

Biofeedback Therapy



WHAT IS BIOFEEDBACK THERAPY?

Biofeedback therapy is a mind-body technique used to teach people how to manage their response to stress through monitoring equipment and instruments. This research-based therapy has been proven to help improve physical, mental, and emotional well-being, especially those who deal with chronic pain. Biofeedback can monitor heart rate, breathing, cognitive ability, muscle activity, skin temperature, and more.

HOW DOES IT WORK?

Nura provides biofeedback therapy through the HeartMath® emWave Pro technology. This scientifically validated heart-rate monitoring system uses simple-to-learn exercises to help individuals self-regulate their emotions and bring balance to their mental well-being. The goal of using this technology is to:

DISCERN: Distinguish the difference between an agitated nervous system and a calm nervous system.

CONTROL: Learn to control nervous system arousal in a controlled environment.

GENERALIZE: Transfer skills and adapt to them in real life.

WHO IS A GOOD CANDIDATE FOR BIOFEEDBACK THERAPY?

Biofeedback therapy is considered a safe treatment approach for stress-related conditions including depression, anxiety, post-traumatic stress disorder, addiction, and chronic pain.



To learn more about the HeartMath® program, please visit www.heartmath.com.

BENEFITS OF BIOFEEDBACK THERAPY

Biofeedback therapy can offer several benefits for individuals who undergo treatment including:

- **Decrease stress**
- **Improve breathing**
- **Strengthen cognitive function**
- **Reduce chronic pain**
- **Increase self-awareness**
- **Enhance performance in activities**

WHAT TO EXPECT?

- 1 One of our behavior health specialists will determine if you are a good candidate for biofeedback therapy and decide on the number of sessions that would be most beneficial for you.
- 2 If this therapy is deemed appropriate, you and a behavior health specialist will discuss goals for treatment and the HeartMath® emWave Pro will be introduced. Baseline body function data such as heart rate and breathing rate will be collected.
- 3 Biofeedback therapy is meant to complement medical care. People generally use this therapy alongside other treatments. Participation in clinic sessions and practicing techniques at home will help improve outcomes.

INSURANCE AND BILLING

Insurance companies will typically provide coverage for biofeedback therapy when it is determined to be medically necessary and meet the guidelines outlined in your individual policy.

IMPROVE YOUR QUALITY OF LIFE

Studies have shown that biofeedback therapy is effective in reducing pain levels, improving physical functioning, and enhancing overall quality of life for individuals with chronic pain.

