# EXOMIND™

## Frequently Asked Questions



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## What is EXOMIND therapy?

EXOMIND is a ground-breaking mental wellness therapy that marks a new era in patient care. It is a noninvasive, drug-free walk-in walk-out procedure designed to treat symptoms of depression, helping patients regain control and improve their quality of life.

## How does it work?

FDA-cleared for the treatment of depression†, EXOMIND's patented ExoTMS™ technology comfortably stimulates key areas of the brain involved in emotional regulation, cognitive function, and self-control. By activating neural pathways, it helps restore healthy brain activity and enhances neural connectivity.

## What are the benefits of EXOMIND?

rTMS is a noninvasive treatment and is free from common antidepressant drug side effects such as weight gain and sexual dysfunction.

## Is EXOMIND right for me?

EXOMIND is designed for individuals experiencing depression. Consult with your healthcare provider to determine if EXOMIND is the right option for your mental wellness journey.

## How many sessions are required?

A course of rTMS traditionally requires multiple treatments. Patients should discuss the number of treatments and treatment schedule with their physicians. rTMS treatment effects in reducing depression are temporary, and patients may need to continue other forms of depression therapy. Relapse into depression is likely without follow-up treatment.

## What does the therapy feel like?

During EXOMIND therapy, you will lie down comfortably while the applicator is placed on your head. As the treatment begins, you may feel a tapping or tingling sensation in the treated area, often described by patients as similar to a head massage. After the session, you can resume normal activities immediately. In some cases, a slight headache may occur in the treated area, but it typically subsides within minutes.

## Does it hurt?

Most patients find the therapy comfortable. Sessions are quick, lasting under 30 minutes, and allow you to walk in and walk out with ease.

## Will it disrupt my daily life?

EXOMIND seamlessly integrates into your daily routine with minimal disruption.

## What are the risks?

Therapy by rTMS is generally well tolerated. Nevertheless it may, for some, cause headache, scalp pain, seizure and hypomania. As with any medical procedure, there are some risks associated with EXOMIND therapy. Please discuss risks and contraindications with your healthcare practitioner before beginning treatment.

## What to do if the patient experiences discomfort during the therapy?

If the patient experiences discomfort, such as finger twitching, pause the therapy and move the applicator anteriorly or posteriorly in 0.2 in (0.5 cm) increments, up to a maximum of 0.6 in (1.5 cm) from the starting position. If repositioning the coil does not alleviate the discomfort, consider decreasing the therapy intensity.

## How long will the results last?

Although the durability of rTMS therapy in the treatment of depression has been suggested in several clinical reports for up to 12 months, MDD patients need to be monitored post treatment and may need to continue or resume antidepressant medications.

## Are there any alternative treatments?

Alternative treatments such as medications, psychotherapy, and electroconvulsive therapy are available. Consult with your physician what best fits your condition.

## What do patients have to say about EXOMIND?

"I am just overall happier. That's what I noticed... I honestly do believe that EXOMIND has changed my life."

- Katherine, Actual Exomind Patient, Phoenix, AZ

"I almost felt it immediately. It was just this little extra boost feeling and as the days went on, it didn't feel so hard to get out of bed and it didn't feel so hard to shower and things just felt easier. It was almost like a lightness, like a weight had been taken off of me."

- Ella, Actual Exomind Patient, Winter Garden, FL

"I think that I was more equipped to handle some of the stress that was coming at me, and I didn't react to it as I had been."

- Chase, Actual Exomind Patient, Denver, CO

"I really felt it with each treatment. I felt it getting better, and better, and my happiness, my joy, everything came back."

- Jennifer, Actual Exomind Patient, Phoenix, AZ

EXOMIND™

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