modern mind
& wellness

PATIENT GUIDE

NEUROSTAR® ADVANCED TMS THERAPY

Feel like you again.

A drug-free path forward when antidepressants haven't been enough, for adults and for teens 15 and older.

- ✓ FDA-cleared & drug-free
- ✓ Sessions under 20 minutes
- ✓ Covered by most insurance

Bellevue, WA
(425) 300-9555 · modernmindandwellness.com

Your first consultation is free

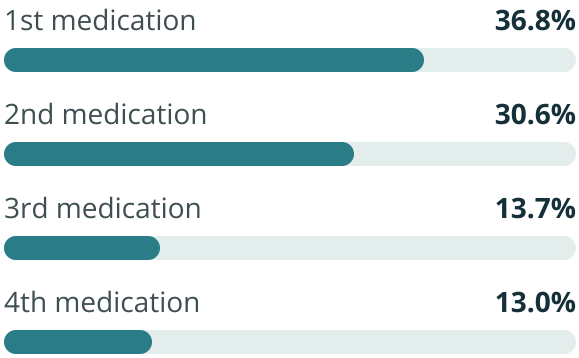
IF YOU'RE TIRED OF TRYING

You're not out of options.

Maybe you've tried two, three or more antidepressants. Some barely helped; some brought side effects that made life harder. Each new prescription meant weeks of waiting. That pattern is common, and it isn't your fault.

Why another pill isn't always the answer

In STAR*D, the largest real-world study of depression treatment, remission rates fell with each new medication.[2]



Remission rate at each step · 3,671 outpatients

Who NeuroStar® is FDA-cleared to help

Adults with depression
when medication hasn't helped enough

Anxiety with depression
to ease anxiety that comes with depression

Adults with OCD
as an add-on to current treatment

Teens & young adults, 15–21
with depression, as an add-on treatment

Is TMS right for me? Ask yourself:

- Tried more than one antidepressant?
- Still not getting enough relief?
- Side effects worse than the benefit?
- Hurting work, school or relationships?
- Does depression still run your life?
- Ready to try something different?

Said yes to any of these? NeuroStar® TMS may be an option for you.

TMS isn't used for people with non-removable metal in or near the head, such as aneurysm clips or cochlear implants. Braces and fillings are usually fine.

HOW IT WORKS

Physical therapy for your mood.

In depression, the left prefrontal cortex, a key mood center, tends to be underactive. NeuroStar® sends focused magnetic pulses, like those used in MRI, to that exact spot to help bring it back online.[6] Nothing travels through the rest of your body.

TREATMENT AREA

Left prefrontal cortex, a key mood center

1. **Pulses wake up underactive cells**
   Focused magnetic pulses gently activate neurons in the brain's mood area, so they start firing again.
2. **Repetition builds stronger connections**
   Daily sessions tap into neuroplasticity, your brain's natural ability to rewire and strengthen.
3. **You start feeling like yourself again**
   Better sleep and energy often come first, then mood begins to lift, and results can last.

What NeuroStar® is not

Not a medication

No weight gain, sexual side effects or drowsiness.

Not shock therapy

You stay awake and alert, with no anesthesia.

Not surgery

Non-invasive. No needles, nothing implanted.

2–3 weeks That's when many people start to notice improvement. Finishing the full course gives you the best chance of long-lasting relief.[1]

PROVEN RESULTS

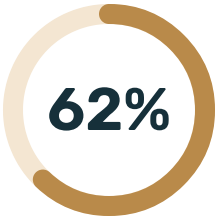
Proven in the real world.

The first TMS system FDA-cleared for depression and the #1 physician-recommended TMS.[1] It's the system we trust for our patients.

Adults

Completed a full course[3]

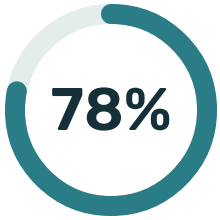
saw measurable improvement



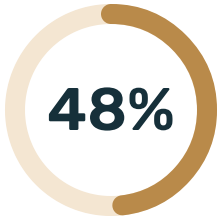
reached remission (symptom relief)

Teens & young adults

Ages 15–21[5]



saw measurable improvement



reached remission (symptom relief)

9M+	250,000+	13,000+	65+
treatments delivered[1]	patients treated[1]	teens treated[1]	clinical studies[1]

Built to last. NeuroStar® has been shown to be effective through 12 months in people with treatment-resistant depression.[4]

> *I had taken 11 different medications without any relief... NeuroStar helped me bring my life back.*

Todd

> *It was honestly like a difference between night and day... life in general felt a lot lighter.*

Shelly

Real NeuroStar® patients, as shared by Neuronetics. Individual results vary. [3]Clinician-rated (CGI-S) outcomes for adults who completed a course in the NeuroStar® Outcomes Registry; other treatments, including medication, were allowed. Patient-rated (PHQ-9) response and remission were 69% and 36%. [5]CGI-S subset of 1,169 adolescent patients; PHQ-9 response and remission were 59.4% and 30%.

WHAT TO EXPECT

All you have to do is show up.

Treatment happens in a private room at our Bellevue clinic, with the same friendly NeuroStar®-certified team every visit. We handle the paperwork.

<20 min	36	7–8 wks	0
per session	sessions in a full course	at five sessions a week	downtime afterward

Sit back and relax

Recline in a comfortable chair. No needles and no sedation.

