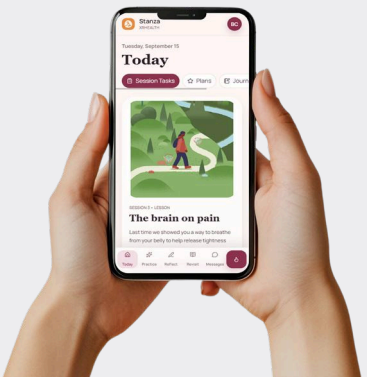
stanza by XRHealth

Overview: Welcome to Stanza!



Stanza is a Prescription Digital Therapeutic that provides Acceptance and Commitment Therapy, a form of Cognitive Behavioral Therapy, and is indicated for the treatment of fibromyalgia symptoms in adult patients. Using Stanza daily to learn and practice these new skills can help you manage your fibromyalgia so you can live your best life.

Stanza will guide you through a program we call “fibrotherapy.” What is fibrotherapy? It is a cutting-edge, evidence-based treatment designed to improve the psychological symptoms associated with fibromyalgia. Developed with leading fibromyalgia experts, clinicians, and people living with fibromyalgia, Stanza is tailored specifically to the unique experiences of living with fibromyalgia.

What are ACT and CBT?

Stanza is based on Acceptance and Commitment Therapy (ACT), a form of Cognitive Behavioral Therapy (CBT), which psychotherapy experts consider to be the gold standards in treating chronic pain conditions like fibromyalgia. These approaches have been tested around the world and have reliably shown to be effective.

How does Stanza work?

Learning a new approach can be overwhelming. Stanza is designed to make it easier. The focus is on three areas:

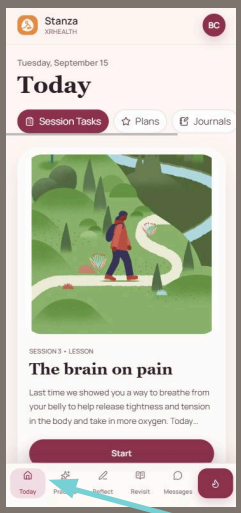
> Awareness and relaxation
>
> Identifying and acting on what matters to you most
>
> Responding to stress effectively

Stanza has eight chapters that introduce new skills and tools designed to help you manage the psychological symptoms associated with fibromyalgia. Each chapter is split into four to five lessons, with activities along the way to help you learn and practice your new skills.

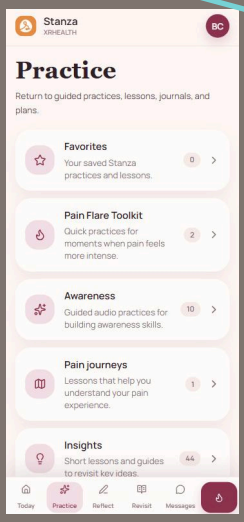
Each moment in life can be different, and might require different tools to help you feel your best. That’s why Stanza will introduce you to a variety of techniques: explore them all, and then decide which ones work best for you.

Getting Started

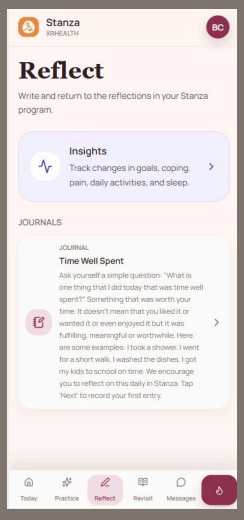
A



B



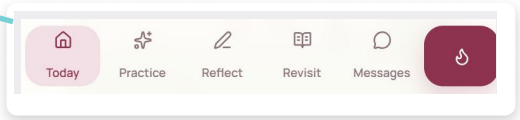
C



Download Stanza for Fibro from the Apple App Store or Google Play Store onto your smartphone. Stanza is only available with a prescription from a physician.

1. Open Stanza and enter the email address associated with your prescription.
2. Review and accept the Terms of Use and Privacy Policy.
3. Request your one-time code. A six-digit code will be sent to your email address.
4 Enter the six-digit code to log in. You do not need to create a password.

After you log in, you will see the Today screen. Your first session begins with a short welcome lesson that introduces Stanza and explains how the program works.



