

LifeStyle Management Suite:
Clinical Interactions



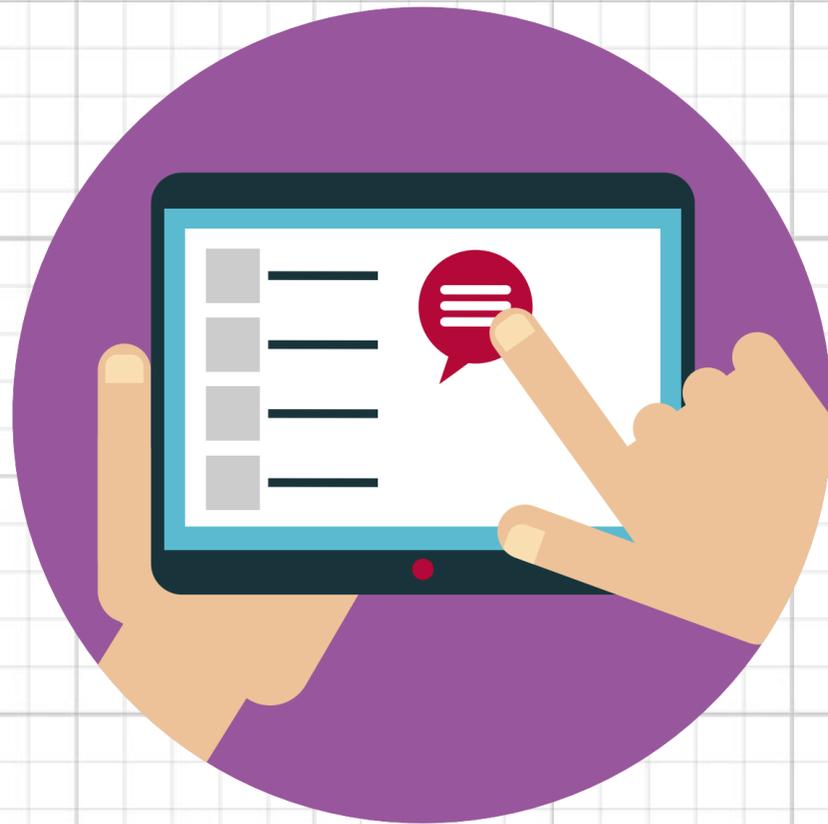
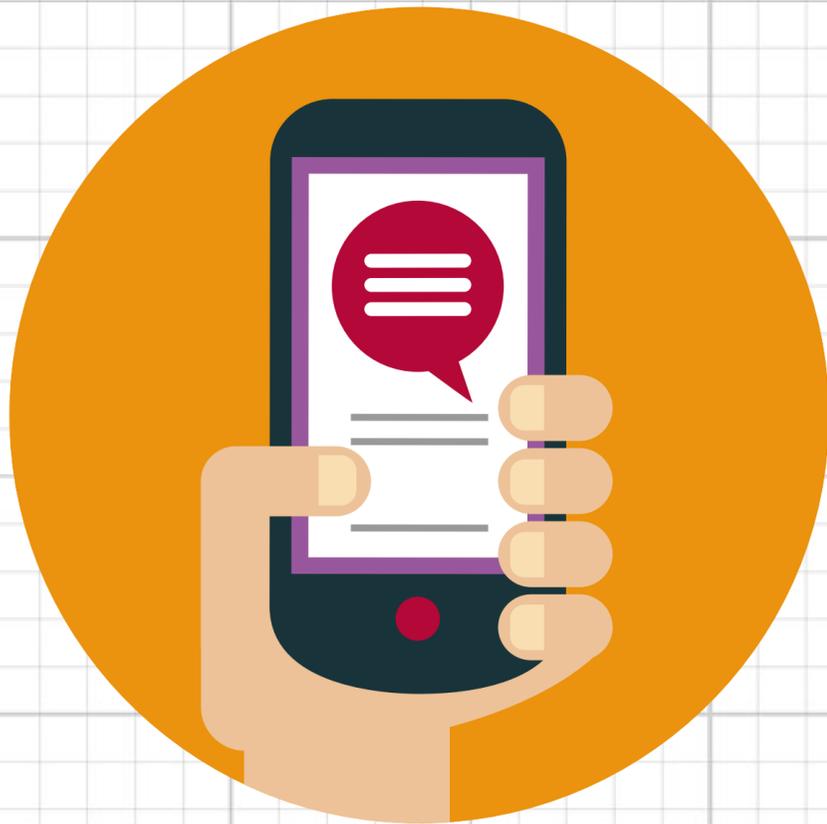
Your population is diverse.

