



WellBrain Patient Information Sheet

Chronic pain can affect every aspect of our lives, including our mental health. Many patients become so focused on alleviating physical aches that the psychological effects of chronic pain are often neglected.

Clinical studies suggest there is a bidirectional relationship between pain and mental health, due in part to shared neural mechanisms. In a recent study, 77% of people who suffered from chronic pain reported feeling depressed. Over 85% of chronic pain patients said that they had difficulty sleeping. Ignoring the toll chronic pain has on the mind can be a major mistake. Your mental state can exacerbate your physical pain, making it even more difficult to manage.

That's why our clinic is implementing WellBrain.

WellBrain is an app based service that allows your healthcare provider to better understand your specific health needs, enabling more personalized treatment plans. Additional benefits include app based tools such as mindful meditation, offered at no cost to you.

Getting Started:

1. Complete the WellBrain Assessments on the iPad app provided by our clinical team.
2. During the assessments, please enter your email when prompted.
3. You will receive a "Welcome to WellBrain" email with a link to download the WellBrainGo app and your login/password.
4. Download WellBrainGo app and you are ready to WellBrain! (PC, iPad, iPhone and android devices).
5. Begin using your Rx for Mindful Meditation immediately!
6. Between visits you will be asked to share updates via the WellBrainGo app as part of your personalized treatment plans.

We encourage you to interact with your WellbrainGo app daily!

Practicing mindful meditation for 10 minutes per day has been proven to greatly reduce pain intensity and change your brain for the better. Think about mindful meditation as "a gym for the brain", providing you with relief that is almost as powerful as morphine.

Functional MRI studies show that practicing mindfulness can help promote growth in the area of the brain which helps us better manage our pain, while also positively impacting the part of our brain that responds emotionally to pain.

Need assistance with the WellBrainGo app? Email: support@wellbrain.io

