

Doctor Visit Discussion Guide

Relief from painful diabetic neuropathy



Find out if HFX could help relieve your diabetic neuropathy pain by answering a few questions.

In This Guide:

- Next steps, about HFX, and FAQs
 - Questions for your doctor
 - For your doctor: referral form & guide
- **Save or print this guide and bring it to your next appointment.**

Nevro HFX™ is the most effective treatment for painful diabetic neuropathy, providing significant long-term relief when prescription medications fall short.¹⁻²



“I have all this relief and I take zero medication for my diabetic neuropathy. It’s unbelievable not having the side effects of those pain medications. I feel like I have a future.”

– Neil

Your Next Step



Answer a few questions to see if HFX could help relieve your diabetic neuropathy pain.

You can take the short assessment at www.HFXforPDN.com/#patient-assessment.



Provide your phone number at the end of the assessment so your HFX Coach™ can reach out to answer your questions and connect you with an HFX-trained doctor.

➤ Thank you but I don't need help...

You can simply search your zip code and find an HFX-trained doctor near you at www.HFXforPDN.com/find-a-physician. You can call any of the doctors listed in your area to set up an HFX consultation.

➤ Or scan this code to find a physician:

(Scan this code with your phone's camera)



➤ Print, save, or email this guide.

Review this guide and bring it with you to your HFX consultation.

If you have an appointment with your primary care doctor before your HFX consultation, give **pages 7 and 8** to your primary care doctor in case a referral is needed.

How it Works

Diabetic neuropathy is a type of nerve damage and those damaged nerves are overproducing and sending abnormal pain signals to your brain.

HFX is a small device that works inside your body to quiet those pain signals day and night.

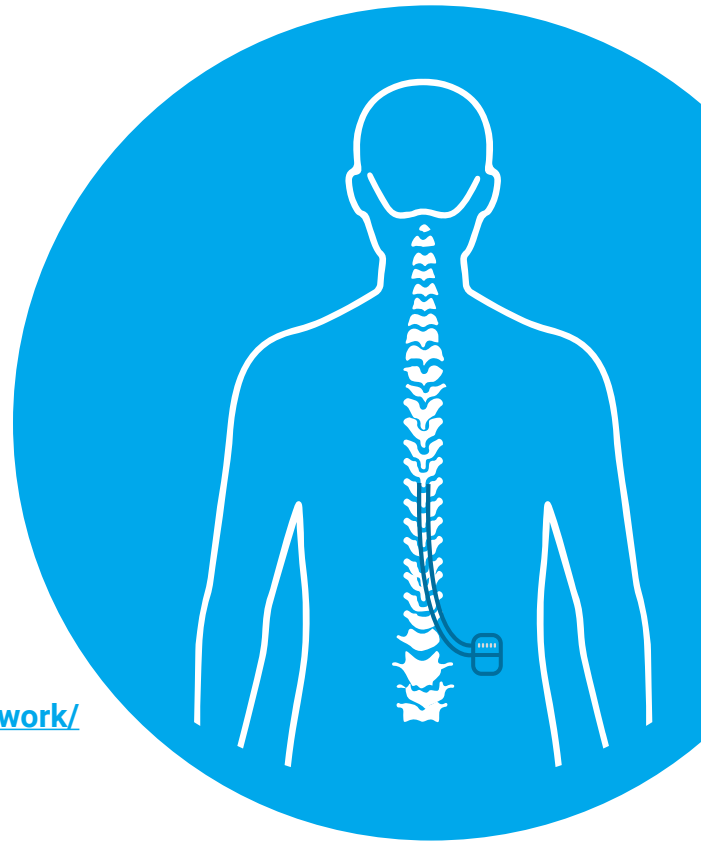
In a one-week temporary trial, you can see how HFX relieves your pain.

See how HFX relieves painful diabetic neuropathy:



Or visit

www.HFXforPDN.com/vlp/how-does-Nevro-HFX-work/



**HFX is safe and
FDA-approved**



**Reduce your pain
and improve your sleep¹**



**You try HFX first
before you decide**

All Major Health Insurances Cover HFX

HFX is covered by all major insurance plans, including Medicare & Medicare Supplemental plans, Medicaid, and VA/Tricare.

