

Script for Flow Device

1. Flow Kit Compartments – Show Passcode

In your flow kit you will find the headset, silicone patches, the charger, and activation code

The sponge box contains 20 packs—so 20 pairs of sponges. Each set lasts up to 2–3 months.

Apart from these compartments, Flow also uses an application.

2. You can download the app through the App Store or Play Store by searching the name: **Flow Depression**

3. Make sure that before using the app, the **Bluetooth** and **location services** of your phone are activated.

4. Once the application is downloaded, open it and create an account by inserting a username and password.

TIP: When inserting the email to create your account, use an email that is already active and logged in on your device or computer, as the application will send a confirmation email to that address to activate your account.

5. Once you confirm your email address, open the application. The first thing that appears on the screen is a yellow box labelled **“Weekly Questionnaire.”** This weekly questionnaire appears **twice a week** in the application. It consists of **9 short-answer questions** about the patient’s mental health that need to be completed.

If the questionnaire is not answered, the patient **cannot** proceed with their stimulation session.

Once the questionnaire is answered, they select the **Brain Stimulation** tab.

TIP: ONLY during the first session, the patient or clinician is required to add the unique activation code found inside the Flow device kit. Once inserted, it automatically connects the account and the application to the device. This passcode is unique for each device, and therefore for each patient or clinician.

6. Once the device is linked to the application, go to the **Home** section of the app.

7. A step-by-step guide is provided on how to set up your device for your session. In order to move to the next step of the video, you must complete the previous step. Let’s take it step by step:

8. Press the button on the headset and the green light turns on. The two circular compartments of the device are where the sponges and black circular silicones are placed.

TIP: If you are using the sponges for the first time, grab a pair from the Flow sponge box. These sponges are pre-moistened, so there's no need to moisten them again. If you are using sponges that have already been used:

Soak these sponges in a saltwater solution.

TIP: For every 100 ml of room-temperature, drinkable water, add ¼ teaspoon of regular kitchen salt. The salt must be easily dissolvable—**no rock salt, Himalayan salt, or salt flakes.**

9. Immerse the sponges in the solution until they double in size. Squeeze to remove excess water.
10. Place the moist sponges in the circular compartment of the device and secure them with the black circular silicones to keep them intact. This device is only placed on one area of the scalp as directed in the video.
11. It should be positioned approximately **two fingers above the eyebrows**. The application will open your phone's camera to ensure correct positioning. Once the device is placed correctly, the video will allow you to continue to the next steps and begin stimulation.
12. Adjust the elongated metallic compartment on the headset so that it fits snugly against the scalp. If it feels loose, adjust the size at the back for a more secure fit—**always ensuring the sponges have good contact with the scalp.**
13. Once the video setup guide is completed, press the **“Stimulate”** button in the app to begin the session.
14. The stimulation begins, and the green light on the device flickers, indicating the session has started. The patient can continue daily activities, as long as these do not disturb the device placement.

The patient must avoid:

- Sleeping while wearing the headset
- Intense movement or exercise

- The patient **can use their phone**, as long as the app remains running in the background.

Yellow Dot and Timing- the yellow dot increasing in size indicates that the session is running smoothly

16. The session lasts **30 minutes**. When the circle is full, a sound will indicate completion and the **yellow dot will disappear**, meaning it is safe to remove the device.
17. While the patient is undergoing their stimulation session, they can go to the **Courses** section on the Flow app, where specific exercises and games are provided for patients to do during their neuromodulation program.
TIP: If the session is disrupted or paused, check the contact between the device and the scalp. If the contact is poor, remove and reposition the headset **without removing any compartments**. You may re-moisten the sponges—**check with Stavria regarding moistening instructions**.
18. Once the session ends, a light sound from the device will indicate it's safe to remove the headset.
19. To fully end the session and shut down the device, you must **rate the session** in the app. Once rated, the device turns off automatically. **THIS WAS NOT DONE OR SHOWN ON DEVICE BECAUSE OF APPLICATION ISSUES**

Side effects may include:

- Fatigue or low energy
- Hyperactivity or increased energy
- No noticeable change (also normal)
- **Rarely:** mild headache or dizziness (which usually resolves within a few hours)

Note: If hyperactivity occurs, it may be better to schedule the session earlier in the day. If fatigue is the outcome, evening sessions may be more suitable.

20. In the app, **both the patient and the clinician** can track the stimulation schedule—i.e., which days the patient needs to complete sessions.
21. The app allows **only one stimulation session of 30 minutes per day**.
TIP: If a patient misses their session during the day and performs it **after midnight**,

that session counts toward the **next day**, and they won't be able to stimulate again until the following day.

The patient and clinician can also track progress through the **Progress** section of the app. This offers an overview of answers from the weekly questionnaires and shows adherence to the stimulation program.

22. The Flow device needs to be charged **twice a week for 2 hours**. While charging, the light on the device blinks on and off continuously. There is no indicator showing when the device is fully charged—**always keep 2 hours in mind** before removing it from the charger.

If the battery is low, there is **no physical indication on the device**. However, if the battery is low, the app will notify you when selecting **Brain Stimulation**.

23. When the session is complete, remove the sponges from the headset and wash them with some soap and water and let them dry

24. Grap a dry paper tower and wipe off the excess moisture on the areas where the sponges where placed on the headset.