



VRELAX
NO STRESS.

**WINNAAR
PRIX GALIEN
MEDTECH AWARD**

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GALIEN
FOUNDATION



WHAT IS VRELAX?

VRelax is a scientifically validated Virtual Reality (VR) app designed specifically for people with mental and physical complaints. It is not only a relaxation tool against stress, burnout, anxiety and gloom. But also a distraction tool for pain, physical discomfort and medical technical procedures. Step into another world and experience true relaxation.

The app allows people to choose which natural virtual environments they want to experience, with interactive exercises that provide additional relaxation. VRelax is the new remedy for stress and pain. The main pillars of VRelax:

- Unique photorealistic 360° nature, and animal experiences with interactive exercises, created especially for relaxation,
- Growing range of content so that everyone can find a suitable experience,
- Smart ecosystem of apps such as our dashboard that provides insight into the effects of VRelax and the GRIP co-viewing app,
- Developed and validated through scientific research from the University Medical Center Groningen (UMCG),
- Years of experience within a large network in healthcare, psychiatry and the virtual reality industry,
- Customer-oriented and strong in implementation and support of innovation in healthcare.



**SCAN THE QR-CODE
AND READ OUR MISSIE
AND VIEWPOINTS**

vrelax.com/en/manifest

RELAX

Version 3.0.0

Overview

Instant relaxation

Themes

Settings

Instruction

Quit

Download content



FOR PATIENTS & CLIENTS

VRelax can be used effectively for clients and patients within hospitals, mental health institutions, healthcare, disability care, elder care and youth mental health. The program has been developed for and by patients and healthcare professionals as an answer to stress, insomnia, anxiety and gloom or distraction from pain, physical discomfort and medical procedures.

Users are taken to beautiful virtual worlds, taking them out of the maelstrom of thoughts to start relaxing again. This can be done under supervision but it is also great for self-management. This leaves the practitioner's hands free and therapy can be effectively supported without having to resort to additional medication or intensive counseling. The list below shows indications where VRelax can help.

- Stress symptoms
- Burn-out
- Pain
- Anxiety
- Depression
- Agitation
- Agression
- Pickering
- Insomnia
- Somberness
- Not being able to go outside
- Bedridden
- Distraction from physical discomfort
- Strict isolation due to medical treatment
- Stop smoking
- Retiring drugs or alcohol
- Remitting medication



FOR EMPLOYEES

Are you an occupational psychologist, absence coordinator, company doctor, HR manager, vitality coach or team leader? And do your employees experience psychological problems or physical complaints related to stress and mental health issues? Then VRelax is very suitable for you and your employees.

VRelax is intended to support people with a relatively high level of stress and (risk of developing) health problems and absenteeism. These can be people with psychological problems, but also people with physical complaints, who experience stress and mental complaints as a result. VRelax can be used here both preventively and curatively.

- The most user-friendly VR app in the healthcare market,
- Has an immediate effect for anxiety, stress and pain,
- The most scientifically based VR app,
- Offers a 40% stress reduction in just 10 minutes,
- Can be used independently,
- Developed with patients and healthcare professionals,
- Good to use for absence prevention.



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WORK RESEARCH (DUTCH)

vrelax.com/en/doelgroep/bedrijf



Made possible by

 **Zilveren
Kruis**
health insurance company





THE VRELAX TEAM

A STRONG COMBINATION OF DISCIPLINES

We are enthusiastic, creative and driven people from the healthcare, science and ICT industry. Together with patients and caregivers, we have developed a VR app that relaxes, distracts and makes people happy. At VRelax we believe in this new dimension of care, focusing on self-management and mentally strengthening people through innovative application of 360° image/sound and interactive game elements.

VRelax is changing the way healthcare is provided, giving users more self-direction and control. Science, certification and co-creation with end users are the basis for our high-quality and groundbreaking apps. They are easy to use, safe, reliable, practical and always available. Our expert team also ensures proper implementation and makes sure that our apps fit seamlessly with healthcare needs and existing processes.



“We want more glasses and less pills in healthcare because prevention is the best medicine.”