Who is a Good Candidate for HFX?

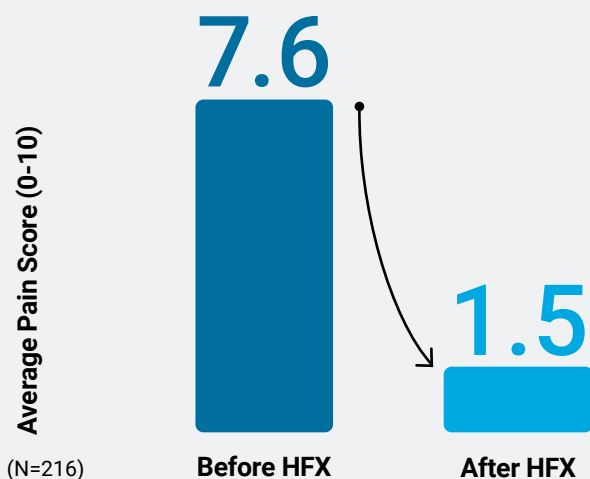
- ✓ You've been diagnosed with diabetic neuropathy
- ✓ You have pain in your feet or legs
- ✓ After trying 2 or more prescription medications: you still have pain or would like to avoid the side effects you're experiencing

HFX has helped over **100,000** people worldwide find long-term pain from chronic pain.

Clinically Proven Pain Relief

9 out of 10 people that weren't able to get relief from prescription medications, now experience significant long-term relief with HFX.¹

80% improvement in pain scores¹



Most people also experienced improved feeling in their feet.¹



Frequently Asked Questions

1 What is Nevro HFX? Is it safe? FDA-approved?

Nevro is the manufacturer of HFX: a small FDA-approved device that works inside your body to quiet the pain signals.

HFX has been proven to safely treat chronic pain for over 10 years in over 100,000 people. The procedure is minimally invasive & outpatient, which means you'll go home the same day.

In 2021 HFX was approved by the FDA specifically for painful diabetic neuropathy.

2 Is HFX covered by insurance?

Yes, HFX is covered by major insurance plans, including Medicare and VA/Tricare.

3 I've tried everything else. Why should I try this?

HFX is the most effective treatment for painful diabetic neuropathy, 9 out of 10 people found relief with HFX, even when conventional treatments, like prescription medications, didn't work.^{1,2}

4 Where can I get HFX?

HFX is offered nationwide. When your HFX Coach calls, they'll help you find an HFX-trained doctor near you, or if you prefer, you can find one near you at www.HFXforPDN.com/find-a-physician.

5 What are HFX-trained doctors?

Your HFX-trained doctor won't replace your primary doctor. HFX-trained doctors are usually pain management specialists or neurologists that have training and experience with the minimally invasive procedure to implant HFX.

6 What if I didn't provide my phone number or I miss your call?

Not to worry! You can call [1-844-331-1001](tel:1-844-331-1001) and request a callback.

7 Can I get an MRI with HFX?

Yes, with HFX you can safely have a full-body MRI scan.*

8 How long does the HFX battery last?

The HFX battery is designed to last at least 10 years. Once it is running low, the HFX battery is replaced during a simple outpatient procedure.

* Within conditional parameters. Refer to [Nevro HFX MRI Guidelines](#) for detailed information on MRI safety and conditions.

Ask These Questions at Your Next Appointment:

- 1 I'm still experiencing significant pain from my diabetic neuropathy, and/or side effects from the prescribed medications.
 - Is there anything else we could try?
- 2 How much longer do we wait before trying something else?
- 3 Are you aware of a new FDA-approved nondrug treatment for painful diabetic neuropathy (PDN) called Nevro HFX?
(If no, see page 8 for more information. Providers can also learn more & review published clinical trial data at www.HFXforPDN.com/healthcare-providers)
- 4 Do you think I might be a good candidate for HFX to treat my PDN?
(Provider: see page 8)
- 5 Do you offer Nevro HFX at your practice?
(If your provider doesn't offer HFX, ask for a referral — see page 7)

