Topics To Discuss With Your Doctor

Ask **Practice Name**
if NeuroStar is right for you.

NeuroStar®
Advanced Therapy

Ready to become a NeuroStar?

Your antidepressant medications have only taken you so far, but you want to continue the fight. The time has come for you to talk to a doctor to determine if NeuroStar® Advanced Therapy is right for you.

Use this helpful guide to identify and take notes on topics you'd like to learn more about at your first appointment.

What is NeuroStar?

NeuroStar is an FDA-cleared device that delivers a therapy called transcranial magnetic stimulation (TMS), which uses a targeted pulsed magnetic field, similar to what is used in a magnetic resonance imaging (MRI) machine. This magnetic field stimulates areas of the brain that are underactive in people with depression. NeuroStar is not electroconvulsive therapy (ECT).

Why is NeuroStar® the #1 choice of doctors?

NeuroStar® makes long-term remission possible—which is why it has been administered in more than [VarField#] treatment sessions to date. It's safe and easy to tolerate, and has patented precision technology to ensure you receive the right dose to the right location, every time. It is the #1 TMS choice of doctors.

What can I expect during a NeuroStar session?

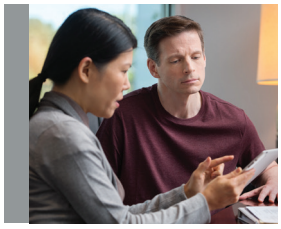
In-office treatment with NeuroStar takes as little as 19 to 37 minutes and is administered 5 days a week for approximately 4-6 weeks.* Here's what you can expect:

Before treatment

- You'll recline comfortably in the treatment chair
- A small, curved device containing the magnetic coil will be positioned lightly on your head

During treatment

- The coil delivers focused magnetic stimulation directly to the target areas of the brain
- You'll hear a clicking sound and feel a tapping sensation on your head



After treatment

- You can resume normal activities immediately
- Because there are no effects on alertness or memory, you can drive yourself to and from treatment sessions. You will remain awake and alert during treatment with no sedation or anesthesia

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Is NeuroStar safe and easy to tolerate?

NeuroStar is free from side effects often associated with antidepressant medications. In clinical trials, fewer than 5% of patients discontinued treatment due to adverse events. The most common side effect was temporary pain or discomfort at or near the treatment site during therapy. Which typically occurs only during the first week of treatment.

There is a rare risk of seizure associated with TMS therapy that occurs in less than .01% of patients. There is no negative effect on memory or sleep.[1]

How is NeuroStar different from other systems?

Precision is important with TMS therapy because if treatment is off by just 1 mm, up to 40% of the required dosage can be lost. To ensure the most accurate treatment every time, only NeuroStar has a contoured coil to fit the shape of your head, and patented precision technologies including:

- MT Assist technology to measure magnetic field level
- 3D Positioning for repeatable and accurate treatment (the full dose every time)
- Contact Sensing to ensure you receive the full prescribed dose every time

It's also made in the US and does not require headgear, mouth guard, or any other intrusive equipment like other TMS therapy systems.

Is your doctor suggesting a TMS system other than NeuroStar?

Ask these questions to make sure you're getting the best treatment available:

- How does it ensure the most precise level of dosing?
- How does it ensure precise positioning every treatment session?
- How does it minimize stimulation of unrelated brain tissue?
- How often have people stopped treatment before completion?
- Has it helped more people achieve remission than NeuroStar?

When will I achieve remission and how long will it last?

Many people's depression symptoms significantly improved or went away after 4 to 6 weeks of treatment with NeuroStar.[2] Only NeuroStar TMS has data showing durability over 12 months.[3]

Do I need to continue my prescription medication?

Everyone is different, so it's important to come to your appointment prepared with information about your treatment history. You and your doctor should discuss your current drug treatment status. Then your doctor can recommend the best course of action.

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Does insurance cover my treatment?

NeuroStar is covered by most health plans, including Medicare and Tricare. Consult with your doctor to see if you meet medical requirements and all other necessary guidelines for reimbursement. Coverage and payment can vary based upon your specific plan, so you may want to contact your insurance company to verify eligibility, benefits, and coverage for TMS therapy.

If my doctor doesn't have NeuroStar,® how can I find a doctor who does?

For a list of NeuroStar doctors, visit neurostar.com. There, you'll be able to request an appointment from a list of practices in your area that offer this transformational treatment.

Bring this discussion guide to your appointment so you can easily discuss NeuroStar Advanced Therapy® — the TMS treatment that's proven to make long-term remission from depression possible.

Practice logo

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at (000) 000-0000

* Total treatment time may vary depending on your doctor's recommendation. Your doctor will help determine the number of treatments that is right for you

In an NIMH-funded, independent, randomized controlled trial, patients treated with TMS using the NeuroStar TMS System were four times more likely to achieve remission compared to patients receiving sham treatment (P = 0.0173; odds ratio = 4.05)[2]

In a 12 month follow-up of open-label acute treatment, 36.2% of patients received NeuroStar Advanced Therapy reintroduction (average of 16 treatments). Long-term durability of effect has not been established in a randomized, controlled trial.

NeuroStar Transcranial Magnetic Stimulation (TMS) is indicated for the treatment of Major Depressive Disorder in adult patients who have failed to receive satisfactory improvement from prior antidepressant medication in the current episode.

The most common side effect is temporary pain or discomfort at or near the treatment site. NeuroStar TMS Therapy should not be used with patients who have non-removable conductive metal in or near the head.

NeuroStar is available by prescription only. A doctor can help decide if NeuroStar is right for you.

Please visit NeuroStar.com for full safety and prescribing information.

1. Janicak PG, et al. (2008). Transcranial Magnetic Stimulation in the treatment of major depression: A comprehensive summary of safety experience from acute exposure, extended exposure, and during reintroduction treatment. *J Clin Psychiat* 69(2):222-232.
2. George MS, et al. (2010). Daily Left Prefrontal Transcranial Magnetic Stimulation Therapy for Major Depressive Disorder: A Sham-Controlled Randomized Trial. *Arch Gen Psychiat* 67(5):507-516.
3. Dunner DL, et al. (2014) A multisite, naturalistic, observational study of transcranial magnetic stimulation for patients with pharmacoresistant major depressive disorder: durability of benefit over a 1-year follow-up period. *J Clin Psychiatry*, 75(12):1394-1401.

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