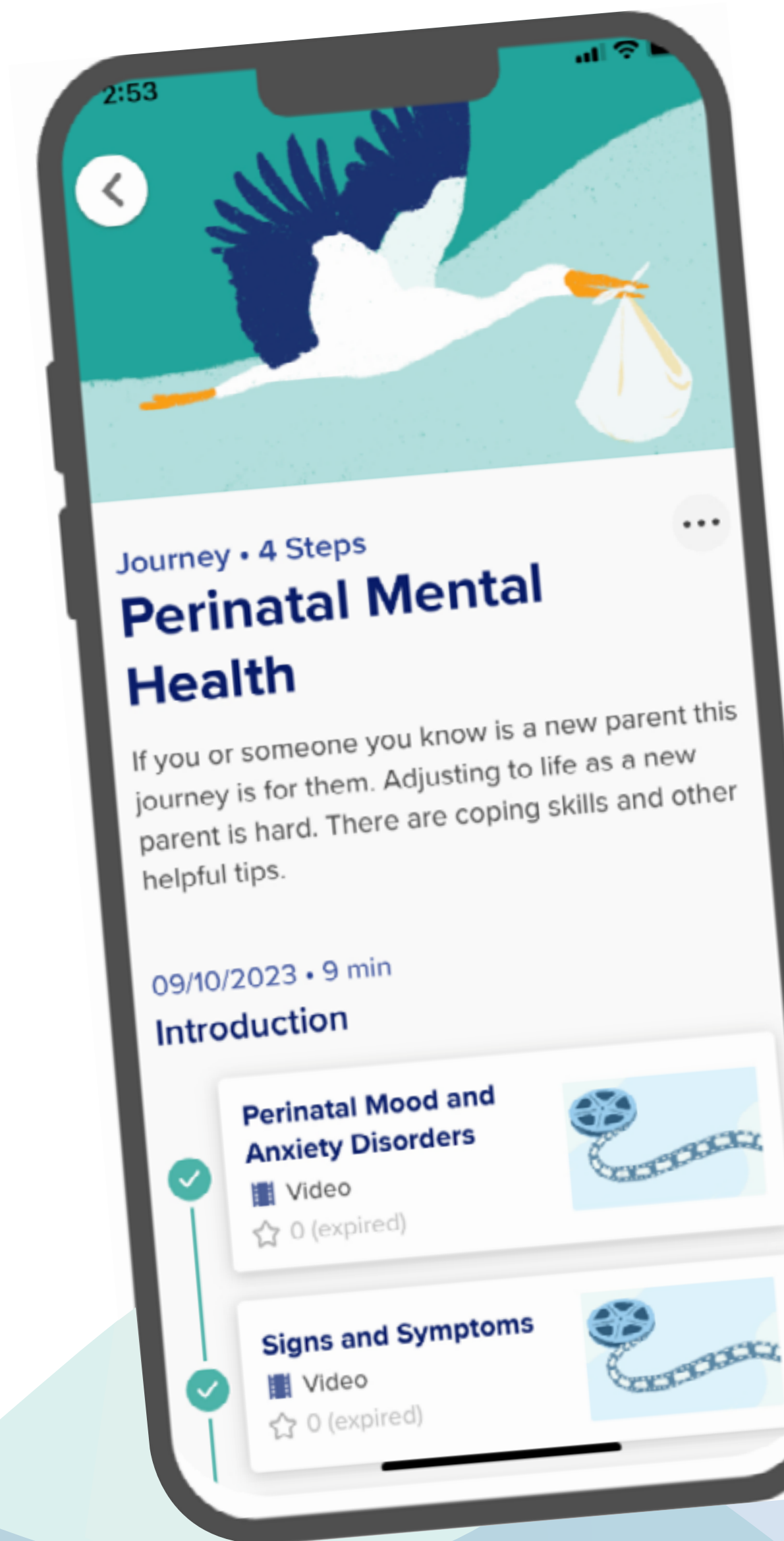




