

A man with a prosthetic leg is shown in a side profile, performing a squat on a large blue exercise ball. He is wearing a white t-shirt and yellow shorts. The background is a plain, light-colored wall. The image is partially covered by an orange semi-transparent rectangle that contains text.

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Proven Therapeutic Treatment  
*Medical Procedures*

# Why Guided Imagery

Guided Imagery is proven effective for treating patients before, during, and after procedures.

- Help patients relax and feel more comfortable during radiation therapy, chemotherapy, and dialysis
- Reduce claustrophobia and disturbing noises during Imaging and MRIs
- Eases anxiety in waiting rooms, preparing for surgery and awake procedures
- Aid in recovery and pain management
- Used in over 110 VAMCs



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# Guided imagery contributes to better surgical outcomes.

Patients saw a 14% reduction in the mean total charges billed per procedure. The savings amounted to an average of \$2,003 per procedure.

- 2007 Schwab study in the Advanced Mind Body Medicine Journal

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# Therapy That is Tested + Effective

Over 200 studies have been conducted in the past 30 years demonstrating the ability of guided imagery and other mind-body techniques to\*:

- Increase control
- Decrease depression
- Decrease stress and anxiety
- Decrease pain
- Decrease side effects
- Enhance sleep
- Enhance quality of life
- Increase relaxation
- Decrease nausea
- Decrease blood pressure
- Enhance healing
- Improve immune system
- Decrease respiratory difficulties
- Decrease hospital length of stay
- Enhance self-confidence

# Guided Imagery on Playaway

The best way to deliver Guided Imagery to patients before, during, and after procedures.

- Pre-loaded with proven wellness programs
- No CDs, DVDs, downloading or internet needed
- Just press power and play
- Easy to administer in hospitals and at home
- Extends critical treatment and improves results
- No interruptions from text messages, phone calls, emails or other push notifications that can distract progress and overall impact
- Immediate and available when and where patients need it most



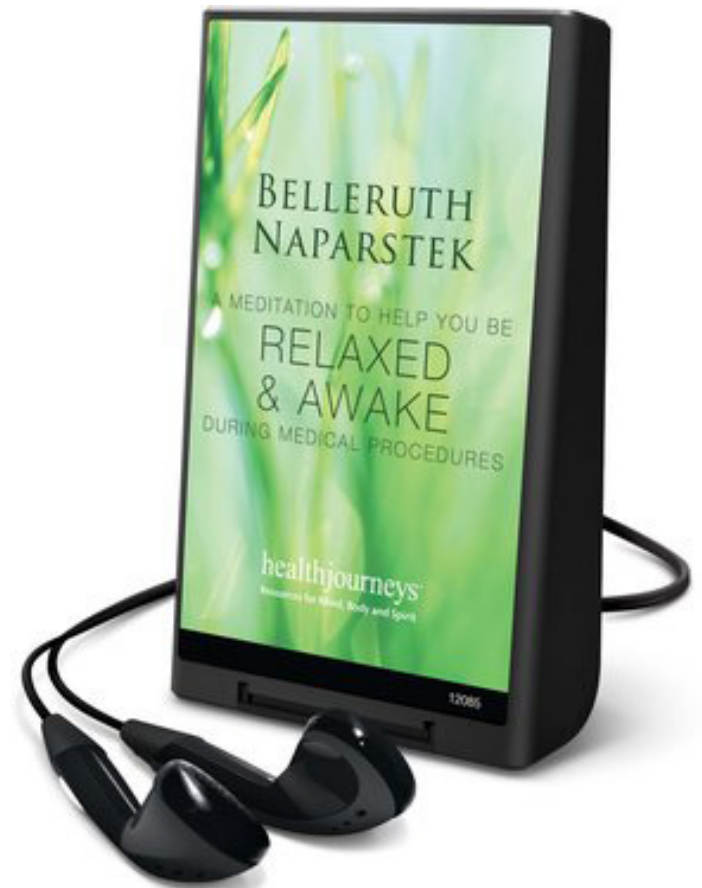


A person is lying down, looking upwards, with their arms raised behind their head. They are wearing a dark blue t-shirt. Several thin, white EEG electrodes are attached to their scalp, with wires extending downwards. The background is a solid dark red color.

Playaway Therapy Solutions  
offer a robust catalog of guided  
imagery and meditation  
treatments.

# Therapeutic Solutions for Imaging and MRIs

When used before and during uncomfortable medical procedures, therapeutic solutions on Playaways can help a patient relieve fear, release muscle tension, develop confidence in their medical team, and enter medical procedures with a sense of comfort, assurance, and safety. They can also reduce anticipatory anxiety and associated cancellations.