Our programs are tailored to readiness to change and to the most powerful behavior change strategies for each individual.



So, whether they're not ready getting ready or already poised to make healthy changes,

whether they're using a smartphone,
tablet, or desktop computer...



we've got them covered.

Meet John.



Hi.

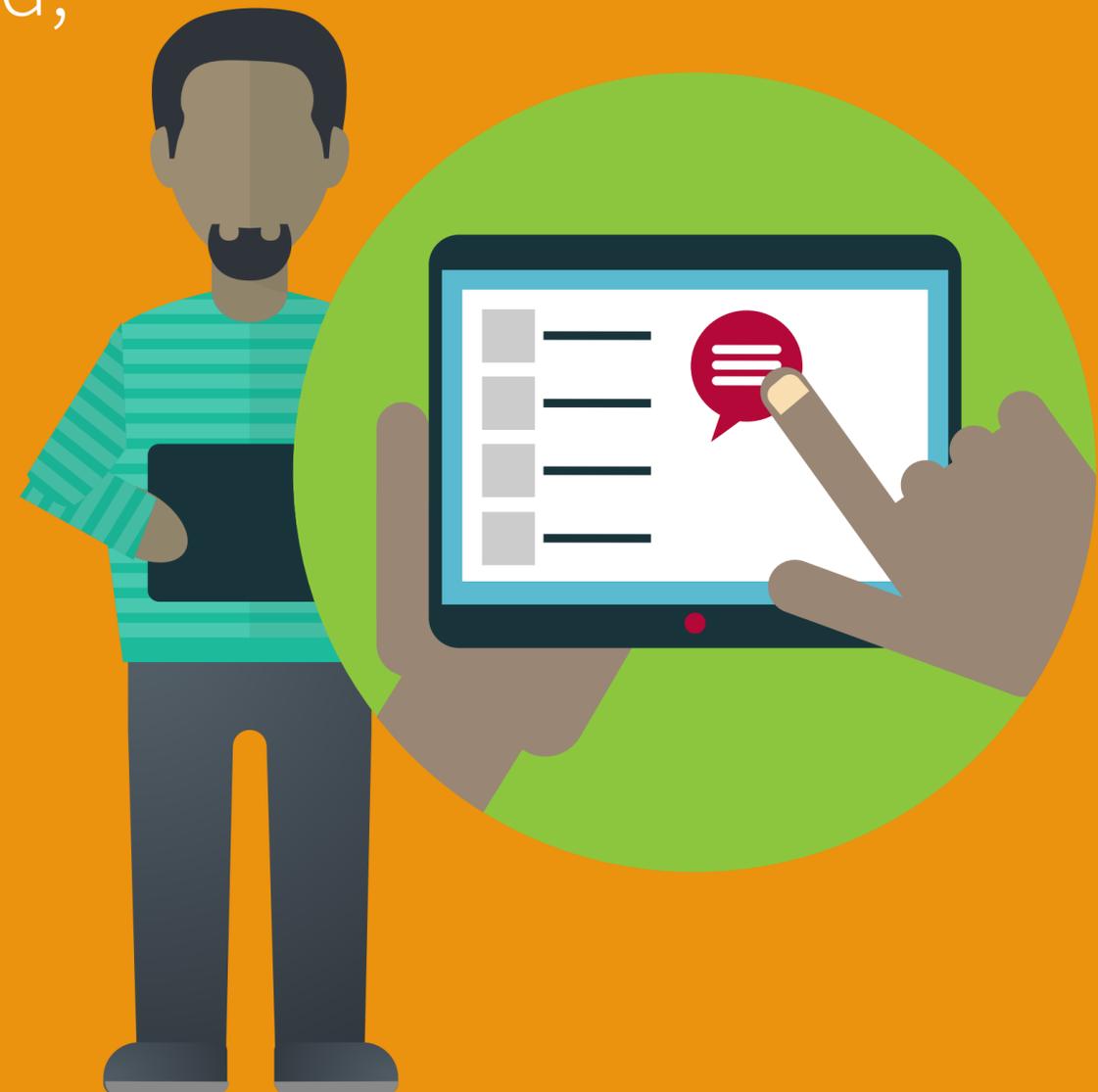
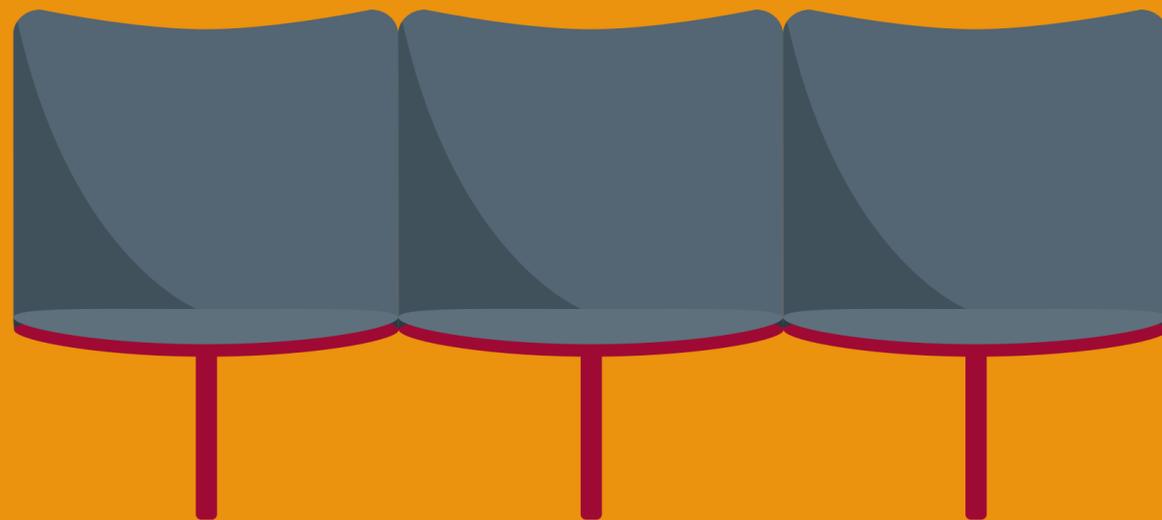


