

TMS Therapy - Reference Guide

FDA-Approved for Major Depressive Disorder (MDD) in adults **15+** (self-pay available for ages **12-14**). Covered by **most major insurance, Medicare & Medicaid (WA)**. **Premera & Aetna** may cover **15-17-year-olds** with qualifying criteria.

- ❖ Targeted neuromodulation for the left DLPFC (Bilateral for generalized anxiety)
- ❖ Treatment schedule: 5 days/week, 6-9 weeks (30 sessions + tapering)
- ❖ Higher efficacy than medication trials alone
- ❖ Safe & non-invasive – No sedation or anesthesia
- ❖ Short-term side effects: Scalp irritation, mild headache, dizziness (usually resolve in a week)
- ❖ No long-term side effects

Device Used: CloudTMS (mycloudtms.com)

Contraindications

- ⊘ Cochlear/ferromagnetic implants in head/neck
- ⊘ Epileptic seizures
- ⊘ Mania or psychosis
- ⊘ CNS tumor (**case-dependent**)

Insurance Exclusions

- ❖ Schizophrenia, schizoaffective disorder
- ❖ Active suicidal ideation
- ❖ Dementia
- ❖ Bipolar disorder
- ❖ Active substance abuse (**<3 months sobriety**)

Insurance Criteria for Coverage

- ✓ Diagnosis of MDD, 18+ (**some plans cover 15+ if criteria met**)
- ✓ Failed 2-4 antidepressants (**different classes, 6+ weeks at max dose**)
- ✓ Completed psychotherapy (**if required by insurance**)
- ✓ **Retreatment eligibility:** ≥50% symptom reduction in prior TMS

TMS Solutions' Patient Advocate

☎ (844) 537-6747 ✉ PatientAdvocate@TMSsolutions.com 📠 (844) 204-2233

Streamlined Referrals

Refer a patient online: tmssolutions.com/refer-a-patient
Or have patients call us: **(844) 537-6747**

Notes:

Quick Reference Guide for Providers