## *Relaxed & Awake during Medical Procedures*

Author: Belleruth Naparstek Narrator: Belleruth Naparstek

<https://therapy.playaway.com/products/relaxed-&-awake-during-medical-procedures>

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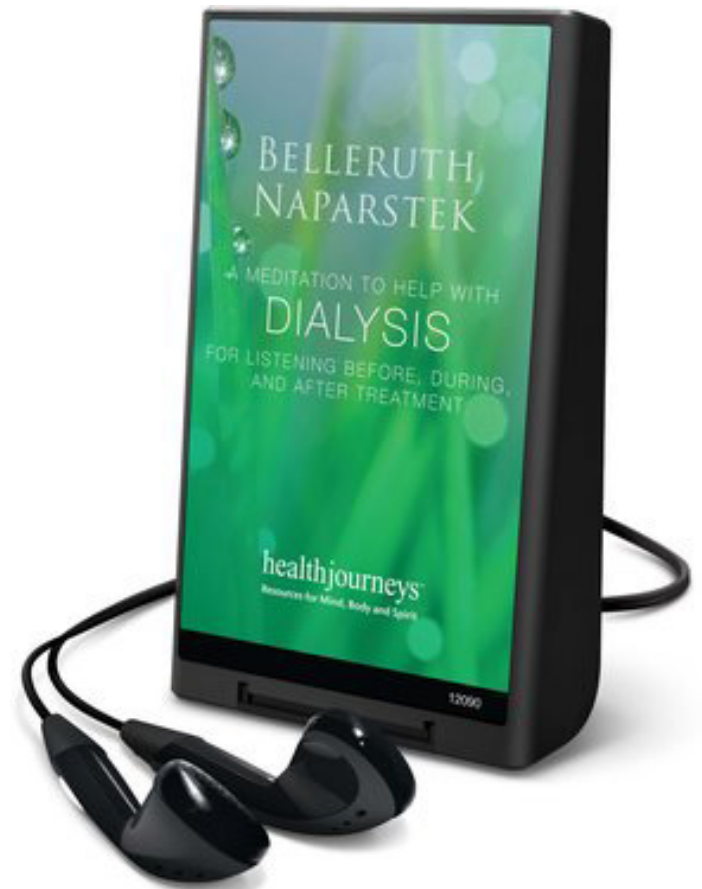
# Meditation to Help with Dialysis

Designed to promote relaxation, ease discomfort, reduce fear of needles, help with adherence to necessary dietary changes, stabilize blood pressure, increase energy, counter depression and support a positive outlook.

## *Help with Dialysis*

Author: Belleruth Naparstek Narrator: Belleruth Naparstek

<https://therapy.playaway.com/products/help-with-dialysis>

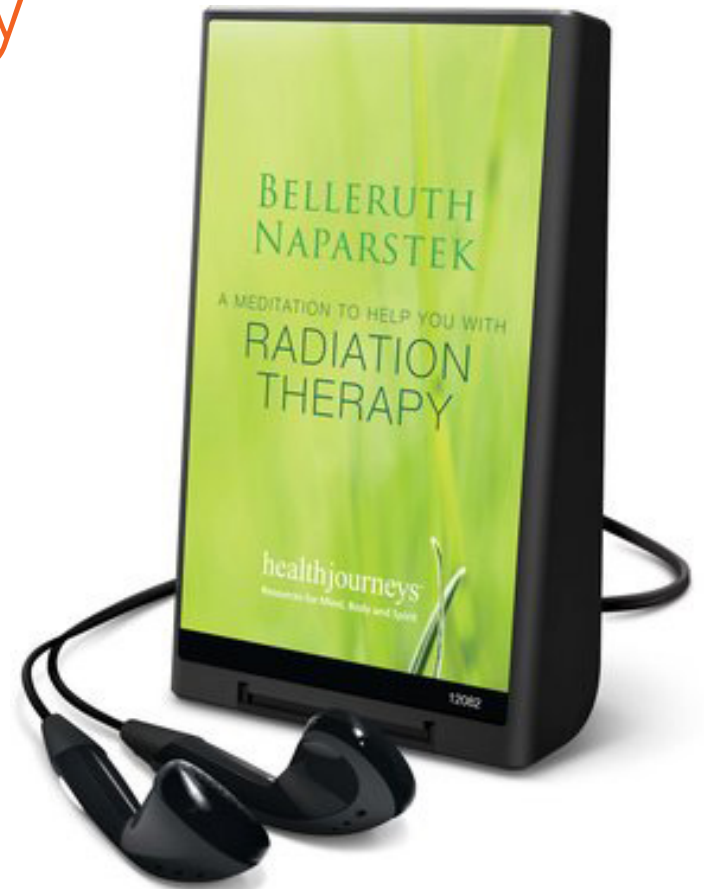


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# Meditation To Help Them With Radiation Therapy

Designed to help listeners see radiation treatment in a positive light, guided imagery on Playaway can help reduce adverse side effects such as fatigue and nausea, help immune cells combat trouble spots, reduce anxiety; encourage feelings of hope, resiliency, safety and support. Continuous music helps complete the meditation.



