Interested in Flow Treatment?

If you're exploring treatment options for depression, you may have questions about Flow Treatment. This guide can help you prepare for a conversation with your healthcare provider about whether Flow Treatment could be right for you.

Make the most of your appointment

It is helpful to reflect on what is and is not working with your current treatment plan and your goal with treatment. This will help your clinician to know how best to support you and if Flow Treatment could be a good fit for you.

Symptom Checklist
(Experienced in the past 2 weeks):

- [ ] Low mood, sadness, or feeling empty
- [ ] Loss of interest or pleasure in daily activities
- [ ] Fatigue or lack of energy
- [ ] Sleep changes (trouble sleeping or sleeping too much)
- [ ] Difficulty concentrating or making decisions
- [ ] Anxiety, brain fog, or feelings of worthlessness

Current & Past Treatments

Current Medications / Therapy: .....

Side effects or challenges you want to avoid:

- [ ] Weight gain
- [ ] Emotional blunting
- [ ] Fatigue / Drowsiness
- [ ] Sexual side effects
- [ ] Insufficient symptom relief

Your Goals
(Next 3 to 10 weeks)

- [ ] Better able to start and perform daily activities
- [ ] Better able to collect my thoughts and concentrate
- [ ] Reducing depression without adding or increasing medication
- [ ] Other: .....

Starting the conversation in your visit

You can simply say:

"I've been learning about Flow Treatment and would like to understand if it could be an option for me. Would you be open to discussing it?"

Key Questions to Ask:

- **Suitability:** Is Flow Treatment a good fit for my specific medical history and diagnosis?
- **Safety:** What side effects should I expect, and how do I manage them?
- **Routine:** How often do I wear the headset, and when will we track my progress?

My next steps:

- [ ] Discuss Flow Treatment with my clinician
- [ ] Consider how Flow fits into my daily routine
- [ ] Review my health goals with my care team

For your clinician

Flow Treatment is a tDCS device approved for 18+ with moderate-to-severe MDD without requiring prior medication failure.

- ✓ FDA-approved
- ✓ First-line option
- ✓ 100% at-home treatment
- ✓ Prescription only

Scan code to learn more about Flow Treatment:

Safety information:

The Flow Treatment is intended for the treatment of moderate to severe major depressive disorder either as a monotherapy or as an adjunctive treatment in patients 18 years and older who are not considered treatment refractory to medication.

The side effects of the Flow Treatment reported in clinical studies were generally mild and transient. The main risks of the device are skin dryness, skin irritation or redness after prolonged use, transient headache, stinging, burning, or itching sensations at the stimulation site, and skin burns (typically in cases of electrode pad reuse or use of dried-out electrode pads which is not recommended).