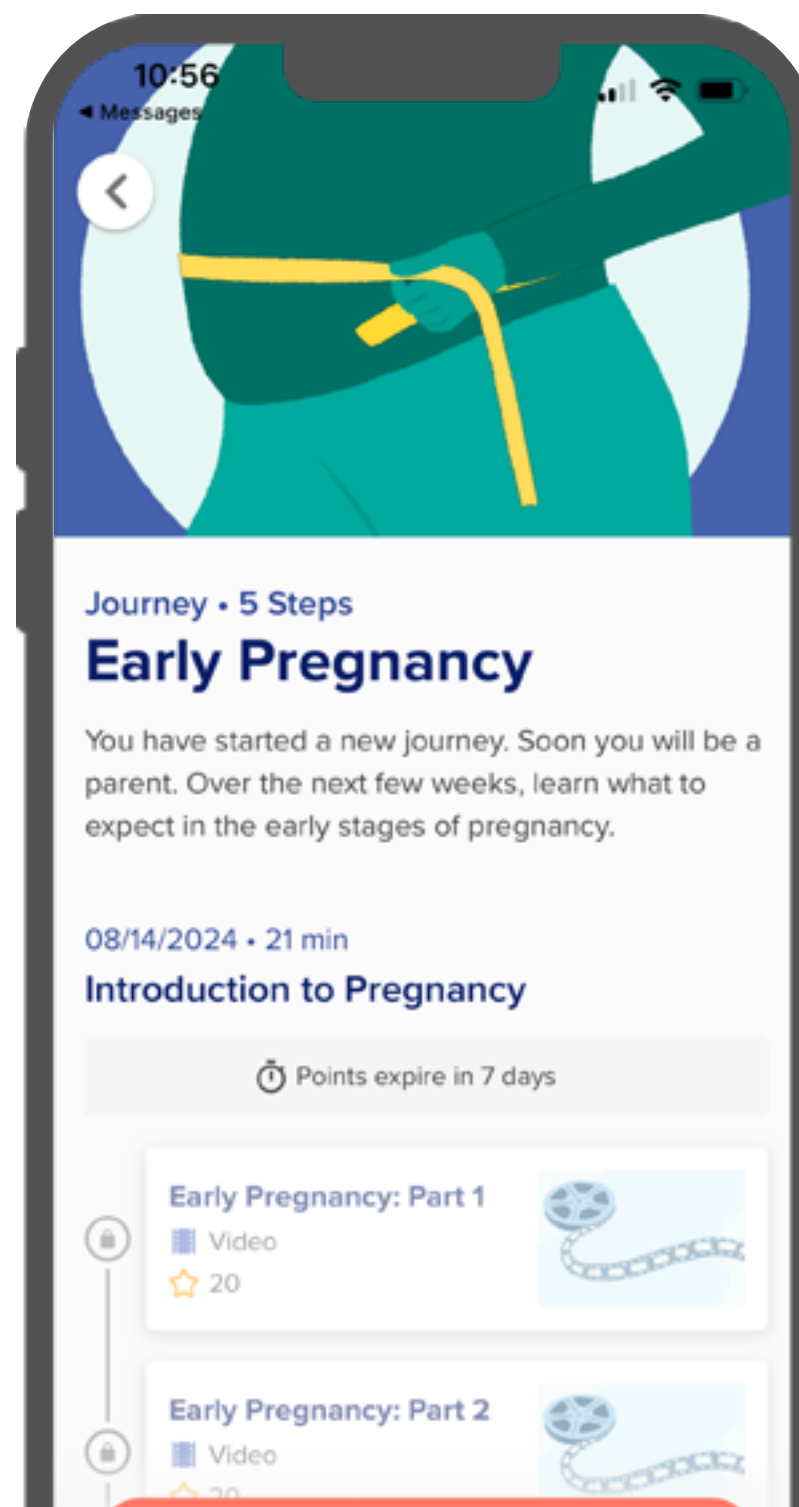
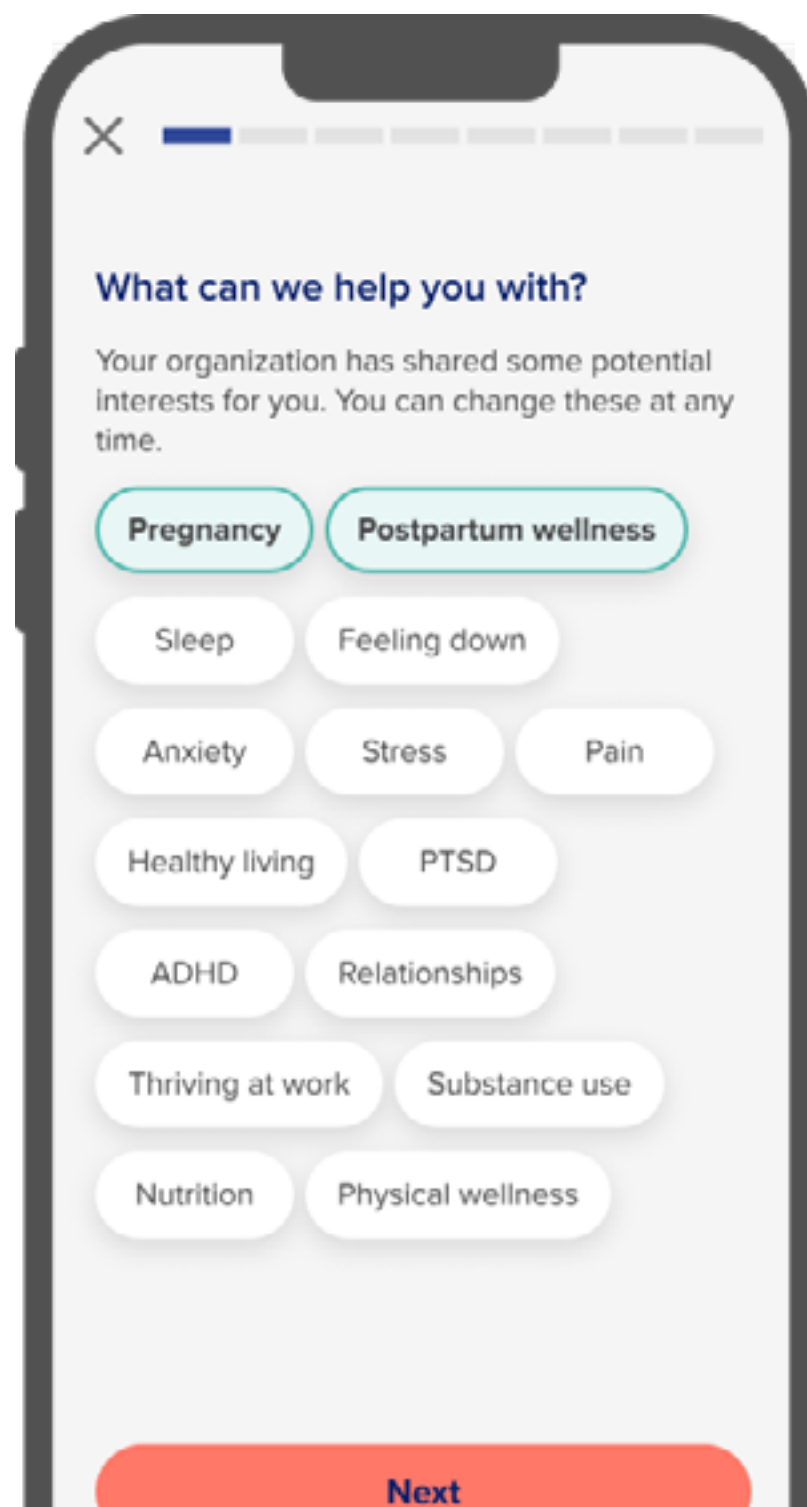
What to Expect from NeuroFlow's Maternal Mental Health Care Pathway