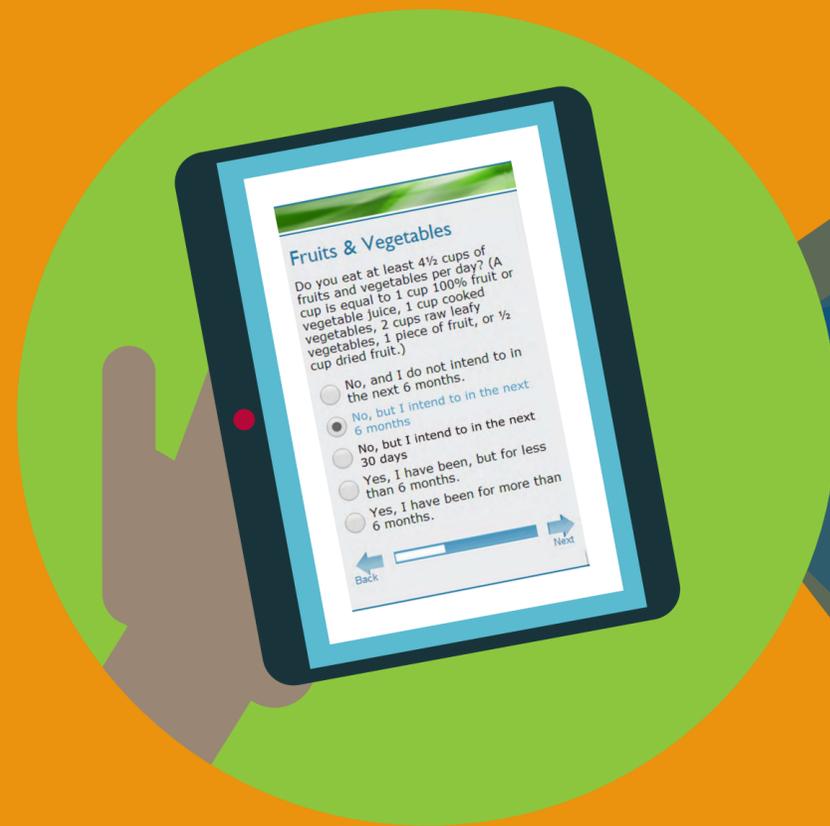
Hello.

