

What to expect – week by week



YOU MAY EXPERIENCE SOME OF THESE POSITIVE CHANGES:

- More energy
- Improved quality of sleep
- Elevated mood
- Better concentration
- Improved appetite and eating habits
- Restored interest in hobbies
- More social disposition
- Feeling of weight lifted
- Greater vibrancy of color

DAY 1-5

Establish a new routine

Meet and gain comfort with the office staff and your treater(s)

Acclimate to the feeling of treatment

You may experience a mild headache, which can be relieved with Tylenol. This is common.

Relax into your treatment routine

Build trust in the relationship with your NeuroStar team

Become accustomed to being in the treatment chair

Your treater can make adjustments for an improved experience.

DAY 6-10

DAY 11-25

Hear that friends and family may notice positive changes in you

Deepen awareness of your feelings and behaviors

Perceive improvement in your energy and focus

You may have felt positive changes that begin to fade, described as dip or plateau. This is normal.

Notice a greater sense of motivation

Have more resiliency when facing everyday challenges

Possibly question the need for continued treatments due to current response

Regardless of what you are feeling, it is important to continue coming to treatment for the best chance of long-term effects. It is like finishing a course of antibiotics.

DAY 26-30

DAY 31-36

Experience significant relief from depression symptoms

Feel pride for advocating for yourself and completing 36 treatments

Continue noticing new improvements for a period of time following your final treatment.

It is common to wonder what to expect after the completion of NeuroStar treatment. Outlining a plan for continued care and engagement with your practice is encouraged.

What to expect

Everyone's experience with NeuroStar® TMS is different. The timing of when you feel improvement in your depression symptoms might not be the same as other patients.

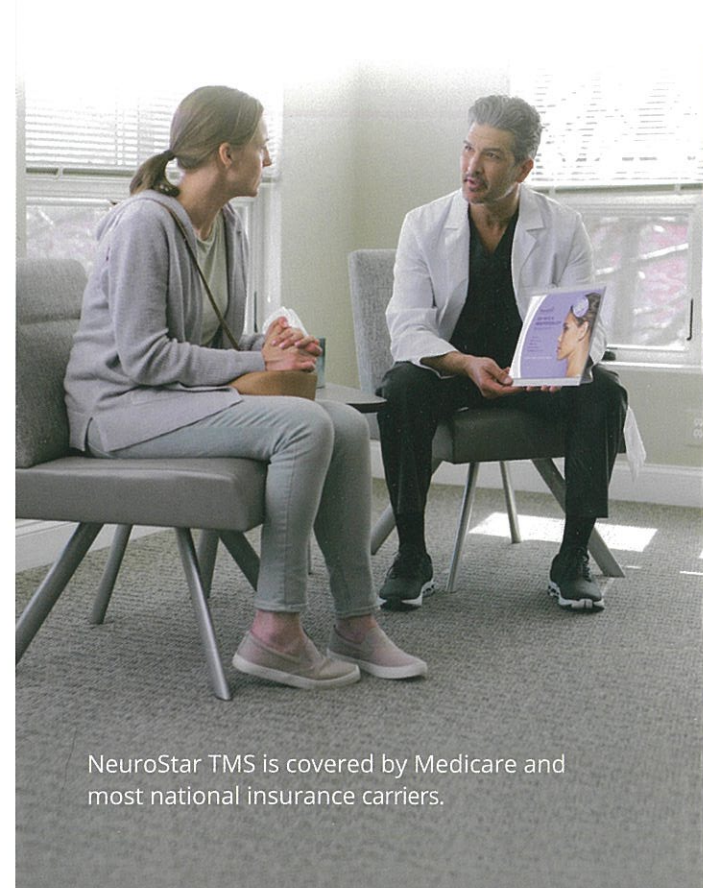
- Some individuals will start to feel positive results within the first week, while some may not feel them until the very end.
- It is important to trust the process and stay committed to all 36 treatments. Whatever you are feeling is normal!
- Some patients' report that they did not realize the treatment was working until friends and family noted positive changes.
- Be patient & stay positive!

Patients have reported that the following activities benefited them throughout their NeuroStar journey:

- Healthy eating
- Getting adequate sleep
- Exercising
- Journaling
- Meditating
- Limiting exposure to negative material (news, social media, etc.)
- Consuming positive content (TV shows, movies, music, etc.)
- Engaging in positive activities and habits



36 Treatments,
a lifetime of possibilities.



NeuroStar TMS is covered by Medicare and most national insurance carriers.



When I was depressed, I felt hopeless, and it was impossible for me to connect with other people. Thanks to NeuroStar, those years are behind me.

— Molly

The NeuroStar Advanced Therapy System is indicated for the treatment of depressive episodes and for decreasing anxiety symptoms for those who may exhibit comorbid anxiety symptoms in adult patients suffering from Major Depressive Disorder (MDD) and who failed to achieve satisfactory improvement from previous antidepressant medication treatment in the current episode.

The NeuroStar Advanced Therapy system is intended to be used as an adjunct for the treatment of adult patients suffering from Obsessive-Compulsive Disorder (OCD).

The most common side effect is pain or discomfort at or near the treatment site. These events are transient; they occur during the TMS treatment course and do not occur for most patients after the first week of treatment. There is a rare risk of seizure associated with the use of TMS therapy (<0.1% per patient).

Visit neurostar.com for full safety and prescribing information.



Visit NeuroStar.com to view patient stories who completed their NeuroStar Journey.

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What to expect

on your NeuroStar

Treatment Journey.