

Considering Home Phototherapy?

Congratulations — you're taking the first steps on your journey towards clearer skin and we're excited you're here!

Home phototherapy is an FDA cleared, safe and proven treatment trusted by dermatologists to help manage chronic skin conditions like psoriasis, eczema, CTCL (Cutaneous T- Cell Lymphoma) and vitiligo.³

Phothera will guide you through every step, from verifying insurance and shipping your device to ongoing support once your treatment begins.

LET'S GET YOU STARTED.

What Is Home Phototherapy?

Home phototherapy uses safe, controlled doses of light to treat skin conditions such as psoriasis, eczema, and vitiligo - right from the comfort of your home.

It's the same dermatologist-recommended therapy used in clinics, but designed for home use with modern technology for safety and ease.

Why Patients Choose Home Phototherapy?



Safe: FDA-cleared, clinically proven, and effective for varying skin types — even for children¹, the elderly², and pregnant women³.



Convenient: Most patients treat 2–3 times a week at home - no travel or office visits required.



Effective: Home phototherapy has been clinically proven to have comparable clearance rates to some of the leading biologics³.



Affordable: Home phototherapy is widely covered by insurance.



**82% of Psoriasis Patients saw
NEARLY CLEAR SKIN at just
5 WEEKS⁴**

What Happens After Your Prescription?

Here's what happens once your dermatologist sends your prescription to Phothera:

- ① **Prescription Sent**
Your provider sends your prescription directly to Phothera, the manufacturer of your home phototherapy device.
- ② **Confirm Your Details**
Phothera will email and text you (twice) to confirm your shipping address and contact details.

This is also your opportunity to make any changes or updates before your order ships.
- ③ **Device Shipment**
After two texts, your device will be shipped.

Device ships for free directly to your home.
- ④ **Insurance & Costs**
You'll receive an Explanation of Benefits (EOB) from your insurer and a bill for any out-of-pocket cost (if applicable).
- ⑤ **Phothera Cares – Patient Financial Assistance Program**
If affordability is a concern, Phothera Cares can help. Our financial assistance program ensures cost is never a barrier to treatment.

Apply online at phothera.com/patients/phothera-cares
- ⑥ **After Shipment**
We encourage you to carefully review the texts and emails you receive throughout the process. Once your device ships, you'll receive a shipment notification.

Our policy is to promptly fulfill your prescription. Please note that any cancellations after shipment must come from your provider.

1. Myers E, Kheradmand S, Miller R. An Update on Narrowband Ultraviolet B Therapy for the Treatment of Skin Diseases. *Cureus*. 2021 Nov 13;13(11):e19182. doi: 10.7759/cureus.19182. PMID: 34873522; PMCID: PMC8634827.
2. Bulur, I., Erdogan, H. K., Aksu, A. E., Karapinar, T., & Saracoglu, Z. N. (2018). The efficacy and safety of phototherapy in geriatric patients: a retrospective study. *Anais brasileiros de dermatologia*, 93(1), 33–38. <https://doi.org/10.1590/abd1806-4841.20185468>
3. Fernández-Guarino M, Abouin González S, González-Cantero A, Arsuaga C, Lázaro P (2020) Phototherapy with Narrow-Band Ultraviolet B in Adult Psoriasis: A Study in Clinical Practice. *J Clin Exp Dermatol Res*. 11:521. DOI: 10.35248/2155-9554.2011.521
4. Suberythemogenic narrow-band UVB is markedly more effective than conventional UVB in treatment of psoriasis vulgaris. Walters, et al. *Journal of the American Academy of Dermatology*, Volume 40, Issue 6, June 1999, Pages 893-900



Ask About Guided Mode

Guided Mode is your at-home phototherapy co-pilot. Ensuring safety and simplicity through easy-to-follow, step-by-step instructions.

Only Guided Mode Offers:

- **Ease of Use:** Clear, on-screen prompts guide you through every step – so treatment feels effortless, never complicated.
- **Built-in Safety :** Smart functionality adds guardrails to every session, protecting your skin and ensuring safe, consistent therapy every time.
- **Confidence:** Guided Mode automatically tracks and adjusts your dosing with each treatment – keeping you safely on course toward clearer skin.
- **Touchscreen Simplicity:** Modern, intuitive, and familiar. Administering home phototherapy is now as easy as sending a text.



See it in action

Get to Know Your Device

Whether treating small areas or the entire body, Phothera offers a device for every need. Each is thoughtfully engineered to fit easily at home—the largest model takes up only two square feet.

Device:	Weight & Dims.:	Device Description & Usage:
 Phothera 1001XL	3 lbs 4 oz	Handheld device designed for spot treatment throughout the body e.g., the scalp *not available with Guided Mode
	Wand Length: 9"	
 Phothera 2001	9 lbs	Panel device (2 sq ft) ideal for hands or feet treatment. Guided Mode touchscreen controller guides patients through every treatment.
	Height: 22.5" Depth: 3.5" Width: 9.5"	
 Phothera 60013D	125 lbs	8 or 12 lamp, full body coverage. Guided Mode touchscreen controller guides patients through every treatment. Where available, free inside home delivery included (does not include in-home setup).
	Height: 74.5" Depth: 24" Width: 39.5"	

Insurance, Costs & Coverage

Phothera's goal is to make home phototherapy accessible and affordable.

- **Insurance Support:** we work directly with your insurance provider and handle all claims, prior authorizations, and appeals in case of denials.
- **Out-of-Pocket Options:** Eligible patients pay \$0
- **Financial Assistance:** Phothera Cares program offers flexible payment plans and financial assistance to eligible patients.

Real Stories. Real Patients

Hear the impact home phototherapy has made on the lives of these real patients.

"This condition alters your identity and how you view yourself...phototherapy and lifestyle changes have helped me regain control of my life"

–Karen (psoriasis patient)

"I really struggled with a lot of self-esteem and confidence issues because my skin was so bad and I felt so sick all the time – doing phototherapy gave my life back to me!"

–India (psoriasis patient)