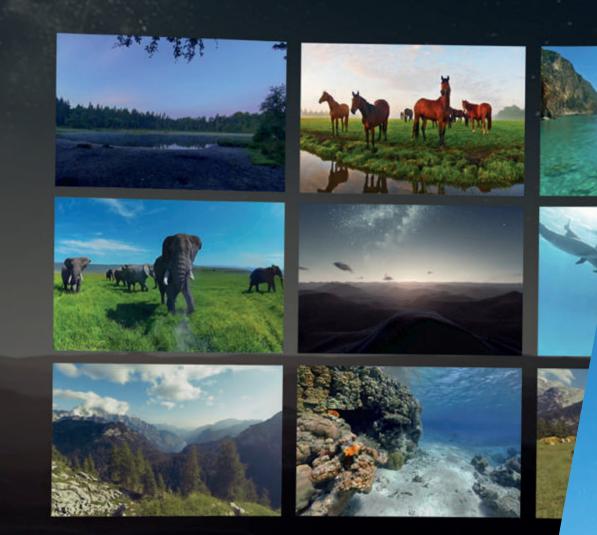
### Direct ontspannen

Thema's

Instellingen

Afsluiten









### SEE FIRST THEN BELIEVE!

Are you interested in VRelax and would you like to give it a try? Scan the QR code on the right or go to **www.vrelax.com/demo-aanvraag** to request the experience box.

## DISCOVER THE NEW **VRELAX APP**





VRelax now has a completely renewed app! The operation is very simple and there are many new nature experiences. Also more interaction has been added to keep the user involved.

Feedback from users has shown that they want to relax endlessly within one step. We have now arranged that! Overview' is a key word within the app. All images are presented in one overview and the user can explore the intuitive main menu. Themes are now also offered.

These are experiences that consist of multiple images within which you can navigate through hotpots. Think of autumn, swimming with dolphins or seals, a tropical resort and singing bowl therapy. There are also games, muscle relaxation and breathing exercises in the app. The app now offers more self-direction to the user. For example, the app can use a personal user code to remember if the user wants to turn off all interactions in the experience in order to just relax from images without other stimuli. It is also possible to set whether the main menu should have a light or dark viewing mode.

## DISCOVER THE HEALING EFFECT OF VIRTUAL REALITY

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