

## What is Flow?

Flow is an at-home depression treatment that consists of a tDCS headset and behavioural therapy app programme. The treatment targets various root causes of depression.

## What is tDCS?

tDCS stands for transcranial direct current stimulation (tDCS). Which is a pain-free and non-invasive brain stimulation technique. This technique uses gentle electrical currents to restore brain activity and reduce depressive symptoms.

The Flow tDCS headset reinforces naturally occurring brain signalling in the Dorsolateral Prefrontal Cortex (also known as the DLPFC). This area of the brain is targeted as it has been shown to be less active when depressed. The Flow headset delivers a weak current (2 mA) to this brain region via electrodes placed on the forehead. Since Flow can directly target the DLPFC, side effects are less common and less severe than those from antidepressants.

## What is Behavioral therapy?

Behavioural therapy is a therapeutic approach that aims to reinforce positive and healthy habits that can shape behaviours.

The Flow in-app behavioural therapy programme is written by licensed psychologists and supports the creation and incorporation of healthy habits proven to help reduce depression. Including changes in diet, sleep, and physical activity.



# What to expect with Flow?

## How Flow works

Flow can be used independently or with the supervision of your doctor. Connecting your Flow account to your doctor's Flow Clinic account allows you to receive a personalised treatment plan, provide your doctor with visibility of your progress, and streamline future appointments with your doctor.

When Flow is used independently, there is a standard treatment schedule which is split into two phases; **Activation** and **Strengthening**.

## Activation Phase:

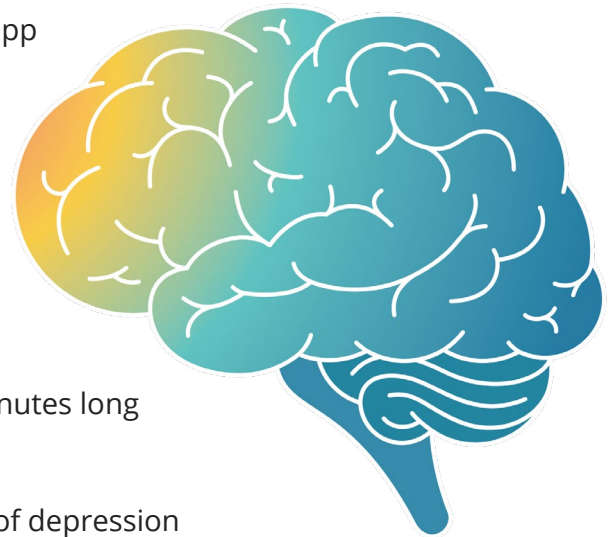
### Weeks 1-3

- Includes 5 stimulations a week; each is 30 minutes long
- Introduces behavioural therapy courses via the app
- Supports better regulation of mood, sleep, focus

## Strengthening Phase:

### Weeks 4+

- Continues to strengthen and preserve results
- Includes up to 2 stimulations a week; each 30 minutes long
- Further implements practices from the app
- Protects progress and prevents future episodes of depression



*Please note if you are working with your doctor, your schedule may differ to best match your specific needs. Your doctor is able to take into account your personal medical history and ensure you are receiving the best treatment for you.*

## When to use Flow

A stimulation session takes 30 minutes and can be done whenever works best for you. Whether that be while you eat breakfast, while replying to emails at work, or even reading while winding down for bed. Flow is a wireless headset that can go wherever you go. Just remember to charge it before use.

*Please note Flow should not be used while operating heavy machinery, exercising, or near water.*

## What does Flow feel like?

It is possible that your initial stimulation session may feel a bit strange. That is normal. It is often a new sensation for Flow users, and can feel tingly or itchy underneath the electrodes. We recommend thoroughly cleaning your forehead before use to ensure the best connectivity with the device. Some users have reported more tingles when wearing makeup and/or hair products.

## What happens to my skin under the electrodes?

After your first few stimulation sessions, your skin may appear red where the electrodes sat on your forehead. The stimulation increases blood flow to this area which is why it might be redder than before your session. This redness or skin irritation typically disappears thirty minutes after your session. Some users like to use lotion after their session to help moisturise the area.

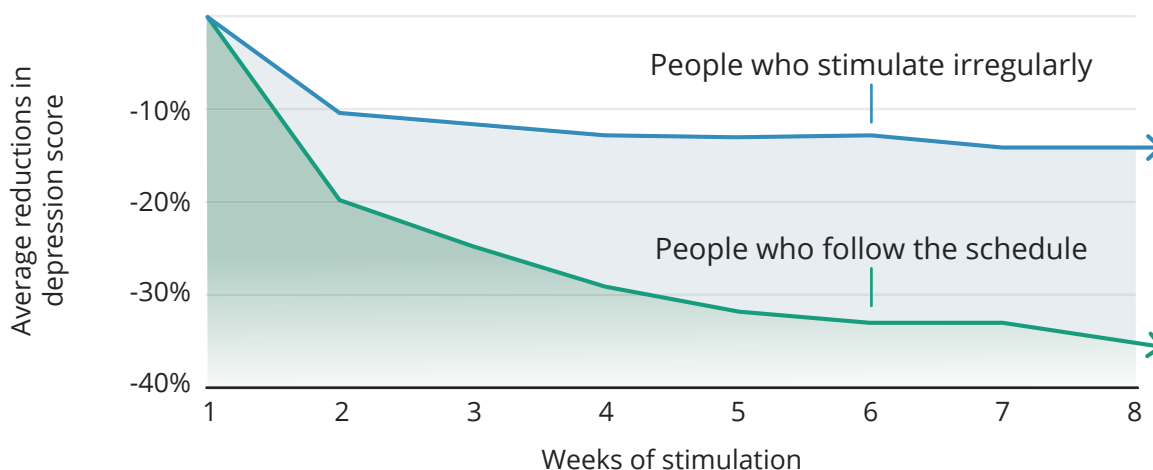
*If you begin to feel pain or burning, please stop the treatment and contact your doctor or the Flow support team.*

## What results can I expect from Flow?

At the beginning of your treatment, it is common to feel similar to how you felt before starting, but that does not mean things are not already at work. It may take a few sessions to begin to notice a difference. Users have reported improvements as early as one session, while others report seeing differences starting after week four.

Depression is experienced differently for everyone. However, one thing is clear, the more you follow your treatment program, the more likely you will see progress.

### Our data shows sticking closely to the schedule brings better results



By targeting the physical side of depression with the headset, you can expect improvements in your concentration, sleep, and mood. As you continue to stimulate you should expect to feel better.

# Steps to starting your Flow treatment

## Getting ready

- Download the Flow App
- Enable Bluetooth on your mobile and/or tablet to connect to the Flow headset
- Charge your Flow headset



Scan QR code to  
download the  
**Flow app**

## Getting started

- The Flow App will guide you through:
  - Placement of the headset
  - Test and full stimulations
  - Weekly progress reports
  - Behavioural therapy courses

## Getting the most out of your Flow

- Stick to your treatment plan
- Find a time to Flow that will work for you and help you build a stimulation habit
- Be patient and kind to yourself. Depression does not have an on/off switch. It may take time to see improvements