Feel a steady tapping

The coil taps on your scalp. Earplugs are provided; enjoy a show or music.

Get back to your day

When it's done, you're done. Drive yourself home, to work or to school.

Your path, step by step

BEFORE YOUR FIRST SESSION

1. **Free consultation**
   A no-pressure chat, by phone or in person, about what you've tried.
2. **Evaluation & insurance approval**
   A provider confirms TMS fits you; we handle prior authorization.
3. **Mapping session • about 1 hour**
   We find your treatment spot, calibrate your dose and begin.

YOUR 36 SESSIONS

4. **Week 1 • Getting comfortable**
   Scalp discomfort is common early and usually fades after week one.
5. **Weeks 2–4 • Early changes**
   Sleep and energy often improve first. We track progress as you go.
6. **Weeks 5–8 • Finish strong**
   Completing all 36 sessions gives you the best chance at lasting relief.

We recommend five sessions a week and can work with as few as three. Your provider tailors the plan, and your ongoing care stays with the same team.

FOR TEENS 15+ AND THEIR FAMILIES

A new possibility for teen depression.

Each year, nearly 1 in 5 U.S. adolescents has a major depressive episode.[7] When medication hasn't been enough, NeuroStar® can be added to a teen's care. In 2024 it became the first TMS therapy FDA-cleared for ages 15 to 21.

78%	48%	13,000+	400,000+
measurable improvement[5]	reached remission[5]	teens treated[1]	teen sessions[1]

Built around school and life

- ✓ Short sessions before or after school
- ✓ Straight back to class or practice
- ✓ No added medication side effects
- ✓ Works alongside their current care
- ✓ The same familiar team every visit

> *Depression really hit me hard in high school. I was on so many different medications that I didn't feel like myself... It was great, the best thing that ever happened to me.*

Aubrey, age 18
NeuroStar® patient, as shared by Neuronetics. Results vary.

Questions parents often ask

Will my teen stop their current care?
No. NeuroStar® is cleared as an add-on, used alongside the care they already have.

What side effects should we expect?
Mild scalp discomfort is most common and usually fades after week one. Seizure is rare (<0.1%).

How do we get started?
Book a free consultation. We'll meet you and your teen and check insurance first.

COST & COVERAGE

Is TMS covered? Usually, yes.

Most major health plans cover NeuroStar® TMS for depression. We handle the insurance work, so you'll know what's covered before your first session.

Plans that commonly cover it

- Premera Blue Cross
- Regence
- Aetna
- UnitedHealthcare
- Kaiser Permanente
- TRICARE

Don't see your plan? We'll check your benefits for free.

How approval works

1. **We verify your benefits**
   Free, before anything is scheduled.
2. **We get prior authorization**
   Based on your evaluation.
3. **You get a clear answer**
   Know your costs before session one.

What insurers usually look for

- A diagnosis of major depression
- Two or more antidepressants tried without enough relief
- Records of your treatment history, which we help gather

Criteria vary by plan; some ask for more.

Prefer not to use insurance?

We offer private-pay options with transparent self-pay rates, and we'll go over them with you before you schedule. No surprises.

Questions about cost?
Call or text (425) 300-9555.

Questions to bring to your free consultation

- ☐ Am I a good candidate for TMS?
- ☐ Can I keep my current medications?
- ☐ How will we track my progress?
- ☐ What will I pay with my insurance?
- ☐ What weekly schedule works best?
- ☐ What happens after session 36?

Helpful to bring: your insurance card and a list of antidepressants you've tried, with roughly how long you took each. It speeds up approval.

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READY WHEN YOU ARE

Your first step is free.

Schedule a free, no-obligation TMS consultation. We'll listen, answer your questions and check your insurance, with no cost and no commitment.

In crisis? Call or text **988** any time, or dial **911**.

CALL OR TEXT

(425) 300-9555

EMAIL OUR TMS TEAM

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VISIT

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Bellevue, WA 98005

HOURS

Mon–Thu 9am–6pm
Fri 9am–3pm

modernmindandwellness.com

Near BelRed light rail · Free parking · As seen on FOX13 Seattle

Indications for use

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. It is intended to be used as an adjunct for the treatment of adult patients suffering from Obsessive-Compulsive Disorder (OCD). NeuroStar Advanced Therapy is indicated as an adjunct for the treatment of MDD in adolescent patients (15–21).

Important safety information

NeuroStar Advanced Therapy is only available by prescription. A doctor can help decide if it is right for you. Patients' results may vary. 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). Do not use in patients with non-removable conductive metal in or near the head. Visit neurostar.com for full safety and prescribing information.

References

1. Neuronetics, Inc. Data on file, as published at neurostar.com, Oct 2026 (patient and treatment counts, studies, "#1 physician-recommended").

2. Rush AJ, et al. Am J Psychiatry. 2006;163(11):1905–1917.

3. Sackeim HA, et al. J Affect Disord. 2020;277:65–74.

4. Dunner DL, et al. J Clin Psychiatry. 2014;75(12):1394–1401.

5. FDA 510(k) K231926; real-world outcomes in patients 12–21 where other treatments, including medication, may have been used.

6. Liston C, et al. Biol Psychiatry. 2014;75(7):517–526.

7. National Institute of Mental Health, Major Depression statistics.

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