Ohio Veterans NOW

Neuromodulation
Operation
Wellness

Struggling with chronic stress, sleep, mood, or focus problems? Or struggling with substance use? Want help?

Call the Ohio Veterans NOW Team at: **614-665-7905** or **614-293-4840**
Web portal: **https://argonaut-recruiting.azurewebsites.net/portal/NOW**
For more information: **u.osu.edu/ohioveteransnow**

Who is eligible?

Ohio residents who are Veterans of the U.S. Armed Forces, National Guard, or Reserves.

What to expect:

Veterans helping Veterans - up to 60 visits over 12 months

- Initial screening, comprehensive medical, functional, & benefits assessments
- Personalized treatment plan, peer support, & health coaching
- Smart wearable technology and biometric assessments
- Data-driven TMS will be given in synch with a person's biorhythms
- Intensive data-driven TMS in clinic for 6 weeks (30 sessions) with therapies
- Transition to home-based TMS for 6 weeks (30 sessions)
- No out-of-pocket costs. Medical visits may be billed to eligible insurance

What is data-driven Transcranial Magnetic Stimulation (TMS)?

TMS is a non-invasive, brain stimulation procedure using a magnet to generate weak electrical currents; these weak currents can modulate brain activity. Data-driven TMS collects your biometric data to adjust stimulation rates to match your biorhythms and also measure your response to TMS.

How can data-driven TMS help to improve sleep, focus, and mental health?

Data-driven TMS targets "medial frontal" neural pathways (under your forehead) that are important for mood, craving, pain, sleep, and focus. By giving TMS tuned to your unique brain rhythms, we expect brain network activity to change, improving your systems. By pairing TMS with behavioral therapy, wellness education, medication management, and other health interventions, we hope to help you sustain improvements in your mood, physical well-being, and ability to function in society.

What are the risks of TMS?

Side effects may include facial twitching, thirst, low blood sugar, scalp sensations, or headaches. Rare side effects include syncope, seizures, or worsening of mood symptoms. Individuals with a history of neurologic conditions may have a higher risk of side effects. Individuals with certain implanted devices are not candidates for TMS.

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