

Saving Time While Improving Client Compliance





Evidence-based mental health treatments are proven to be effective, but require clients to put in the work between sessions, just like physical therapy. This can be a tough challenge when clients struggle with mental health conditions that decrease engagement and motivation.

What happens in the 99% of time that clients aren't with their providers? When work or family or life just gets in the way?

NeuroFlow leverages five empirically proven techniques to boost engagement so that providers can extend their care without spending more time monitoring their clients.



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01. Push Notifications
 - Reminds clients to complete exercises like questionnaires, journaling, and mood ratings
 - ★ **Increases compliance by 30%**¹
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02. Financial Nudges
 - Motivates clients to stay compliant with their treatment plan using incentives like gift cards at no cost to providers
 - ★ **Improves adherence by over 40%**²
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03. Ecological Momentary Assessments
 - Mood, sleep, exertion, and stress ratings provide insight into trends over time
 - ★ **Outperforms pen-and-paper by 60%**³

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04. Caring Letters
 - Supports clients through automated motivational emails as a no-cost, zero-effort way to encourage engagement
 - ★ **Reduces suicide risk by up to 50%**⁴
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05. Data Visualization
 - Tracking progress boosts autonomous motivation and spurs meaningful behavior change^{5,6}
 - ★ **Increases health outcomes by over 60%**⁷

References: [1] Gandrud, L., et al. (2018). Intensive remote monitoring versus conventional care in type 1 diabetes: A randomized controlled trial. *Ped Diabetes*. [2] Phipps, E. J., et al. (2015). Impact of a rewards-based incentive program on promoting fruit and vegetable purchases. *Am J of Public Health*. [3] Moore, R. et al., (2016). Ecological momentary assessment versus standard assessment instruments for measuring mindfulness, depressed mood, and anxiety among older adults. *J. Psychiatr. Res.* [4] Motto, J., et al. (2001). A randomized controlled trial of postcrisis suicide prevention. *Psychiatric services*. [5] Wang, J., et al. (2016). Mobile and wearable device features that matter in promoting physical activity. *JMTM*. [6] The Kennedy Forum (2016). A Core Set of Outcome Measures for Behavioral Health Across Service Settings. [7] Cadmus-Bertram, L., et al. (2016) Randomized Trial of a Fitbit-Based Physical Activity Intervention for Women. *Am J Prev Med*.

About NeuroFlow

Health care providers are our heroes. NeuroFlow's mission is to help providers be there for their clients, even when they're not in the office together.

Our research-backed platform makes it easy to assess, track, and engage your clients without adding extra work to your busy schedule.



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