# PATIENT INFORMATION
## Brief Summary Instructions

## reSET®
**Prescription Digital Therapeutic Software**

**This patient information leaflet does not include all the information needed to use reSET safely and effectively. Please see full Patient Directions for Use within the reSET app for complete Important Safety Information.**

## Important Safety Information:
**Warnings/precautions:** Do not use reSET to communicate any emergency, urgent or critical information. reSET does not include features that can send alerts or warnings to your clinician. If you have feelings or thoughts of harming yourself or others, please dial 911 or go to the nearest emergency room.

reSET is intended for patients whose primary language is English, who have access to an Android/iOS tablet or smartphone and are familiar with the use of smartphone applications (apps). You should be able to upload data periodically, i.e. have internet/wireless connection access.

reSET should only be used by individuals who are enrolled or participating in an SUD treatment program. It should be used with face-to-face counseling and contingency management (a program that provides incentives for participation in your treatment program). It is not intended to replace outpatient treatment.

reSET is not intended to be used as stand-alone therapy for Substance Use Disorder (SUD) and does not replace care by your provider. reSET is not a substitute for your medications. You should continue to take your medications as directed by your provider.

## What is reSET?

reSET is a prescription digital therapeutic for Substance Use Disorder (SUD). reSET is available by prescription only for patients 18 years of age or older. reSET is intended to provide cognitive behavioral therapy, as an adjunct to a contingency management system, and is meant to be used in conjunction with in-office therapy sessions with your SUD clinician.

The long-term benefit of treatment with reSET on abstinence has not been evaluated in studies lasting beyond 12 weeks (90 days) in the SUD population. The ability of reSET to prevent potential relapse after treatment discontinuation has not been studied. The safety and effectiveness of reSET has not been established in patients enrolled in opioid treatment programs.

## How to Start Using reSET:

The following steps will help guide your use of reSET:

- Your clinician will prescribe reSET and you will be contacted by a patient care specialist from reSET Connect™ by Pear Therapeutics, Inc.
- The patient care specialist will guide you through downloading the reSET app from the Apple App Store or Google Play Store on your smartphone and tablet, and then provide you with an access code that you will enter into the app, along with the email address that you shared with your doctor. You must have this access code to use reSET.
- Next, you need to set a password that is at least 8 characters in length and includes one capital letter and a special character (i.e. !,@,#,$,%,.^,*,( ),+,=,?>,<) You will only need this password if you need to delete/reinstall the app or get a new phone or tablet.
- Once your password is set, you can then begin working and learning with reSET. This includes completing lessons, answering quiz questions, and reporting your substance use, cravings, and triggers.
- reSET uses positive reinforcement to encourage your progress, including the lessons you complete and any results of your drug screen testing.
- During the 12-week (90 day) treatment period, you will continue to see your clinician, who will review your progress using the app and data you have reported.

Please see full Patient Directions for Use for complete instructions on how to use reSET and how to share information with your clinician.

## What Operating Systems Does reSET Support?

- iOS
- Android

## General Information About the Safe and Effective Use of reSET:

You should only use reSET if enrolled in an SUD treatment program. reSET is meant to be used in conjunction with in-office therapy sessions with your SUD clinician. reSET is not intended to reduce face-to-face time with your clinician. There are no contraindications to using reSET.

**Please see full Patient Directions for Use for complete Important Safety Information.**

## Indications for Use Statement:

reSET is intended to provide cognitive behavioral therapy, as an adjunct to a contingency management system, for patients 18 years of age and older who are currently enrolled in outpatient treatment under the supervision of a clinician. reSET is indicated as a 12-week (90-days) prescription-only treatment for patients with Substance Use Disorder (SUD), who are not currently on opioid replacement therapy, who do not abuse alcohol solely, or who do not abuse opioids as their primary substance of abuse.

It is intended to:
- increase abstinence from a patient's substances of abuse during treatment, and
- increase retention in the outpatient treatment program.

## Additional Support Available:

For additional support with any aspect of the reSET app, you can contact reSET Connect™ via email at pearconnect@peartherapeutics.com or by phone at 1-833-MYRESET (1-833-697-3738).