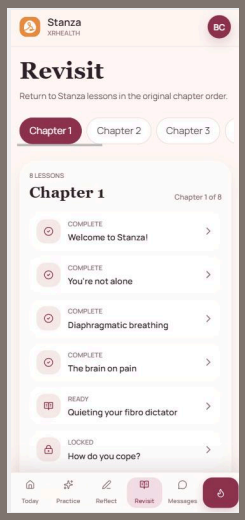
The Today page (A) is your home base for the program and is where you will find your daily Session. Each Session includes a series of tasks you can swipe between such as lessons, awareness exercises, pacing, and values-guided activities designed to help you learn and practice a skill. As you complete each task, it will be marked completed and the next task on the carousel will be loaded. When you have completed all of the activities for a given day, the Session Tasks screen will clear. A new Session will be unlocked the next day.

At the bottom of the Today screen, you will see icons for five more tabs: Practice, Reflect, Revisit, Messages and Fibro Flare.

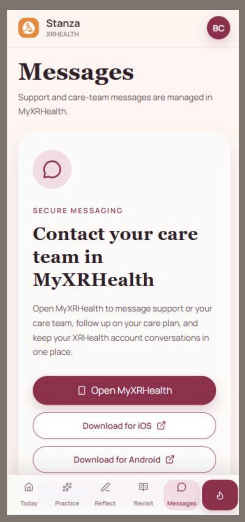
In the Practice tab (B), you can directly access all the journals, metaphors, pain journeys, insights and plans that you have completed and unlocked to date. You can favorite any of these activities; activities you have favorited will appear in the Favorites list or the Fibro Flare Toolkit (more on this below).

In the Reflect tab (C), you will see a running list of your completed activities. You can review and repeat your activities, and gain insight into your progress through the program.

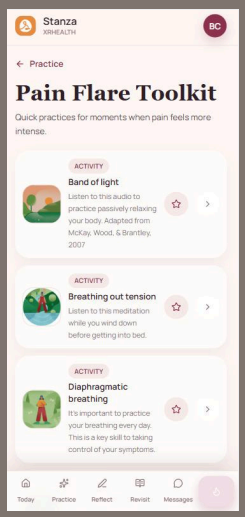
D



E



F



In the **Revisit** tab (D), you will see educational content - lessons organized by chapter topic. Lessons you have already viewed will be shown with a checkmark; you can choose to go back and review these lessons. You will progress through lessons one at a time. On the **Revisit** tab, you will also see lessons and chapters that are not yet available, and have a lock icon. Rest assured that these will be unlocked as you progress through the Stanza program.

In the **Messages tab** (E), tap **Open MyXRHealth** to send a secure message to support or to your care team. Messages are managed in MyXRHealth, a separate application; Stanza itself cannot be used to send or receive messages.

The orange flame icon at the bottom of the Today screen provides easy access to the **Fibro Flare** Toolkit (F). Tap the **Fibro Flare** icon to view a selection of awareness activities and lessons that have proven helpful for people experiencing a fibro flare. As you learn more, you can customize your Toolkit by adding activities that help you the most. The **Fibro Flare** Toolkit is also accessible via the **Practice** tab.





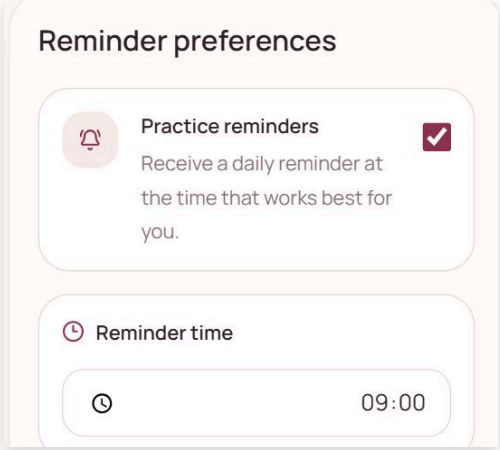
How to get the most out of Stanza

Throughout the 12 weeks of the program, you will use Stanza to learn and practice new ways of managing your fibromyalgia.

Using Stanza five to six days a week can help you achieve the best results from the program. Spending 15-20 minutes with Stanza per day will keep you on track to complete roughly a chapter a week. In each chapter, you'll learn new skills and have time to practice and reflect, so you have a better idea of how each skill can help you. Once you've completed all eight chapters, you should have about four weeks to practice and deepen your skills.