NeuroFlow supports parents at every stage of pregnancy, ensuring they feel supported throughout this life-changing journey.



Laura's Story

Laura recently discovered she was pregnant, and as a new parent, she isn't sure what she should expect in the months ahead. Her provider is helpful and informative, but Laura is looking for additional education that she can pursue on her own time. Luckily, her health plan offers NeuroFlow, which Laura has used in the past to help manage her anxiety.



First & Second Trimester

- 1 **Laura received an email asking what content she wants to receive from NeuroFlow.** She sees pregnancy content and selects it. The link leads her to her NeuroFlow profile where she can add her due date.
- 2 **Laura is in the middle of her first trimester.** She is assigned a PHQ-9 and GAD-7 to check her depression and anxiety levels. Her results show she is feeling well, and she's introduced to pregnancy content to prepare her for the journey ahead.

First & Second Trimester Content:

- Depression and anxiety clinical assessments
- What to expect early in pregnancy
- Perinatal behavioral health symptoms
- Healthy diet and exercise while pregnant
- Creating a support system

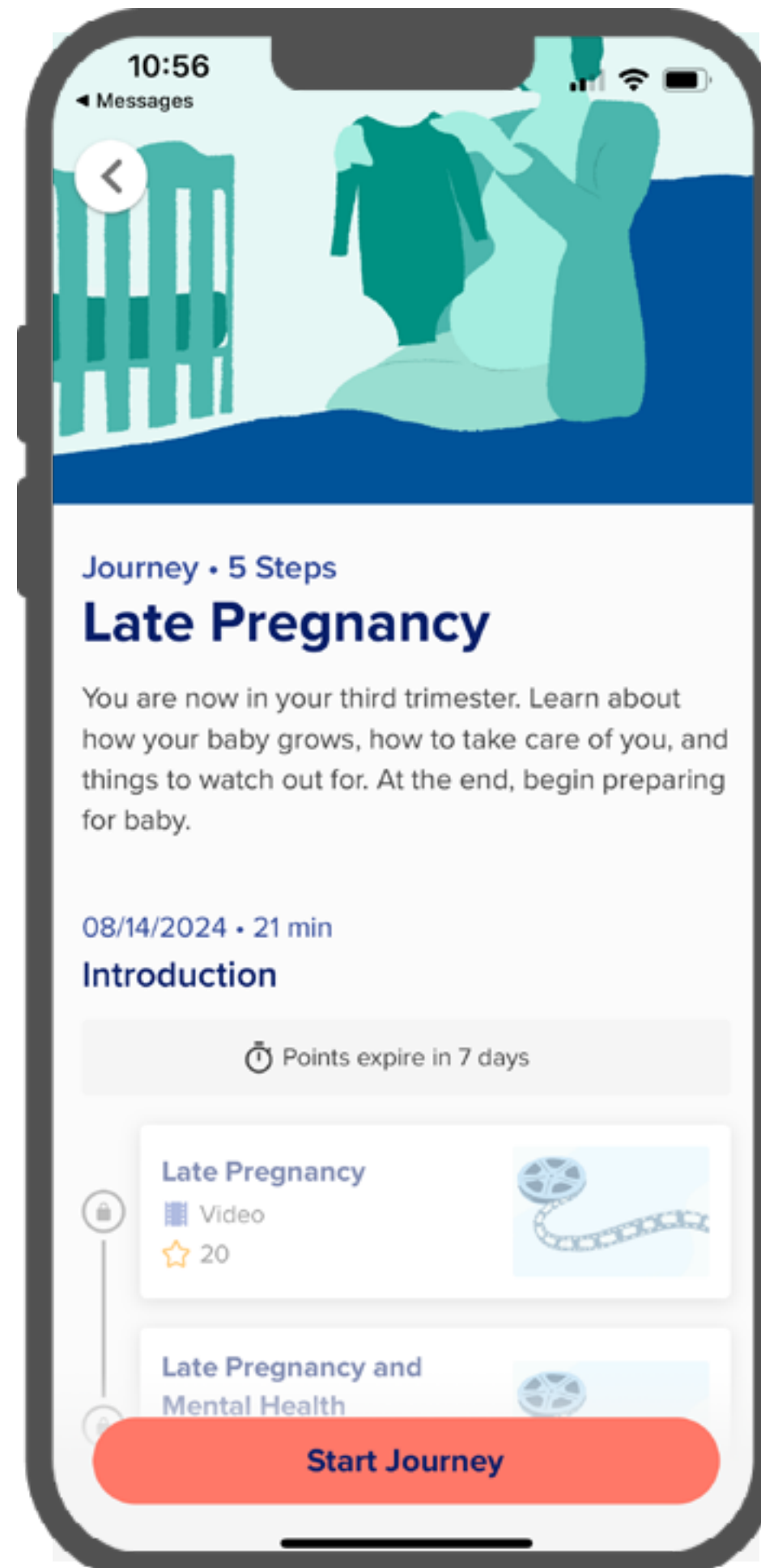
- 3 **Laura's latest assessment suggests her anxiety symptoms have increased.** As a result, she spends more time engaging with NeuroFlow's guided meditations and anxiety content.

Third Trimester

- 4** **Laura begins receiving a perinatal depression assessment.** The Edinburgh Postnatal Depression Scale (EDPS) is a screener specifically for identifying pregnancy-related depression.
- 5** **Laura prepares for childbirth.** NeuroFlow assigns her content that will prepare her for the final months of pregnancy.