Meet John's Health
Care Provider.



15 minutes in the waiting room
is all the time John needs
to complete an evidence-based,
NCQA-certified Health Risk
Assessment *and*
Intervention on a tablet!





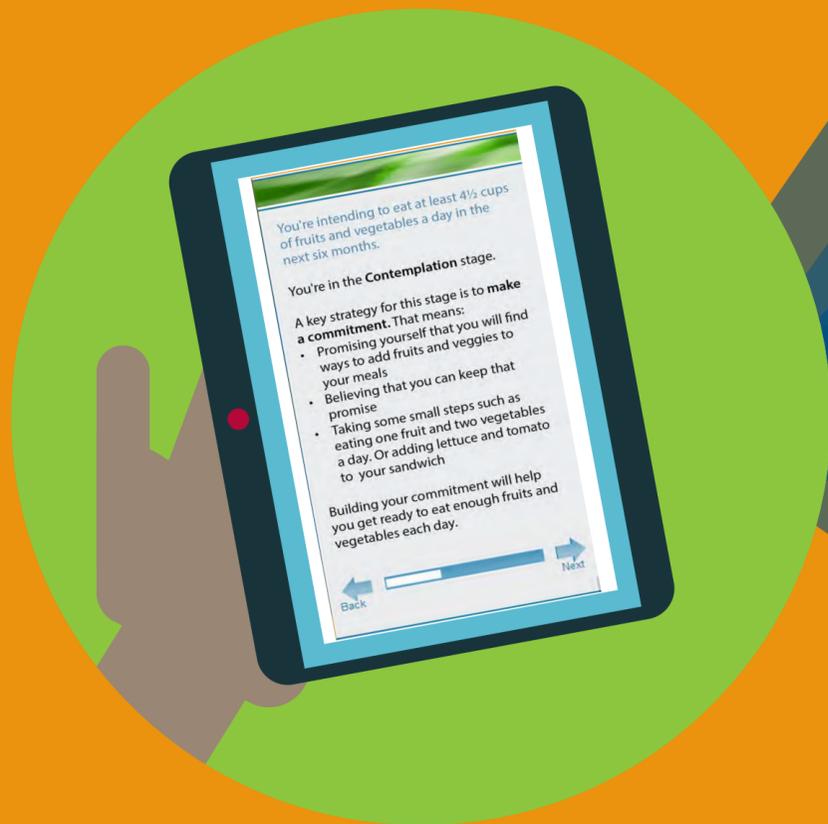
John answers questions about his readiness to change.

Fruits & Vegetables

Do you eat at least 4½ cups of fruits and vegetables per day? (A cup is equal to 1 cup 100% fruit or vegetable juice, 1 cup cooked vegetables, 2 cups raw leafy vegetables, 1 piece of fruit, or ½ cup dried fruit.)

- No, and I do not intend to in the next 6 months.
- No, but I intend to in the next 6 months
- No, but I intend to in the next 30 days
- Yes, I have been, but for less than 6 months.
- Yes, I have been for more than 6 months.

John gets immediate feedback about his stage of change and the most important behavior change strategy for that stage.



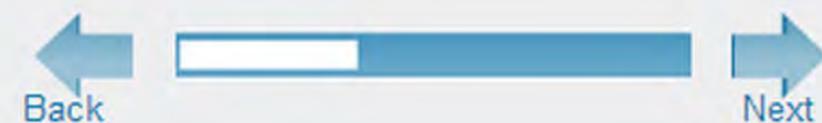
You're intending to eat at least 4½ cups of fruits and vegetables a day in the next six months.

