

Empowering you to beat depression

Health Insurance

SOFY GmbH Inkustrase1-7,3400 Klosterneuburg email:office@edupresion.com

Submission Date

Date

Insurance Number

Policy Number

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www.edupression.com

Patient

First Name

Surname

FN 488003b, UID ATU73219867

Landesgericht Korneuburg

Application for the cost absorption of edupression.com® medical products.

To be completed by the Patient

Dear Sir or Madam,

Edupression.com® is an online platform for patients with unipolar depression and their depression specialists (doctors, psychologists, therapists) with two CE-certified medical devices: A self-help program called edupression.com® Psychoeducation and the edupression.com® Mood Chart.

edupression.com® Psychoeducation is an effective, evidence-based online therapy program (cCBT) and treatment support. It contains many elements of cognitive behavioural therapy and offers a comprehensive explanation of depression as an illness.

The psychoeducation/CCBT modules developed by edupression.com® are aimed at patients who suffer with unipolar depression and is based on elements of cognitive behavioural therapy. Its goal is as follows:

1. A reduction in symptoms of depression,

2. Improving the course of illness in depressive patients,
3. Improving the functional level of depressive patients,
4. Improving adherence to treatment,
5. Improvement in the remission rate of depressive patients
6. Reducing the risk of relapse in patients with mild to moderately severe depression.

edupression.com® Psychoeducation/cCBT and the edupression.com® Mood Chart were developed in collaboration with the Medical University of Vienna and assists the patient in recognizing patterns in their illness and documenting and recognising early symptoms. The goal is to achieve the best possible treatment outcome. National and international guidelines (S3 National Clinical Practice Guideline in Germany/ NICE guidelines) for unipolar depression, as well as scientific literature, view psychoeducation as an essential part of effective therapy. Online forms of therapy such as cCBT are recommended for patients with minimal to moderate symptoms (e.g. NICE guidelines).

Attached to this letter, you will find a list of references for relevant literature on this topic

Please look at the attached bill for a summary of costs for the use of edupression.com®. These cover access to the edupression.com® platform with both of the CE certified medical devices.

I hereby request the reimbursement of costs for the use of edupression.com® medical products and would like to request a transfer of this amount to the account named below::

Name of Account Holder IBAN

Name of Bank or Building Society BIC/Swift code

Should a refusal of this application be likely, I would like to request that a decision is sent promptly, in accordance with the relevant laws and regulations, to the address I have provided above.

Name of Patient Patient Signature

Date

To be completed by the Insurance Company

Health Insurance: Decision

If not approved – Reason

Service Number of Health Insurance Company

Name of Claims Handler

Date