



# Frequently Asked Questions

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## Who is Nervana for?

- Nervana is designed for people with chronic symptoms that are influenced by nervous-system dysregulation or stress, often when standard medical workups are unrevealing or symptoms persist despite appropriate care.
- Common referral populations include patients with chronic pain, functional GI symptoms, fatigue, migraines, dizziness, tinnitus, pelvic pain, and other stress-responsive somatic symptoms.

## Will Nervana work for my patients? How does it fit in?

- Nervana is not a guarantee or a replacement for care. In early cohorts, 75% of Nervana users reported an increase in quality of life and 63% reported decreased symptom severity by week 3.
- Nervana is a structured, low-burden program that helps patients better understand symptom mechanisms, reduce fear and hypervigilance, and practice nervous-system regulation between visits.
- Clinicians often find it useful for motivated patients who benefit from consistent reinforcement of mind-body or neuroplastic recovery principles.
- Nervana is designed to complement care. Clinicians often recommend Nervana to support daily practice and continuity between visits. Patients may choose to export an insights report via PDF to their clinician.

## What is the Nervana AI coach?

- The Nervana AI coach is a supportive educational and coaching tool, not a clinician, therapist, or diagnostic system.
- It helps people reflect on symptom patterns and apply nervous-system concepts in daily life.

## Is the AI safe? Is my patient's data safe?

Yes. Nervana's AI operates within strict safety and privacy guardrails:

- It does not diagnose, prescribe, or provide medical advice
- It does not tell patients to ignore symptoms
- It encourages appropriate medical evaluation when needed
- Data is not used for LLM training and voice conversations are not recorded