You're in the **Contemplation** stage.

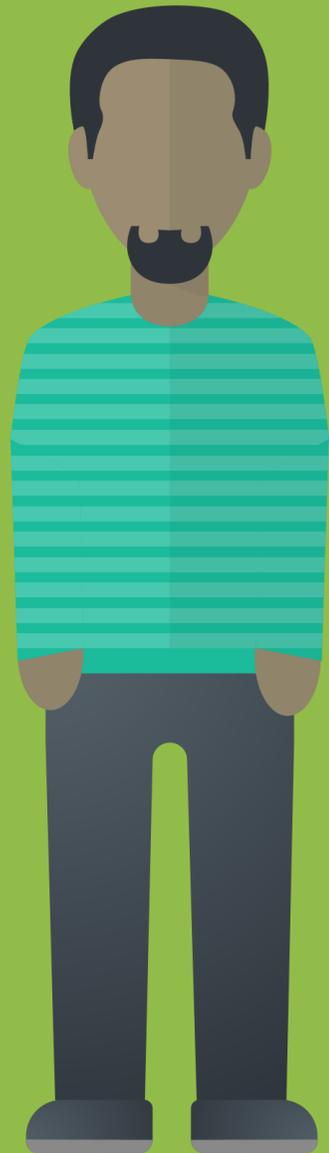
A key strategy for this stage is to **make a commitment**. That means:

- Promising yourself that you will find ways to add fruits and veggies to your meals
- Believing that you can keep that promise
- Taking some small steps such as eating one fruit and two vegetables a day. Or adding lettuce and tomato to your sandwich

Building your commitment will help you get ready to eat enough fruits and vegetables each day.



In the exam room, the Clinical Dashboard reflects John's stage of change for a variety of behaviors and addresses his health risks.



Behavior Change Profile

RISK BEHAVIORS

STAGE OF CHANGE

[click symbols below for tailored behavior change messages]



Print Prescriptions

Self-Reported Data

Health Status

Age	69	
General Health	VG	😊
BMI	27.1	😞
Depression Score (PHQ8)	10	😞
Taking BP meds	Y	😊
Non-drinker	Y	😊

Preventive Screenings

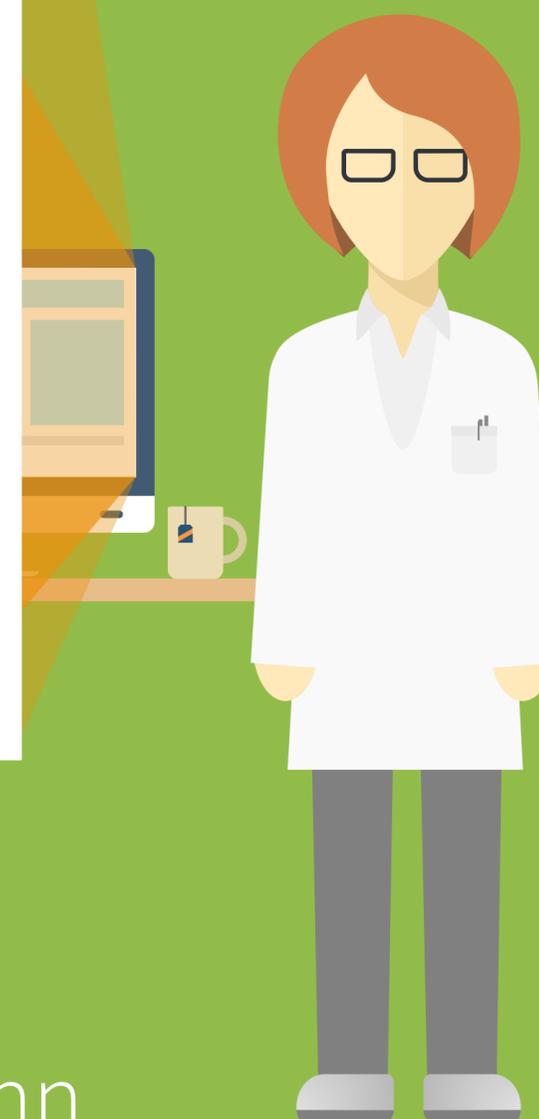
Screening	Completed
Influenza	Y
Cholesterol	Y
Diabetes	Y
Colon Cancer	Y
Pneumonia Vaccine	Y

Problems

High Blood Pressure	😞
Seat belt Use	😊
Sleep	😞
Pain	😞
Anxiety	😊
Social/Emotional Support	😊
ADL	😊
IADL	😊
Falls	😊
Dental Health	😊

Information current as of: 5/23/13
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It provides the Clinician with evidence-based behavior change messages to give John, specifically tailored to him.

