



Cope with Chronic Conditions. Anytime. Anywhere.

Scenario: Coping with Depression

This scenario illustrates how the SmartPHR Health Aware app might be used by an imaginary man coping with depression. This is not medical advice. Always consult with your health care providers about app usage for chronic disease management.

Depression affects 17.5 million Americans, with more than half being severely disabled by its symptoms one or more times during their life. While all of us have feelings of sadness and futility at times, when these feelings occupy most waking hours, this is an indication of depressive illness. Fortunately, with proper diagnosis, monitoring and treatment, 80% will get better.

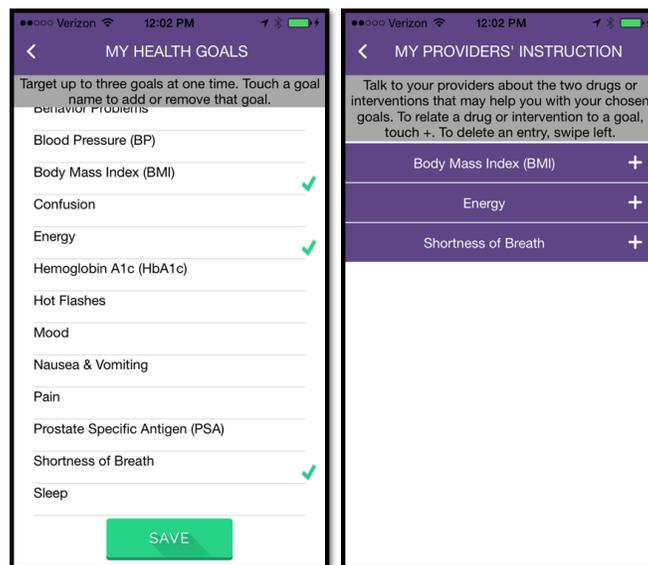


Rob is a 65 year old recently retired school teacher who has experienced spells of feeling useless and despondent every few years during his teaching career. He willed himself to get through these times, and usually was able to occupy himself through his teaching. However, since his retirement these feelings have become more severe and persistent. He wonders if life is worth living, feels low most of the time, has no energy for his usual daily walks, and has lost interest in food. His wife of 40 years convinces him to see his primary care physician, who diagnoses depression and refers him to a psychiatrist for medication and counseling. With encouragement from his physician,

Rob downloads the app to his mobile phone. The app guides Rob through Four Easy Steps for coordination of services and monitoring of compliance and symptoms during active treatment and subsequent follow-up.

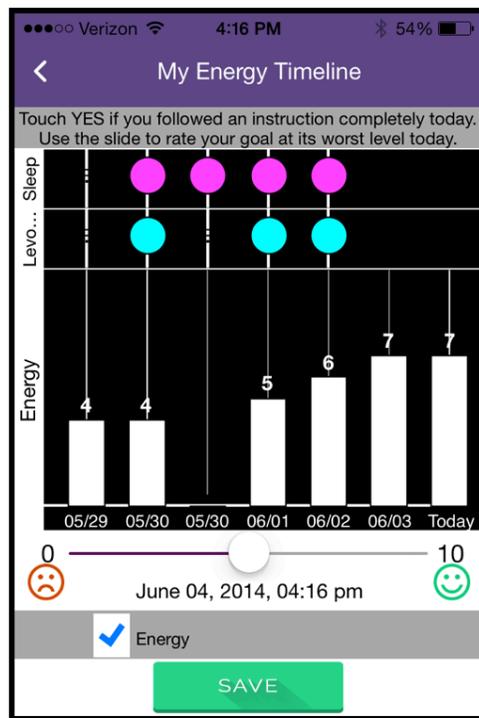


Step A. Using the app's MY CLINICAL SUMMARY tool, with the help of his son and wife, Rob enters his basic medical information. This includes emergency contacts, health insurance plans, health care providers (primary care physician, psychiatrist, counselor), allergies and drug sensitivities, health problems (including prior diagnosis of high blood pressure and high cholesterol), and drugs and interventions. This information located on his app is easily shared, as he sees fit, with his prior and new providers, their office staff, as well as family members.



Step B. With the app's MY HEALTH GOALS tool, Rob selects the most troublesome of the problems he is facing at this time. From relevant problems (Activities of Daily Living, Blood Pressure, Body Mass Index, Energy, Mood, and Sleep), he selects Energy, Mood and Sleep as the three most important to him at this time.

Step C. With the app's MY PROVIDER INSTRUCTIONS tool, Rob with the help of his psychiatrist, links the selected goals (Energy, Mood, Sleep) with relevant provider instructions for antidepressant medications, regular counseling visits, and an exercise program. He links his Energy goal with antidepressant medications and exercise, his Mood goal with antidepressant medications and counseling, and his Sleep goal with counseling and exercise.



Step D. At 6 pm each day, Rob's phone reminds him to use the app's MY PROGRESS tool. Rob enters information on graphic timelines about his three selected goals and his compliance (yes or no) with goal-related drugs or interventions. In this way, Rob is able to directly observe each goal as recorded daily over time in MY PROGRESS and to see the positive impact of regular counseling visits, anti-depressant medications and exercise. By sharing these graphic timelines of goals and related instructions with his psychiatrist, counselor, and primary care provider, he actively participates in the direction of his care and receives meaningful feedback about how the treatment plan is helping to overcome his depression. As he improves, he changes his goals to include widening the range of his Activities of Daily Living and controlling his Blood Pressure.