

# Curio Digital Therapeutics Inc.

100 Overlook Drive, 2<sup>nd</sup> Floor | Princeton, NJ | 08540

## MamaLift Plus™

Patient

Information

Rx Only



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## Revision History

Version	Description of Change	Author	Date (mm-dd-yyyy)
1.0	Final Document	Sidhartha Shankar	11-15-2022

## PATIENT INFORMATION

### Instructions for Use

MamaLift Plus™ Prescription Digital Therapeutic for Perinatal Mood Disorders

### Indications for Use

MamaLift Plus™ is a prescription-only digital therapeutic intended to provide neurobehavioral interventions to female patients 18 years of age and older, as an adjunct to standard of care. MamaLift Plus treats patients with perinatal mood disorders (with mild to moderate symptoms of anxiety and depression) by improving a patient's symptoms of depression and anxiety.

### Who Should Not Use MamaLift Plus™ (Contraindications)

MamaLift Plus uses Cognitive Behavioral Therapy (CBT), Behavioral Activation Therapy (BAT), Interpersonal Therapy (IPT), and Dialectical Behavior Therapy (DBT). MamaLift Plus is not intended to be used as a stand-alone treatment and may not be appropriate for everyone.

You should not use MamaLift Plus if you have any of the following conditions:

- Severe depression or anxiety
- Serious Mental Illness (SMI)
- Psychosis
- Thoughts of harming yourself or others
- Patients under 18 years of age

### Warnings

MamaLift Plus is not for everyone.

- MamaLift Plus is not for emergency use. Please dial 911 or go to the nearest emergency room in the event of a medical emergency.
- Do not to use MamaLift Plus to communicate severe, critical, or urgent information to your Health Care Provider.
- MamaLift Plus is not meant to be used as a treatment without supervision of a Health Care Provider.
- MamaLift Plus is not meant to be a substitution for any treatment medication. You should continue to take your medications as directed by your doctor.
- MamaLift Plus contains sensitive medical information. Please protect your information by password-protecting your smartphone and tablet, and ensuring no one else may access your device.

Please read and follow the instructions provided in each module and stay with the therapy until the end to achieve the best result with MamaLift Plus. It is important to give honest and accurate answers when answering questions in the program.

## Device Description

MamaLift Plus is a 8-week Prescription Digital Therapeutic (PDT) for perinatal mood disorders. MamaLift Plus can be used on a mobile device, such as a smartphone or tablet. MamaLift Plus is available by prescription only. A licensed Health Care Provider (HCP) must prescribe MamaLift Plus and use of MamaLift Plus should be undertaken only under the supervised care of a Health Care Provider.

MamaLift Plus delivers digital Cognitive Behavioral Therapy (CBT), Behavioral Activation Therapy (BAT), Interpersonal Therapy (IPT), and Dialectical Behavior Therapy (DBT) for Perinatal Mood Disorder therapeutic content. CBT, BAT, IPT, and DBT are neurobehavioral treatments which focus on addressing the maladaptive behaviors, routines, and dysfunctional thoughts that perpetuate during perinatal mood disorders.

CBT, BAT, IPT, and DBT for perinatal mood disorders are typically delivered by a specialty-trained clinician either 1:1 or in group format. Standard delivery of CBT, BAT, IPT, and DBT for perinatal mood disorder usually occurs in weekly sessions over 8–10 weeks. This can be conceptualized as eight sessions or Modules that deliver proven behavioral and cognitive treatment strategies. MamaLift Plus delivers treatment with the following 8 treatment Modules or Weeks:

