Talking to your neurologist about Cala kIQ® Plus

Bring this to your Neura Health video visit. It's meant to help the two of you decide together whether Cala kIQ® Plus, a wrist-worn, drug-free device for action hand tremor, is a fit for you.

What is Cala kIQ® Plus?

A wrist-worn device that delivers Cala TAPS® therapy, a drug-free treatment for action hand tremor in essential tremor or Parkinson's disease. Each 40-minute session is started when you need it. Before every session, the device measures your tremor and adjusts stimulation to match, with three therapy modes to find what works for you. It can be used alongside tremor medication you already take.

Is this worth discussing?

Consider raising it if:

- A hand tremor gets in the way of writing, eating or drinking
- You'd rather not add another daily medication, or your current one isn't enough
- You're not sure whether it's essential tremor, Parkinson's, or something else
- You're on Medicare or VA benefits and want to know what's covered first

Questions to ask

1. Is my tremor a good match for Cala kIQ® Plus?
2. How would this work alongside my current tremor medication?
3. What results should I realistically expect, and how soon?
4. Will Medicare or my plan cover the device, and what will I owe?
5. What happens at follow-up if it isn't helping enough?

Notes from my visit

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Tremor tracker

Plot your tremor whenever you notice it. Mark a dot for how severe it felt, then connect the dots. Write in your own date/time labels below and note what "mild" through "severe" means to you.

Prepare for your visit

- When did you first notice the tremor, and has it changed over time?
- What tasks does it interfere with most (writing, eating, drinking, dressing)?
- Does anything make it noticeably better or worse (stress, caffeine, time of day)?
- What medications and doses are you currently taking for it, if any?
- Does anyone else in your family have a similar tremor?

Other questions for my provider

This guide is informational and is not medical advice. Whether Cala kIQ® Plus is appropriate for you is a decision for you and your prescribing clinician.