

If you suffer from panic attacks, Freespira can help!

Freespira is an FDA-cleared digital treatment option effective in reducing or eliminating symptoms of panic attacks.

- Used at home
- Takes just 28 days to complete
- Is non-medication
- 81% of patients are panic free one year post treatment

Now a covered benefit for Highmark members.

To see if you are eligible, call **570.346.3686** or email patients@matthewbergermd.com



Matthew A. Berger, MD, PC
Offices of Psychiatry & Counseling Services

Imagine a life free from panic