

Dear Doctor,

We have prepared for you a short overview of the SilentCloud advanced tinnitus management program, as well as detailed instructions on how to fill out the Prescription Form.

You can also provide digital prescriptions via our SilentCloud ENT Dashboard once you have a registered account (visit silentcloud.com for more information).

SilentCloud is a CE marked medical app for self-paced management of bothersome tinnitus.



The approach used by SilentCloud is built on clinical recommendations for successful tinnitus management, including tinnitus assessment tools, established sound therapies, iCBT, counseling and relaxation aids.

Tinnitus Characterization

While on their SilentCloud journey, the patients are invited to complete questionnaires and other assessments among which:

- tinnitus severity with the Tinnitus Handicap Inventory (THI)
- tinnitus self-pitch-matching
- hearing screening

Tinnitus Management

The outcomes of the tinnitus characterization are used to tailor the user's tinnitus management plan. Several modules are available to help the patient take control of their tinnitus. Knowledge is power and "Your Tinnitus Tutor" includes 17 lessons to help the patient understand tinnitus better. "Your Calm Corner" offers a library of sounds and exercises to help the patient tune out tinnitus.

Advanced therapies require an ENT prescription and are available in 2 additional modules. In "Your Counseling Therapy", 40 self-paced sessions of internet-based **Cognitive Behavioral Therapy (iCBT)** aim at transforming the way the patient thinks about their tinnitus. Existing CBT protocols have been tailored for online-based CBT (iCBT). CBT has been shown to reduce THI by 39%*.



"Your Sound Therapies" includes three different types of **sound therapy – foundational sound** (pink noise), **customized sound** (sound individually adjusted for the patient) and **advanced sound** (a neuromodulation approach for tonal tinnitus).

The patient is advised to use sound therapy at levels just above the hearing threshold and sound therapies are intended to be used for half a year.

We do not recommend using **SilentCloud** in case of an existing severe mental disorder. On the Prescription form, you will find further contraindications (e.g. Morbus Meniere) listed for sound therapy.

Fill Out the Paper Prescription Form

Top Section

Please fill out the First Name and Last Name of the Patient, as well as the Patient's Date of Birth.

Then please enter your First Name and Last Name.

Please indicate, based on your diagnosis, if the patient has subjective or objective tinnitus.

Finally, indicate whether the patient is eligible for **SilentCloud** tinnitus management. That is, iCBT and/or Sound Therapy, based on your assessment and review of the relevant contraindications, listed on the bottom of the form. Please check (YES) or (NO) accordingly.

Signature Block

Please sign and date the form and return it to the patient. Please make a copy for your records.

Sincerely,
Your SilentCloud Team

*<https://silentcloud.com/scientific-evidence/>

Prescription Form

The intended target group of SilentCloud are patients (adult tinnitus patients over 18 years) suffering from subjective Tinnitus.

Patient

First Name

Last Name

Date of Birth

Prescribing Professional (ENT/AUD/HCP)

First Name

Last Name

Assessment of Subjective/ Objective Tinnitus

I hereby confirm that the patient suffers from:

Subjective Tinnitus Objective Tinnitus

Indication for Hearing aid

Yes No

SilentCloud Therapy Prescription

I hereby prescribe SilentCloud Tinnitus Management for the above patient, which may include Sound Therapy and / or internet based Cognitive Behavioral Therapy and Counseling (circle applicable)

Sound Therapy^{*(1)(2)} and iCBT & Counseling^{*(1)}

Date of Signing

Signature & Stamp

*Contra-Indications:

(1) Severe Mental Disorders

(2) Auditory Hallucinations, Symptomatic Hearing Disorders, Meniere's Disease, Brainstem Diseases, Psychiatric Disorders, Other Insufficiently treated Serious Comorbidities (e.g. active infection, malignant cancer, active neurological pathologies), Temporomandibular Joint Disorders, Objective Tinnitus, Visible congenital or traumatic deformity of the ear, History of active drainage from the ear within the previous 90 days, History of sudden or rapidly progressive hearing loss within the previous 90 days, History of semicircular canal dehiscence syndrome Active Cervical Pain, Active Sore Throat