The Dashboard also enables John's Clinician to prescribe health coaching or behavior change programs in the LifeStyle Management Suite.





Later, John's Health Coach phones him. Our integrated programs provide the coach with easy to read bulleted statements and directions which link with our online self-directed programs.

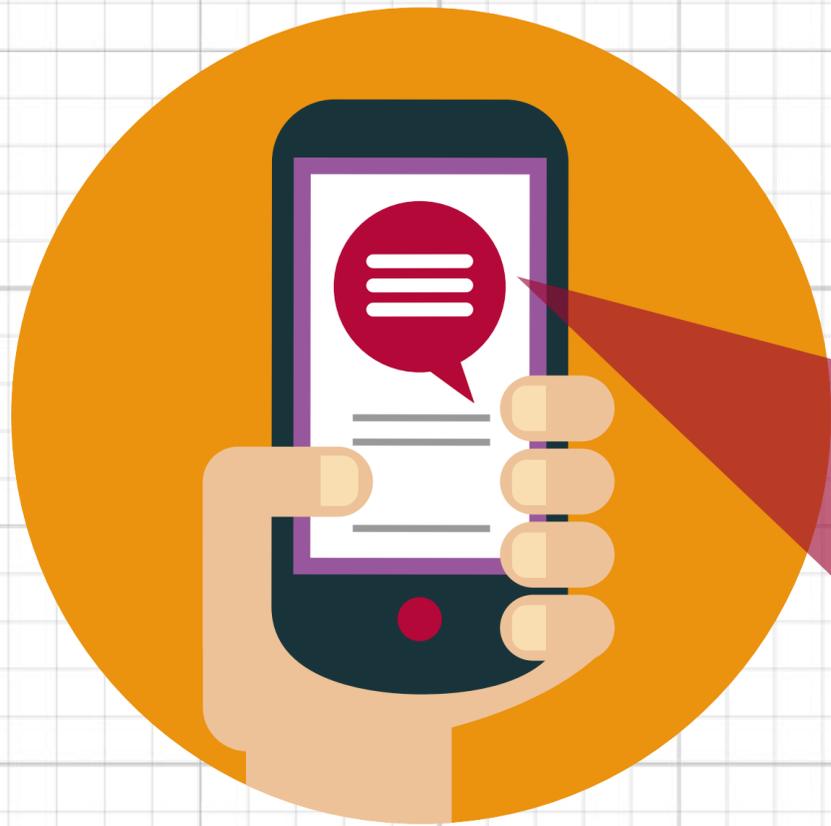


Between office visits John uses his laptop to access his Wellness Profile and to take the behavior change programs that his Clinician or Health Coach prescribed.

These fully tailored programs go beyond stage of change to include other behavior change principles: pros and cons, confidence and processes of change.



John can also receive fully tailored text messaging as an additional feature.



“Focus on how healthy eating could improve your life. You could look better, feel better, feel better about yourself, and be a better role model.”

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RISK BEHAVIORS

STAGE OF CHANGE

[click symbols below for tailored behavior change messages]



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	Completed
Influenza	Y
Cholesterol	Y
Diabetes	Y
Colon Cancer	Y
Pneumonia Vaccine	Y

Problems

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Seat belt Use	😊
Sleep	😞
Pain	😞
Anxiety	😊
Social/Emotional Support	😊
ADL	😊
IADL	😊
Falls	😊
Dental Health	😊

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When John returns to the office, the dashboard enables his Clinician or Health Coach to see John's participation and progress since last time.

By using this integrated approach to behavior change, John is significantly more likely to make forward progress.

His progress, along with your larger population, will be aggregated into a report at either the clinician, hospital, or full population level.