Stefan Vogelzang / CEO VRelax



“Experience the VRelax feeling with the best relaxation at your fingertips at any time.”

Marieke Jongma / COO VRelax



SCAN THE QR-CODE
AND READ MARIEKE HER
VIEWS ON HEALTHCARE

vrelax.com/en/blog

SCAN THE QR-CODE
AND READ STEFAN HIS VIEWS
ON VR IN HEALTHCARE

vrelax.com/en/blog



OUR PRODUCTS

To best meet the needs of our users, VRelax offers the Easy, Nice and Relax packages. These packages consist of different products that are continuously researched and developed together with our end users.

These products are explained here on right. We have developed an ecosystem of apps that communicate seamlessly with each other to provide the best relaxation, guidance and insights into the effects of VRelax. Our account managers are happy to discuss which VRelax package best suits your organization.

Prices are based on one license. Volume discounts apply when purchasing higher quantities. Do you need more information? Feel free to contact us via our contact form or call us directly at +31 (0) 50 211 0142.



**SCAN THE QR-CODE
AND CHECK
OUR PACKAGES**

vrelax.com/en/producten

VRELAX APP FOR RELAXATION

Our VRelax app contains more than 60 high-end virtual worlds of photorealistic quality. We deliberately choose this type of images to match the experience and expectations of our users as closely as possible. Users are taken to beautiful virtual worlds which take them out of the maelstrom of thoughts and help them relax.

This can be done under supervision but is also very suitable for self-management. This leaves the practitioner's hands free and therapy can be effectively supported without having to resort to extra medication or intensive counseling.





GRIP CO-VIEWING APP

FOR GUIDANCE

As a healthcare professional, do you want to be able to view along in the VR goggles? Then the GRIP app is right for you. This way, you can have a better conversation about what the user sees in the VRelax app, and you can control the VRelax app via the tablet if the user cannot do it himself. Think of users with a lack of cognitive skills and physical disabilities.

With this, we also offer the option to perform biofeedback measurements in the form of heart rate variability measurement (HRV). This requires an HRV sensor which we can provide. After connecting with the GRIP app, the data from this sensor becomes visible in real time in the GRIP app. After completion of a VRelax session, this data can be viewed in our dashboard.

DASHBOARD

FOR INSIGHT

Do you want complete visibility and control over how VRelax is being used? Then our dashboard is a must-have for you. Experience VRelax with measurable results. Our dashboard provides instant insight into the effects of VRelax on users' moods.

- Insight into biofeedback data and app measurements,
- Content management and creating custom content libraries,
- Language management at the user level,
- Instant current reports print out for consultation,
- Managing roles of colleagues and patients,
- Managing VRelax licenses and VR glasses,
- Smart understandable user interface.



SCIENCE

We want to be sure that VRelax really works. Scientific research is therefore an important part of VRelax. Wim Veling, psychiatrist and professor at the University Medical Center Groningen, is therefore affiliated with VRelax. Together with the team from his Virtual Reality Mental Health Lab, he conducts research into the effect, functioning and cost-effectiveness of our product.

In addition, many other studies and pilots are underway that demonstrate that VRelax is effective time and again. Together with healthcare organizations, our team ensures that from validation, co-creation, knowledge sharing, certification, quality and innovation, our product is constantly improving and strengthening the mental health of our users. Visit vrelax.com/research for information.

Watch my psycho-education video (Dutch) on how stress works in your brain and body!