1. **Week 1:** This Week sets the stage for the therapeutic experience by discussing the science and types of therapy behind the program as well as the difference between postpartum blues and depression. You will understand the relationship between your thoughts and feelings and learn what to do when you find yourself overthinking. The trackers are introduced this week that weave BAT throughout the entire program.
2. **Week 2:** This Week is heavily focused on CBT. You will learn about automatic thoughts, negative thoughts, and 10 negative thinking styles. You will learn how to begin shifting their thinking to more healthy, adaptive thoughts by utilizing a Thought Record.
3. **Week 3:** This Week is focused on CBT and BAT. You will identify your unhelpful thinking styles, understand alternative constructive thinking methods, learn how to stop overthinking, and practice activities to shift and balance their thinking styles.
4. **Week 4:** This Week is focused on CBT. You will continue to work on Thought Records, learn ways to manage feeling overwhelmed, learn sleep management tips that are critical during the postpartum period, and review time management techniques.
5. **Week 5:** This Week is heavily focused on IPT as well as DBT. You will learn the science behind IPT and DBT and subsequently learn the DEARMAN technique and tap into your Wise Mind. You will practice social support strategies and learn effective ways to manage interpersonal conflict.
6. **Week 6:** This Week you will learn about postpartum anxiety and triggers for your anxiety and unproductive worry. You will practice strategies such as worry postponement, scheduling worry appointments, senses grounding exercises, and progressive muscle relaxation to manage your anxiety and triggers.
7. **Week 7:** This Week you will learn about getting back into a routine and coping with worries related to adjusting to the new role of motherhood. You will learn about effective ways to return to work as well as techniques to improve their body image.
8. **Week 8:** This Week prepares you for the future with various activities, such as writing in a gratitude journal and writing letters to your future self. You will also learn about the behavior chain and how to apply it. You will also learn self-confidence tips, meditation, and mantras.

MamaLift Plus includes daily trackers for Sleep, Mood, and Activities in which you should record information about your sleep, mood, and activities. The Resources section provides selected resources and content from each Module for review. The My Learnings section in Resources is available after the Module is completed.

## Patient Population

You should only use MamaLift Plus if you:

- Are 18 years or older with perinatal mood disorder
- Are able to read and understand English
- Have regular access to a mobile device (such as smartphone or tablet)
- Are familiar with how to use mobile apps (applications)
- Are able to upload data periodically, i.e., have internet/wireless connection access
- Are under the supervision of a Health Care Provider

## Why Did my Healthcare Provider Prescribe MamaLift Plus™?

You have been prescribed MamaLift Plus to help improve any symptoms of depression or anxiety you may have been feeling.

Therapeutic benefit from the use of MamaLift Plus is only possible for you if you follow the instructions and practice the exercises and strategies provided in the program. Treatment results may vary.

## Security

It is your responsibility to secure your mobile device (smartphone or tablet). If you use an iPhone or iPad, you should use a 6-digit passcode known only to you. If available, Touch ID or Face ID should be used. If you use an Android phone or tablet, you should use a password or 6-digit passcode and enable fingerprint-unlock if available.

It is your responsibility to update your phone or tablet operating system when recommended by the platform vendor (Apple or Google). Important security updates are included in operating system upgrades. The vendor will do this by notifying you on your device that an update is available for download and install.

## Additional Support

For additional support you can contact their Health Care Provider, or email MamaLift Plus support at [contact@curiodigitaltx.com](mailto:contact@curiodigitaltx.com).

## Patient Usage

You should complete all 8 treatment Modules. Patients who have completed all 8 Modules have shown the best outcomes.

Each module should be completed on a frequency of one module every 7 days.

You should complete your Sleep, Mood, and Activity trackers daily.

Your access to MamaLift Plus will automatically discontinue after 10 weeks. The prescription will end automatically based on the start date.

## Downloading MamaLift Plus

You will be able to download MamaLift Plus to access the product. Below are instructions needed to obtain access to MamaLift Plus:

To download MamaLift Plus on the **iPhone or iPad**:

- Tap the App Store icon on the home screen.
- Tap the search icon and type “MamaLift Plus.”
- Tap the “GET” button. The patient may need to enter their Apple ID and password or use Touch ID or Face ID to approve the download.
- When MamaLift Plus is downloading, the MamaLift Plus icon will be visible on the home screen. Download progress is indicated within the icon.
- Tap the MamaLift Plus icon to open the app when download completes.

To download MamaLift Plus on an **Android phone or tablet**:

- Tap on the Play Store app on the Android phone.
- Tap on the search bar and type “MamaLift Plus”.
- Tap “Install”
- When MamaLift Plus is downloaded, wither tap “Open” in the Play Store
- Or, go to the home screen and tap the MamaLift Plus icon.

## Compatible Devices

MamaLift Plus is compatible with mobile devices (including smartphone and tablet) running:

- IOS version 9.0 or higher

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- Android version 5.0 or higher

Please ensure your mobile device is running an Operating System (OS) version matching those above. If not, then please take the time to update your software version before downloading and using MamaLift Plus.

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Curio Digital Therapeutics, Inc.  
100 Overlook Drive, 2<sup>nd</sup> Floor  
Princeton, NJ 08540