Add your questions below:

Referral Guide for Nevro HFX

Good Candidates for Nevro HFX:

- Diagnosed with diabetes
- HbA1c is less than or equal to 10%
- Diagnosed with Diabetic Neuropathy & experiencing pain in lower limbs
- Refractory to Conventional Medical Management (still has pain or limiting side effects after trying 2+ prescribed PDN medications)
- Deemed to be medically suitable for the procedure

Refer to a pain specialist for consideration of Nevro HFX

To find a pain physician experienced with HFX visit www.HFXforPDN.com/find-a-physician

Scan this code:



90% of patients have substantial, durable pain relief



80% average pain relief at 24-months¹



92% of patients were satisfied with their treatment¹

All Major Health Insurances Cover Nevro HFX

HFX is covered by all major insurance plans, including Medicare & Medicare Supplemental plans, Medicaid, and VA/Tricare.

For more clinical publications visit www.Nevro.com/English/us/publications/default.aspx

Or scan this code:



Important Information

Patient experiences with the HFX iQ™ or Senza Omnia™ spinal cord stimulation (SCS) system 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.

Indications for Use: The HFX iQ, Senza Omnia, and HFX Trial spinal cord stimulation systems aid in the management of chronic intractable pain of the trunk and/or limbs, including unilateral or bilateral pain associated with the following: failed back surgery syndrome, intractable low back pain, and leg pain. These 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 and the management of non-surgical refractory back pain (intractable back pain without prior surgery and not a candidate for back surgery). **Contraindications:** These include patients who are poor SCS surgical candidates, are unable to operate the SCS system and fail to receive effective pain relief during trial stimulation.

Warnings: Safety and effectiveness has not been established for pediatric use or in pregnancy. Interference with other implanted stimulators, such as cardiac pacemakers and defibrillators which have sensing features and may result in sensing problems or inappropriate responses. Sources of electromagnetic interference (theft detectors, security screening devices, power lines, RF equipment, mobile phones, radio systems, electrostatic discharge etc.) may interact with the system, resulting in unexpected changes in stimulation, serious patient injury and system damage. Energy from diathermy can be transferred through the implanted system and can cause tissue damage, resulting in severe injury or death. Senza implantable stimulators are MR conditional and scanning under different conditions may result in severe patient injury or device malfunction. Use of certain medical devices or procedures (electrocautery, radiation therapy, ultrasonic scanning) may result in device damage. Induced electrical currents from radiofrequency (RF) or microwave ablation may cause heating, resulting in tissue damage.

Precautions: Avoid activities that put stress on the implanted spinal cord stimulation system components. Safety has not been established for Transcranial Magnetic Stimulation (TMS) or Electroconvulsive Therapy (ECT) in patients who have an implanted SCS system. Patients experiencing persistent discomfort or excessive redness around the wound areas may need to be checked for infection by their physician. **Adverse Events:** May include hematoma, epidural hemorrhage, paralysis, pain at implant site, infection and other surgical risks. Device related adverse events may include loss of pain relief or paresthesia, undesirable change in stimulation (uncomfortable, jolting or shocking sensation), tissue reaction or allergy to implanted materials. Refer to www.HFXforPDN.com/safety for product safety information and www.Nevro.com/manuals for product manuals for complete indications, contraindications, warnings, precautions and potential adverse events.

References:

1. Petersen, E., et al. (2023). Long-term efficacy of high-frequency (10 kHz) spinal cord stimulation for the treatment of painful diabetic neuropathy: 24-Month results of a randomized controlled trial. *Diabetes Research and Clinical Practice*, 110865.
2. Hoelzer, B., et al. (2022). Indirect Comparison of 10 kHz Spinal Cord Stimulation (SCS) versus Traditional Low-Frequency SCS for the Treatment of Painful Diabetic Neuropathy: A Systematic Review of Randomized Controlled Trials. *Biomedicines*, 10, 2630.

HFX, the HFX logo, HFX COACH, NEVRO, and the NEVRO logo are trademarks or registered trademarks of Nevro Corp.

© 2024 Nevro Corp. All rights reserved.

S003641 V1.0