

Want The Insider's Edge To Facing Fear?

Kick Health Launches Telemedicine Beta-Blocker Service, Enables Access To Prescription-Strength Confidence

The logo for Kick Health, featuring the word "kick" in white lowercase letters on a dark blue square background.

Pitch - [Kick Health](#) launches telemedicine consults and access to [propranolol](#), a prescription beta-blocker drug trusted by professional insiders to block shaky hands, racing heart rate, and other common symptoms of performance and social anxiety during presentations, interviews and first dates. #kickhealth

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[Kick Health](#), a telemedicine startup that helps professionals overcome performance and social anxiety during high-stakes moments such as presentations, interviews, and first dates, announced today the official launch of their beta-blocker prescription service.

Though mostly unknown by the general public, beta-blockers have long been an insider's secret for performances used for decades by some of the world's top performers, musicians, public speakers, and executives.

An Old Approach to a Common Fear, Delivered in a New Way

More than [75% of people](#) say they've experienced some level of fear and anxiety around public speaking or presenting. This fear has a negative impact on those who suffer from it, holding many people back from reaching their full potential in their professional and personal lives.

“Almost everyone experiences nerves and pre-performance jitters before big moments, including me, and it can hold you back. I was a shy kid, and often feigned sickness so that I could avoid giving a speech or presenting in class,” says Kick Founder and CEO Justin Ip. “Fear of class participation didn't help my grades, and I've likely been overlooked for professional promotions and pay raises because I've been too scared to speak up.”

According to Stanford-trained psychiatrist and medical advisor to Kick, Dr. Alex Dimitriu: “Beta-blockers have been scientifically shown to minimize the shakiness, sweaty palms, and rapid heartbeat many of us experience before a big moment.”

“Most people don't know that solutions, especially prescription-strength solutions, even exist. Kick is the first telemedicine startup to offer these solutions to consumers discreetly and conveniently,” says Ip.

The Insider's Edge of Top Professionals

Propranolol, a type of beta-blocker, blocks the effects of norepinephrine, or adrenaline, on the body, preventing shaky voice, racing heart rate, trembling hands, and other symptoms associated with the rush of adrenaline people can experience during performances.

Unlike Xanax, the most widely prescribed anxiety medication, beta-blockers aren't a scheduled drug with potential for abuse or dependence.

Developed in the 1960s by Sir James Black, who was awarded the Nobel Prize in Medicine in 1988 for his work, propranolol has been trusted for decades by many of the world's top performers to give them an insider's edge.

Pop star Katy Perry has been quoted for [using beta-blockers before every performance](#) to ensure that she “doesn't let herself down,” and Grammy-nominated Musician and [Mozart in the Jungle](#) author Blair Tindall has long been [a vocal supporter of beta-blockers](#), saying, “[They've saved the careers of countless musicians.](#)”

Usage amongst professional musicians is so widespread that a [2015 study by the Royal College of Music](#) in London found that three-quarters of those surveyed had used beta-blockers for performances or auditions, with 92% finding them effective.

Executives, entrepreneurs, and high-level performers in other industries also trust them. Former Match CEO Jim Safka said beta-blockers saved and accelerated his career, calling propranolol a “[magic pill](#).” Y Combinator Founder of Roofr, Richard Nelson, credited propranolol with [transforming him from a nervous wreck to a confident speaker](#): “Knowing that beta-blockers will block my symptoms increases my confidence that I'll be able to deliver a good presentation.”

Reimagining the Prescribing Experience

Kick Health operates as a prescription telemedicine company.

Customers start by visiting Kick's website at www.gokick.com, where they'll complete a brief, asynchronous telemedicine visit with one of Kick's licensed, board-certified doctors. Once a prescription is approved, Kick's pharmacy partners can mail orders directly to the customer's door.

Each shipment includes a fit-in-your-pocket, matchbox-sized container holding 24 tablets.

“We noticed in talking to insiders that they took their tablets out of the large, bulky prescription containers they picked up from the pharmacy when heading outside, so we took the opportunity

to create custom-designed, discreet and compliant packaging that would fit conveniently in your pocket or purse,” says Ip.

After their visit, customers can access their treatment plans, prescription information, and submit follow-up questions to their doctor at any time using Kick's secure messaging feature.

The price is \$59, which includes the cost of the doctor visit and follow-ups, the prescription beta-blocker tablets, and free shipping.

Is Propranolol Right for You?

Prescriptions are not appropriate for everyone and individual results may vary.

Propranolol should not be used by those suffering from asthma, cardiac conditions, or hypertension. In addition, you should inform your doctor if you're taking medications for migraine headaches, asthma, allergies, or heart and blood pressure conditions.

Though rare, [side effects](#) of beta-blockers may include dizziness, nausea, stomach pain, vision changes, changes in sleep patterns, and swelling in feet or hands. Tell your doctor if you experience these or any other side effects.

Be sure to talk to your doctor to learn more about the possible side effects and potential benefits of propranolol and whether or not it's right for you.

About Kick Health - The Insider's Edge

[Kick Health](#) helps smart, capable professionals overcome the fears that hold them back from being the very best versions of themselves. Our personalized telemedicine service offers easy access to beta-blocker prescriptions, the insider's edge to blocking nervous symptoms like racing heartbeat, shaky hands, or trembly voice. Kick is partnered with leading experts from Stanford, Yale, and Harvard in psychiatry, medicine, and emotional fitness.

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