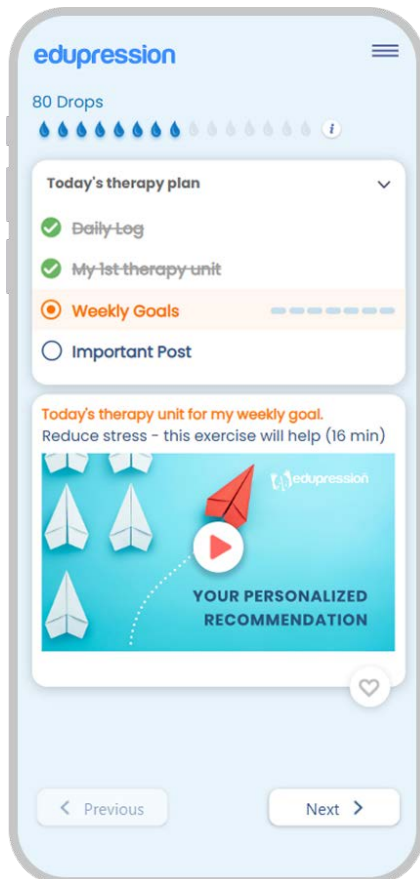


edupression is an officially and permanently listed **Digital Health Application (DiGA)** by the Federal Institute for Drugs and Medical Devices (BfArM) for the treatment of unipolar depression.



## Added Value for Patients and Practice



### Immediate Treatment Start

By prescribing edupression, you can help your patients avoid the often months-long wait for face-to-face psychotherapy.



### Proven Efficacy

edupression received DiGA approval because its efficacy was demonstrated in a randomised clinical trial.<sup>2,3</sup> The therapy programme is based on cognitive behavioural therapy.



### Budget-Neutral and Copay-Free

Prescribing a Digital Health Application is budget-neutral for your practice. Statutory health insurers cover the full cost of a DiGA.

## These indications (ICD-10) can be treated with edupression:

**F32.0** Mild depressive episode

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**F32.1** Moderate depressive episode

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**F33.0** Recurrent depressive disorder, currently mild episode

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**F33.1** Recurrent depressive disorder, currently moderate episode



### S3 Clinical Guideline

The S3 guideline recommends DiGA (IMI, internet- and mobile-based interventions) as first-line therapy for mild depression.

For moderate presentations, edupression is recommended in combination with pharmacotherapy.

## How to Issue a Prescription

For your **statutory health-insured patients**, simply prescribe edupression using a **Muster-16 prescription** with the following details:

**DiGA** | **PZN: 18458283** | **edupression**

Alternatively, simply search for edupression in your Practice Management System (PMS).

The image shows a German 'Muster-16' prescription form. The patient information section includes fields for name, date of birth, and insurance status. The medication section is pre-filled with 'DiGA', 'PZN 18458283', and 'edupression'. The form also includes a section for the doctor's signature and a 'Vertragsarztstempel' (contract doctor stamp).

### Prescription issued – what next?

<https://edupression.com/en/patients/start-therapy-immediately/have-prescription/>



After receiving the prescription, your patients can start therapy with edupression immediately by using our **prescription service**.

### Prescription for Privately Insured Patients

For your privately insured patients, you can issue a written diagnosis confirmation or a private prescription for edupression. We recommend that privately insured patients enquire with their insurer about the conditions for reimbursement before purchasing edupression.



**The required forms can be downloaded here:**

<https://edupression.com/en/professionals/prescription/>

1. DiGA Directory of BfArM, <https://diga.bfarm.de/de/verzeichnis/01815/fachkreise>
2. Preiß M. et al. (2023) Randomized controlled clinical trial of the efficacy of the digital self-help program edupression.com® in mild-to-moderate unipolar depressive patients (eFICASY-study). Neuroscience Applied. <https://doi.org/10.1016/j.nsa.2023.103615>
3. Preiss M. et al. (2025) Efficacy and Safety of a Digital Therapeutic for Depression: A Randomized Controlled Trial with Active Sham Control. <http://dx.doi.org/10.2139/ssrn.5213394>
4. S3 Guideline National Care Guideline Unipolar Depression, Version 3.2, 2022, AWMF, Register No. nvl-005