

# Doctor Visit Discussion Guide

**HFX™ is an FDA-approved, long-term treatment option for chronic pain.**

It's a small device that works inside your body to significantly reduce pain and improve your quality of life.



***Congratulations!  
Based on your survey responses HFX could relieve your pain!***

**Email or print this guide now and bring it to your next appointment.**



*HFX has given me back what I lost.  
It's given my life back.*

# Next Steps

## 1 Schedule a consultation with an HFX trained physician.

You can find a doctor in your area at: [NevroHFX.com/find-a-physician](https://NevroHFX.com/find-a-physician)  
If a referral is required, give pages 6 and 7 to your primary care provider.

### Scan to find a physician:

(Scan this code with your phone's camera)



## 2 Email or print this guide. Give pages 6 and 7 to your provider.

Review this guide so you're ready and bring it with you.

## 3 Speak with your HFX Coach if you provided a phone number.

Your HFX Coach will answer your questions, help you find an HFX trained physician, and connect you with these resources:



### Connect With a Patient Ambassador

Patient Ambassadors have volunteered to share their personal HFX experiences with you in a 1:1 conversation.



### Join a Live Webinar + Q&A With a Physician

Hear from pain management experts and get your questions answered in the live Q&A.

Save **1-844-331-1001** in your phone so you don't miss your HFX Coach call.

# How it Works

HFX spinal cord stimulation works by placing a small device, similar to a pacemaker, in your back in a same-day, outpatient procedure.

HFX safely blocks and reduces chronic pain signals traveling to the brain.

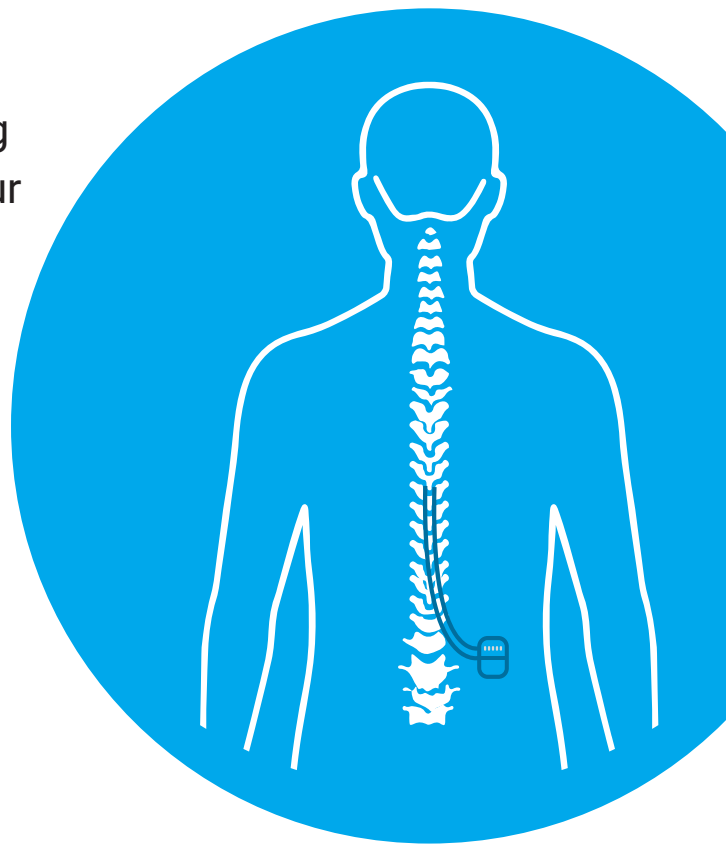
When pain signals are reduced, you experience less pain.

**See how HFX relieves chronic pain:**

(Scan this code with your phone's camera)



[youtube.com/watch?v=jVMecoMYs8I](https://youtube.com/watch?v=jVMecoMYs8I)



**HFX is safe and  
FDA approved**



**HFX is not a drug or  
major surgery**



**You can try HFX first  
before you decide**

## All Major Health Insurances Cover HFX

HFX is covered by all major commercial insurance plans, Medicaid, Medicare, Tricare, and workers comp in all states except Washington.

# Who is a Good Candidate for HFX?

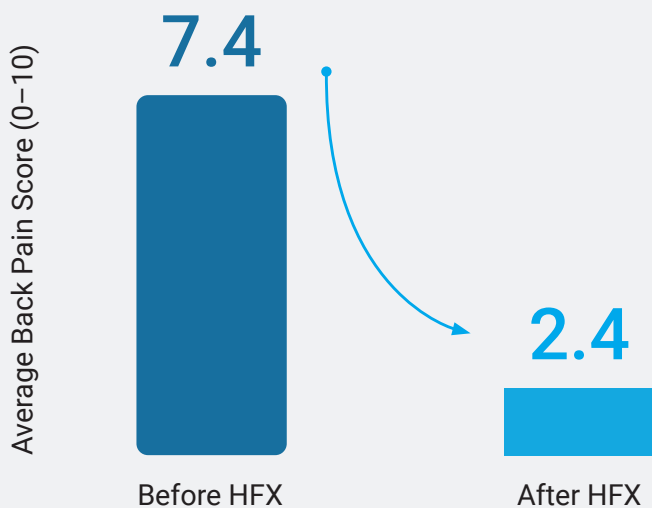
- ✓ Your pain is constant and has lasted for more than 6 months
- ✓ Most of your pain is nerve-related
- ✓ Your pain is located in your back, trunk, arms, or legs
- ✓ You still have pain after trying other pain management treatment options

HFX has helped over **80,000** people worldwide find long-term pain relief.