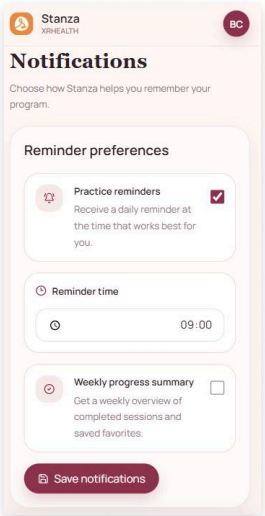
Creating a daily habit with Stanza

Regularly practicing the skills you learn in Stanza will help them become automatic, so you have them whenever you need them. Setting a daily reminder within the app can make it easier to establish a new habit and integrate these skills into your life.



Tips for establishing a new habit:

Dedicate time in your routine to managing your fibromyalgia. Think about the time of day when it's easiest for you to read and learn new information.



To set a reminder:
Tap your initials in the upper right corner of the screen to open your Profile, then scroll down and tap Notifications.

Under **Reminder preferences**, select Practice reminders to receive one daily reminder, and set the time that works best for you under Reminder time. You can also select Weekly progress summary to receive a weekly overview of your completed sessions and saved favorites.

**Be sure your phone is set up to accept Push Notifications from Stanza.*

Set aside 15-20 minutes during that time to practice with Stanza.

Schedule time to practice like you would a doctor's appointment or other important event

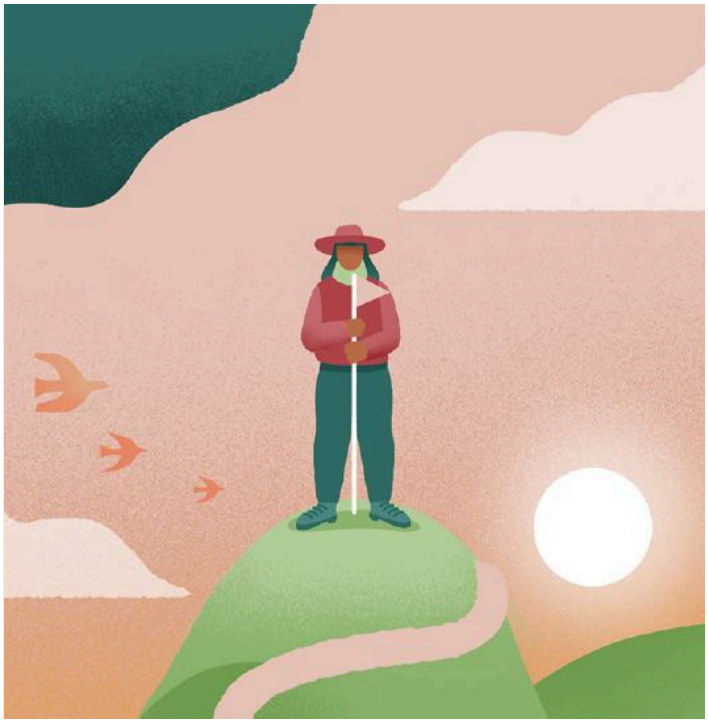
Test-drive your plan and stay flexible! Let your experience tell you if you need to make changes to how or when you practice with Stanza.

Feeling frustrated or unmotivated? Don't give up!

When learning new ways of approaching your thoughts and your symptoms, unwanted or uncomfortable emotions can come to the surface. Notice them, but don't give in to your discomfort: uncomfortable or unwanted emotions can be a sign of important progress!

Humans often achieve the most growth and change when we're not content or at ease. It might seem strange, but sometimes uncomfortable emotions are a cause for celebration, especially when you're working on managing a chronic illness. They can mean you are working hard and applying a new approach.

Let's be honest: change can be hard. It requires dedication, persistence, and practice. Stanza is designed to help make this change easier. Keep going! Don't let your discomfort boss you around. Instead, think of your discomfort as an opportunity to learn more about yourself and build confidence.



Looking for more resources?

If you have any questions about the application or the program, please contact your physician. You can reach XRHealth support from within the application by tapping on the messages tab. You can also email us at **support@xr.health**.

It's important to understand that Stanza is not a medical or psychological service. No human is monitoring your live input into the application, and the application is not equipped to provide crisis services. If at any time you experience a crisis, please go to your local emergency room, call 911, or contact the 24-hour **National Suicide Prevention Lifeline at 988 or 1-800-273-8255.**.

Thank you!

XRHealth