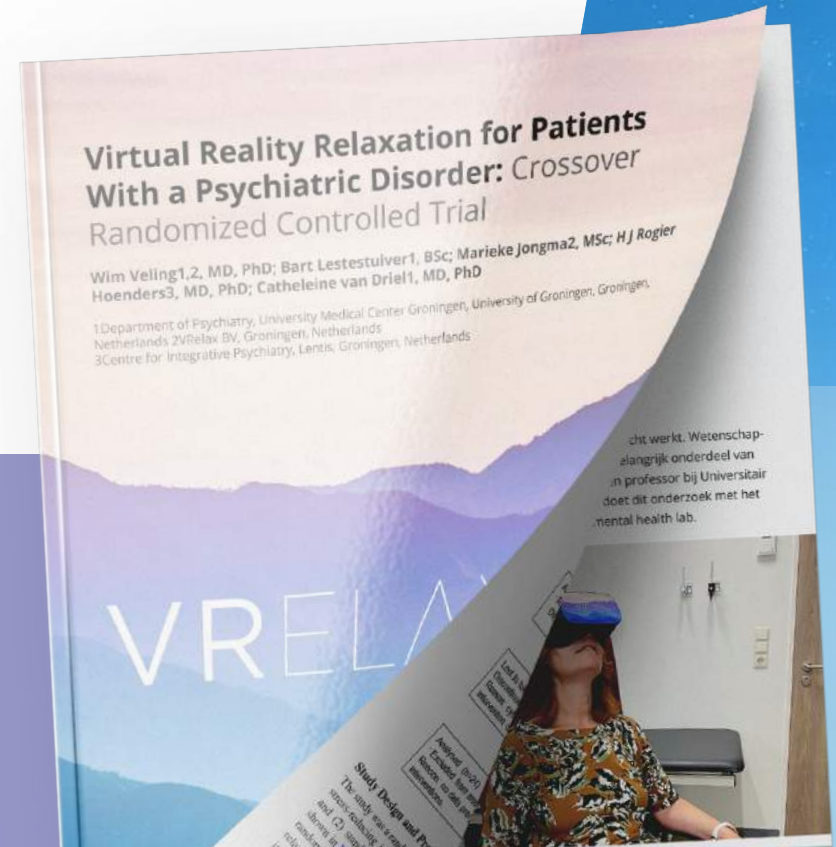
Prof. Wim Veling
Chief Scientific Officer



WHAT IS STRESS?
SCAN THE QR-CODE
AND EDUCATE YOURSELF
BY PROF. WIM VELING

vrelax.com/en/onderzoek (here you can download the research)

“The unconscious, automatic attention takes over and focuses on nature. Active attention costs us a lot of energy, which gets a break. The battery recharges again.”



High-end content
Created and tested with end users. Filmed by our highly experienced production team.

Safety & Privacy
CE certified, and AVG tested software with secure login procedure.

Spatial Audio
Layered spatial audio effects for the best and most lifelike experiences.



Pico G3
The best standalone VR glasses with optimal performance for the best experience.

Easy to use
Immediately after booting up, you land in the VRelax app. You don't need any controllers.

MORE VR GLASSES,
LESS PILLS!

Mental problems are far too much medicalized...
It can be done differently!



A MANIFEST FOR CARE

“Our current health care system is not sustainable. We keep sticking plasters and don’t think preventive enough. This costs society a lot of money. We urgently need to change our vision of health-care. The will is there, but we hold each other in a (political) stranglehold. That has to change. VRelax does that differently...”

We are disruptive, push the boundaries and look for practical solutions to slow down the biggest social problems such as stress, pain and burnout and to make people (mentally) healthier. We break the stigmas surrounding stress. Stress is neither good nor bad. We just need to better understand what stress is and does in our body.

We want fewer pills and more glasses in healthcare. After all, prevention is the best medicine. For VRelax, Virtual Reality is only a tool, it’s about what we do with it. We give people back control over their health with the help of this technology. We give them a practical helpline to independently reduce this when experiencing a high level of stress. This reduces the use of medicines, reduces the pressure on healthcare professionals and saves money.

We provide the right care in the right place. We try to meet the demand for care by first listening carefully. In this way we contribute to the prevention of (more expensive) care, and we offer the possibility to organize care close to people. The healthcare sector must embrace innovations more! Conversely, providers of innovative technology must take their service or product seriously. We do too.

VRelax looks at the cause of mental problems. We therefore advocate, among other things, for more amplification in the workplace by creating more positive working environments. This leads to more enthusiasm and energy. Engaged people are often happier, perform better, ensure better cooperation and are absent less.

This is what VRelax strives for with a cooperative and reliable team that focuses on the end user, cares deeply about care and continuously researches and improves its own product based on co-creation. This way we can promise that our product can be widely used and that it removes stress in a safe, sustainable and reliable way.