## Clinically Proven Pain Relief

**80% of people with chronic pain reported their pain scores decreased by more than half.**

### Significant Long-Term Pain Relief<sup>1</sup>



(N=156)



## Ask These Questions at Your Next Appointment:

- 1 Do you offer Nevro HFX spinal cord stimulation at your practice?  
(If your provider doesn't offer HFX, ask for a referral – see page 6)
- 2 Is spinal cord stimulation something I might be a good candidate for?
- 3 How much pain relief can I expect? Will Nevro HFX improve my quality of life?
- 4 Will I be able to decrease or stop taking my pain medication?
- 5 Is Nevro HFX covered by my insurance?
- 6 Is spinal cord stimulation safe? What are the possible side effects?
- 7 What are the next steps to try Nevro HFX?

## Add your questions below:

Q \_\_\_\_\_

A \_\_\_\_\_

Q \_\_\_\_\_

A \_\_\_\_\_

Q \_\_\_\_\_

A \_\_\_\_\_

Q \_\_\_\_\_

A \_\_\_\_\_

# Nevro HFX Referral Form

Evaluate the patient below for a Nevro HFX trial to treat chronic pain:

First and Last Name: \_\_\_\_\_ Primary Insurance: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

## Answer the Questions Below with Your Patient:

**How long have you been experiencing pain?**

Less than 6 months       6 months to 1 year       1 to 2 years       More than 2 years

## What have you already tried to manage your pain?

Prescription Opioids	Yes	No
Epidural Injections	Yes	No
Nerve Ablation	Yes	No
Spine Surgery	Yes	No
Spinal Cord Stimulation	Yes	No
Implantable Pain Pump	Yes	No
Exercise/Physical Therapy	Yes	No
Chiropractic Care	Yes	No
TENS Unit	Yes	No

## Treatment/Effectiveness Notes:

---

---

---

---

---

---

---

---

---

**What is your average level of daily pain? (Circle one)**

1       2       3       4       5       6       7       8       9       10

No Pain      Moderate Pain      Worst Pain Imaginable

Should any of the information above require clarification, please feel free to contact me:

Referring Dr. Name: \_\_\_\_\_ Fax Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

**Refer to a pain specialist for consideration of Nevro HFX**  
To find a pain physician experienced with HFX visit [NevroHFX.com/find-a-physician](https://NevroHFX.com/find-a-physician)

Scan Here:



# Referral Guide for Nevro HFX Spinal Cord Stimulation

## Good Candidates for Nevro HFX:

- Chronic intractable neuropathic pain of the trunk and limbs
- Refractory to less invasive treatments such as physical therapy, injections, and medications
- Failed back surgery (not a requirement)

**Refer to a pain specialist for consideration of Nevro HFX**

To find a pain physician experienced with HFX visit [NevroHFX.com/find-a-physician](https://NevroHFX.com/find-a-physician)

Scan Here:



**Nearly 80% achieved  
at least 50% pain  
relief<sup>1</sup>**



**88% more independent  
because of their  
reduced pain<sup>2</sup>**



**83% experienced  
a quality of life  
improvement<sup>3</sup>**

## All Major Health Insurances Cover Nevro HFX

HFX is covered by all major commercial insurance plans, Medicaid, Medicare, Tricare, and workers comp in all states except Washington.

For more clinical publications visit: [Nevro.com/English/us/publications/default.aspx](https://Nevro.com/English/us/publications/default.aspx)

**Or scan here:**

(Scan this code with your phone's camera)



**Rx Only:** Patient experiences with the Senza®, Senza II™ and Senza Omnia™ neuromodulation systems vary by individual, including the amount of pain relief. The occurrence of adverse effects associated with SCS implant surgery or use also varies by patient.

**Brief Summary:** A summary of important information follows. Please see [www.NevroHFX.com/safety](http://www.NevroHFX.com/safety) and the Senza®, Senza II™ and Senza Omnia™ Patient Manual (at <https://www.nevro.com/manuals>) for complete information. Please consult your doctor to fully understand Senza®, Senza II™ and Senza Omnia™ benefits and risks.

**Indications for Use:** The Senza®, Senza II™ and Senza Omnia™ neuromodulation systems are used as aids in the management of chronic intractable pain of the trunk and/or limbs. This includes pain associated with failed back surgery syndrome, intractable low back pain, and leg pain. The Senza®, Senza II™ and Senza Omnia™ neuromodulation systems, when programmed to include a frequency of 10 kHz, are indicated as aids in the management of chronic intractable pain of the lower limbs, including unilateral or bilateral pain, associated with diabetic neuropathy.

**Contraindications:** These include patients not fit for surgery.

**Warnings/Precautions:** There are warnings or precautions against or regarding: Senza®, Senza II™ and Senza Omnia™ use in patients who are or may become pregnant; patients undergoing diathermy or with other active implanted devices, or those undergoing CT scans, ultrasound or other procedures, among others.

**Adverse Effects:** Senza®, Senza II™ and Senza Omnia™ are implanted surgically, so surgical complications are possible, such as infection, pain, bleeding and, very rarely, paralysis or death. After Senza®, Senza II™ and Senza Omnia placement, potential side effects include allergy or infection, loss of pain relief, pain or uncomfortable stimulation, burns or device or component malfunction resulting in corrective surgery, lead replacement or device removal.

#### References:

1. Kapural L, et al. Comparison of 10-kHz High-Frequency and Traditional Low-Frequency Spinal Cord Stimulation for the Treatment of Chronic Back and Leg Pain: 24-month. Results from a Multicenter, Randomized, Controlled Pivotal Trial.
2. Calculated from patient survey data and functionality measures within the SENZA-RCT. Data on file.
3. Nevro patient satisfaction survey data. Data on file. Calculated 10/1/2019.