

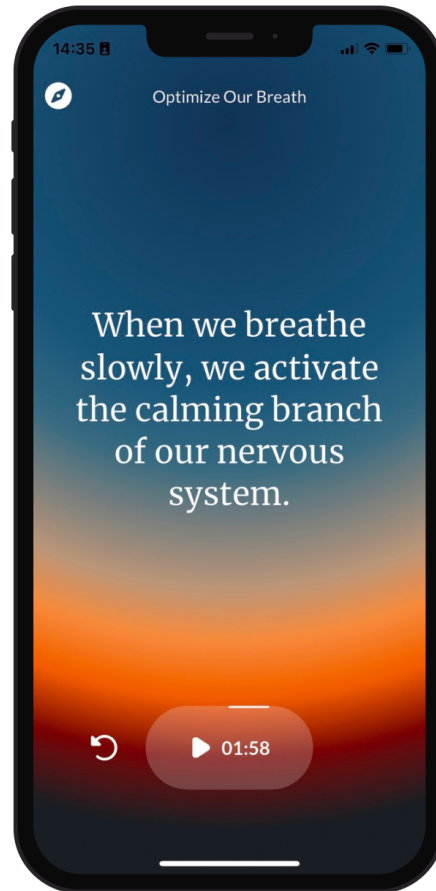
## The Breathing App <sup>Dx</sup>

# Benefit by joining our partnership program

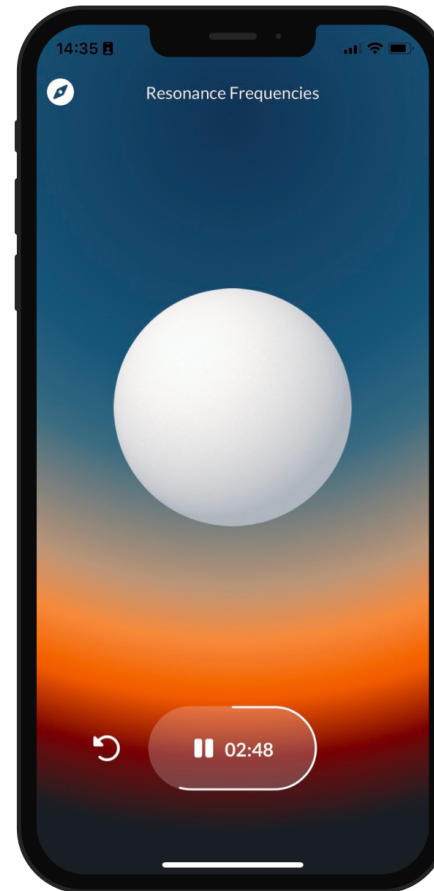
Customers that enroll through your uniquely trackable QR code will contribute to your commission, receive the benefit of the first 14 days free, and 13th month free with the annual subscription.

Once you opt in to our referral program, we will send you an In-Office kit. This kit includes office signage, staff quick start guide, referral QR cards as well as a co-marketing eMail template.

Reach out through mail  
[partner@thebreathing.app](mailto:partner@thebreathing.app)



Daily bite-sized lessons will explain the science and benefits of the breathing practices



Patients learn simple breathing technique and practices to complete each day to improve their health.

Evidence-based research shows that with slow breathing:

In 5 min

Decrease  
in anxiety levels

[Magnon at al. \(2021\)](#)

In 5 weeks

15% reduction in risk  
of heart disease

[Chaddha at al. \(2019\)](#) | [Bundy at al. \(2017\)](#)

In 3-12 months

0.5% ... 2.0% reduction  
in HbA1c levels

[Hegde at al. \(2012\)](#) | [Kulur at al. \(2009\)](#) | [Surwit at al. \(2002\)](#)



9 out of 10 users reported  
improved stress levels after  
completing the 28-day program