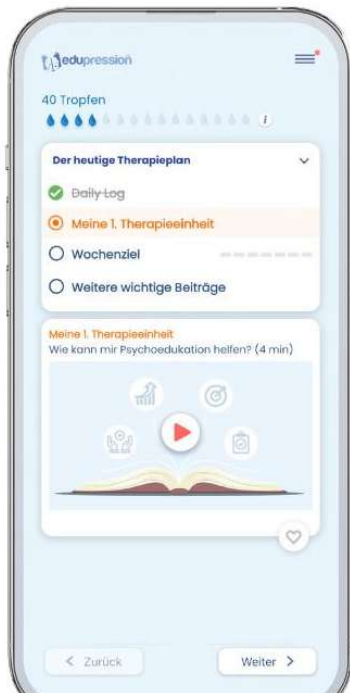


edupression is a digital health application for the treatment of unipolar depression, listed in Switzerland under the **Mittel- und Gegenständeliste (MiGeL, position 40.01.01.00.1)**.

When prescribed by a physician, the costs are covered — up to the maximum remuneration amount — by mandatory health insurance (basic insurance).²



Added value for patients and your practice

Immediate start of therapy

By prescribing edupression, you can shorten the often months-long waiting time your patients face for face-to-face psychotherapy.

Proven efficacy

The efficacy of edupression has been demonstrated in randomized controlled clinical trials.^{2,3} The therapy programme is based on the methods of cognitive behavioural therapy.

Budget-neutral for your practice

Prescribing edupression is budget-neutral for your practice. The costs are covered within the MiGeL maximum remuneration amount, so patients incur no additional out-of-pocket cost.

edupression can be used to treat the following indications (ICD-10):

F32.0 Mild depressive episode

F32.1 Moderate depressive episode

F33.0 Recurrent depressive disorder, current episode mild

F33.1 Recurrent depressive disorder, current episode moderate

German S3 guideline

The German S3 guideline recommends the use of digital health applications (internet- and mobile-based interventions) as **first-line therapy for mild depression**. For moderate presentations, edupression is recommended in combination with pharmacotherapy or face-to-face psychotherapy.⁴

Issuing a prescription – here's how

How to explain edupression in a nutshell

“edupression is a physician-prescribed online programme for depression, reimbursed through the MiGeL. You get concrete exercises and discussion topics to apply in everyday life – and you can start right away.”

As a specialist physician, you prescribe edupression under **MiGeL position 40.01.01.00.1**. Electronic prescribing (e-prescription) is being rolled out gradually and depends on the capabilities of your practice software.

MiGeL position 40.01.01.00.1 | Pharmacode: 1192679 | edupression

The cost for a 90-day licence period is **CHF 193.32 gross (incl. VAT)**. The price is covered within the maximum remuneration amount – with no additional out-of-pocket cost for your patients.

Prescribing edupression in 4 steps

Step 1: You prescribe **edupression** under MiGeL position 40.01.01.00.1, either as a paper prescription or an e-prescription.

Step 2: You or your patient send the prescription to our partner MediService AG (contact@mediservice.ch).

Step 3: MediService AG sends a personal activation code to the patient and handles billing with their health insurer.

Step 4: The patient redeems the code at app.edupression.com – and starts therapy right away.

Prescription issued – what happens next?

contact@mediservice.ch

MediService AG handles billing with the health insurer on behalf of your patients and sends them their personal activation code directly, so they can start therapy with edupression right away.

Prescription for self-pay patients or renewal

Self-pay patients can use edupression too. The cost for a 90-day licence period is **CHF 193.32 gross (incl. VAT)**.

Step 1: As the treating physician, you issue a diagnosis confirmation or a medical prescription.

Step 2: The patient sends this document to MediService AG (contact@mediservice.ch).

Step 3: MediService AG sends a personal activation code to the patient and issues the invoice directly to them.



More information on edupression is available at:

www.edupression.com

1. Mittel- und Gegenständeliste (MiGeL), Federal Office of Public Health (FOPH/BAG), position 40.01.01.00.1, <https://www.bag.admin.ch/de/mittel-und-gegenstaendeliste-migel>
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, Nationale VersorgungsLeitlinie Unipolare Depression, Version 3.2, 2022, AWMF, register no. nvl-005 (Germany)