

# Ohio Veterans NOW

*Struggling with chronic stress and 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: [argonaut-recruiting.azurewebsites.net/portal/NOW](https://argonaut-recruiting.azurewebsites.net/portal/NOW)

For more information: [u.osu.edu/ohioveteransnow](https://u.osu.edu/ohioveteransnow)



## Who is eligible?

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

## What to expect:

Veterans helping veterans—up to 60 visits over 12 months

- Initial screening, comprehensive medical, functional and benefits assessments
- Personalized treatment plan, peer support and health coaching
- Smart wearable technology and biometric assessments
- Data-driven TMS will be given in sync 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 transcranial magnetic stimulation (TMS)?

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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 TMS help improve mental health and problem substance use?

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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 symptoms. 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?

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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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