## *Help with Radiation Therapy*

Author: Belleruth Naparstek Narrator: Belleruth Naparstek

<https://therapy.playaway.com/products/help-with-radiation-therapy>

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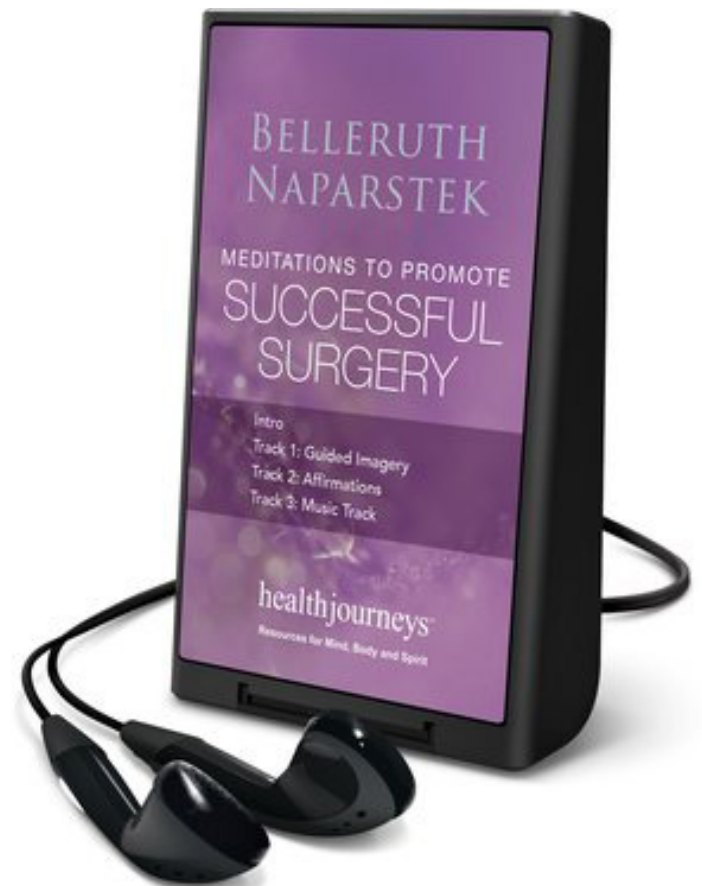
# Therapeutic Solutions for Successful Surgery

Guided imagery on Playaway can create the context for a successful, safe, and comfortable surgery. Programs have been shown highly effective in double blind, placebo-controlled research and can reduce pain pre- and post-operation, reduce bleeding, speed up healing, reduce hospital stays, and even increase overall patient satisfaction.

## *Successful Surgery*

Author: Belleruth Naparstek Narrator: Belleruth Naparstek

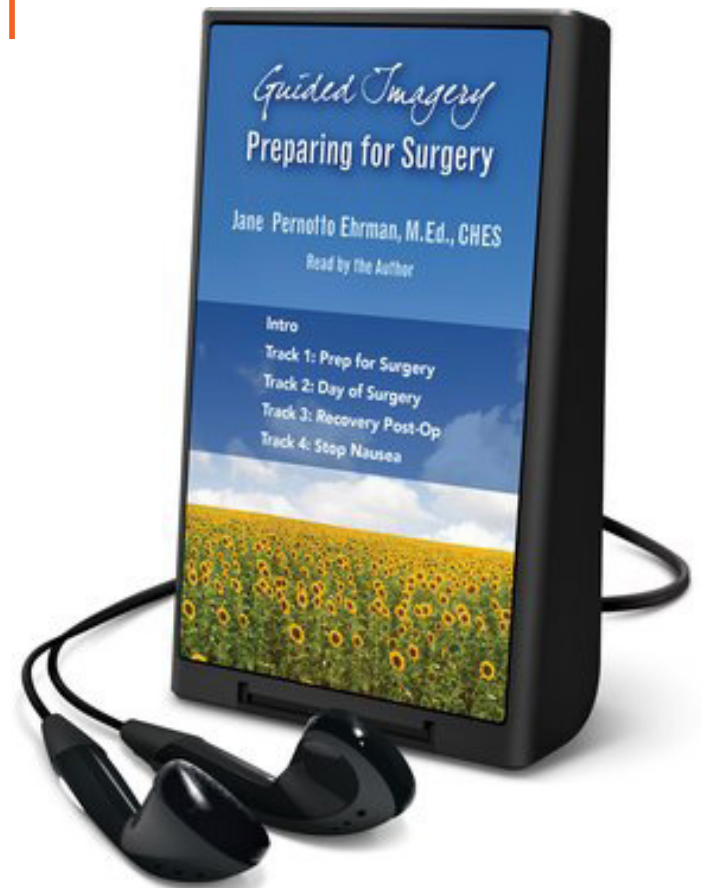
<https://therapy.playaway.com/products/successful-surgery>



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# Therapeutic Solutions for Surgery Preparation

Guided Imagery can prepare the body, mind, and spirit for a positive surgery experience. Programs can be used to ensure relaxation prior to procedures, reduce pain, and decrease anxiety.



## *Guided Imagery - Preparing For Surgery*

Author: Jane Ehrman Narrator: Jane Ehrman

<https://therapy.playaway.com/products/guided-imagery---preparing-for-surgery>

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