As a society, we must still be able to provide good care in 2040. We already know that by then there will be too few hands to provide good care. That is why we must now ensure that future-proof care gets off the ground. We must do this together. That is why VRelax works with health insurers and the government to see at a strategic and national level what is needed to make good healthcare technology accessible.

This is a long road, but we continue to fight for a healthier society. We cannot do this alone. But together with you we take on this challenge and we hope to make a significant contribution, to stimulate and stimulate people to think and look differently.

We are VRelax. We help you in the transition to smarter care.

WHAT ARE THEY SAYING?

“VR Relax lowers the stress level of our patients and structural use leads to shorter treatment with more effect and less drug use. A keeper for us!



MORE STORIES AT
[VRELAX.COM/EN/ERVARINGEN](https://vrelax.com/en/ervaringen)

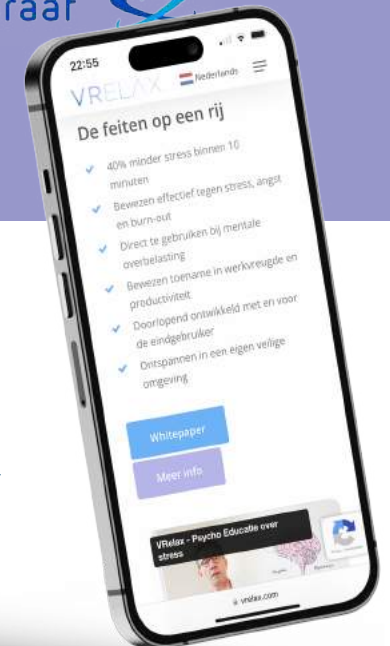
“VR Relax is the perfect short mental break for our staff to clear their heads. It is easy to use and instantly brings down the pressure in your head after a stressful meeting.

PHILIPS



“VR Relax can offer patients relaxation without medication. It helps them escape from reality and really get away from the misery. More innovations like this please!

Reinier de Graaf



DISCOVER THE HEALING EFFECT OF VIRTUAL REALITY AT [VRELAX.COM](https://vrelax.com)

360° VIDEOPRODUCTION

Our highly experienced and award-winning VR production team has been traveling the world for 10 years to create the most impressive 360° content. This forms the basis for our VRelax app. For us, only the best quality counts. For our 360° videos, this means that this unique content is tested together with end users and evaluated for the level of relaxation it offers. Our customers marvel at the quality and variety of unique virtual worlds. And that library is growing every day!

Our VR app contains 60+ high-quality virtual worlds of photorealistic quality. We deliberately choose this type of images to match the experience and expectations of our users as closely as possible.



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SCENES IN EGYPT**

vrelax.com/en/videos



**SCAN THE QR-CODE
AND LOOK BEHIND THE
SCENES IN ISLAND**

vrelax.com/en/videos





THE BEST SPATIAL AUDIO

Spatial audio, also known as spatial audio, is a technique that makes VRRelax's VR experiences feel and hear as you would experience sound in the real world. At VRRelax, this is produced entirely in-house by our audio engineer.

Good audio provides a heightened sense of immersion. Because the sounds match what one sees in the environment, one gets a realistic association with that environment. In other words, it sounds 'true' and there is no doubt about the credibility of the experience. With Spatial Audio, one stays longer in the 'flow' of the experience so one can enjoy a relaxing experience longer and better.



For the best experience, we recommend using a good 'over-ear' headset during a VRRelax session



Spatial audio lets you experience lifelike spatial sound depending on how you turn your head in VR.

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AND READ THE BLOG
ABOUT SPATIAL AUDIO**



Seeing is believing!

**TRY IT
NOW!**



**SCAN THE QR-CODE
AND EXPERIENCE THE VRELAX
DEMO 2 WEEKS FOR FREE!**

vrelax.com/en/contact/demo

www.vrelax.com | support@vrelax.com | + 31 (0) 50 211 0142
Need support in using VRelax software and VR glasses? Check www.vrelax.com/support.

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