Third Trimester Content:

- Depression and anxiety clinical assessments
- Information on breastfeeding
- Birth planning content
- Preparing to bring baby home
- How to identify labor symptoms

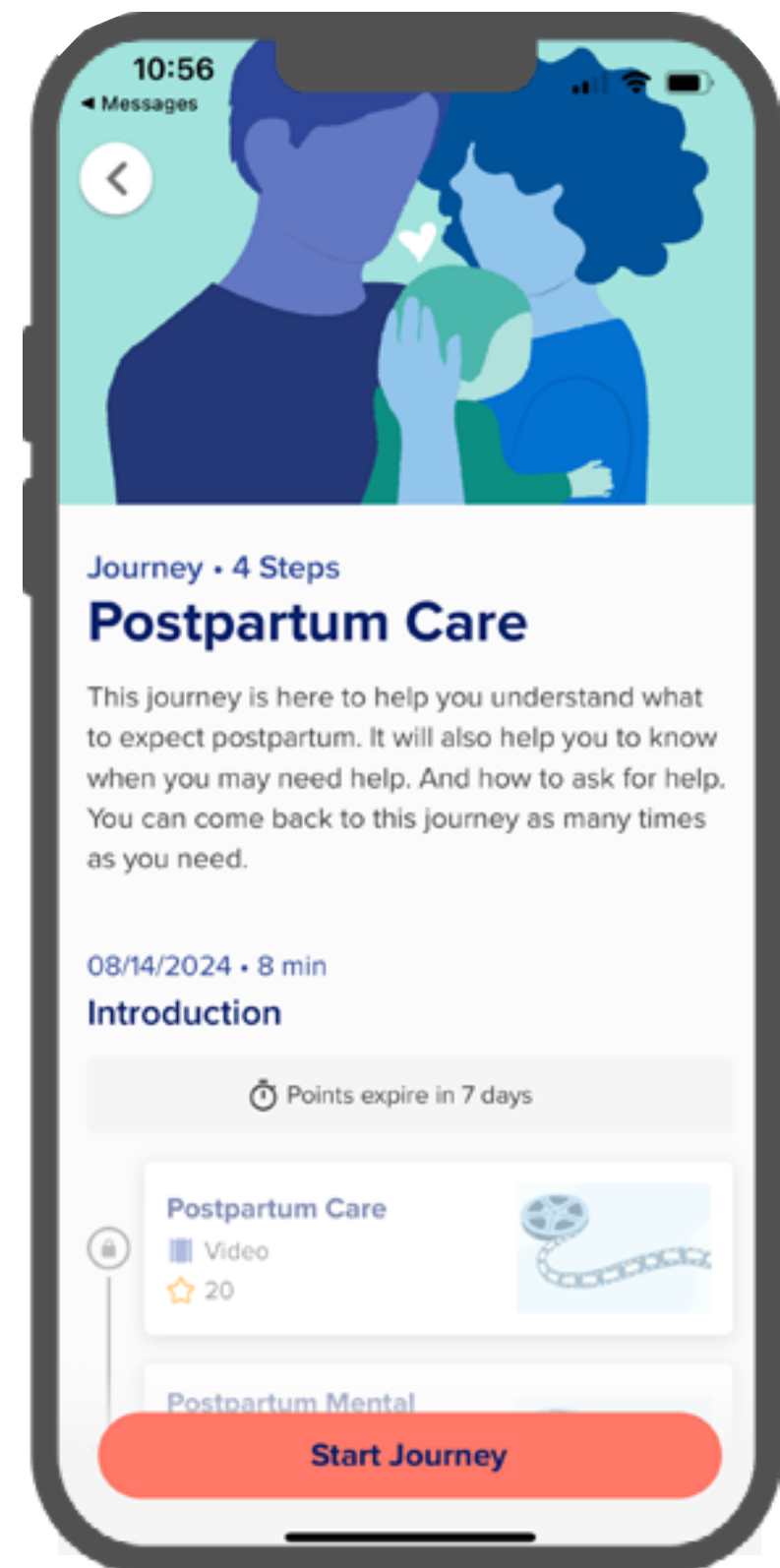


Postpartum

- 6 **Laura's baby is born.** She continues to receive EPDS assessments to track signs of postpartum depression.
- 7 **NeuroFlow supports Laura through this new phase of life.** She receives new postpartum content to coach her through coping skills, self-compassion, and navigating the fourth trimester.

Postpartum Content:

- Depression and anxiety clinical assessments
- Content on postpartum care
- Guidance on sleep management
- The importance of keeping medical appointments
- Warning signs of postpartum depression
- Return to work content



With these resources, Laura is guided through every stage of pregnancy with tailored assessments and resources that help her navigate this new period of life. Having a care companion helps Laura feel prepared for what's to come and stay on top of her mental health. NeuroFlow ensures Laura's mental health symptoms are identified and addressed early, helping her avoid high-cost healthcare utilization.

Learn more about NeuroFlow's maternal mental health care pathways [here](#).