

The Wellness App - Clinician Information Sheet

We invite you to introduce your patients to **The Wellness App**.

This app supports your patients to set and meet a **S.M.A.R.T.** goal in **Physical Activity, Social Activity, Brain Challenge**, or another area of their choice. **The Wellness App can be used along with, or instead of, the patient paper tools. The Wellness App is:**

- Versatile – Usable on any device – laptop, desktop, android, iPhone
- Field-tested – High success of goal attainment and self-rated well-being
- Supportive – Offers support/encouragement and goal-tracking function
- Useful – When patient returns for a follow up visit, the App's "4-week Review" summary page can be printed out to share with you, or reviewed directly on the App

The Wellness App can be used in routine care in a variety of ways. Choose the one that works best for your patient. *In all cases, please complete a **Goal Doc Sheet for Clinicians** to keep a record, and follow up with your patient in person or by phone, about four weeks later:*

- **Option #1:** Patient **does not** use **The Wellness App** but completes the paper-based tools. These include: The **Health and Resilience Pre-Questionnaire** and **Take Home Goal Sheet** during first visit and the **Health and Resilience Post- Questionnaire** at follow-up visit.
 - **Option #2:** Same as option one. In addition, the clinician invites patient to register at home to use **The Wellness App** at wellnessapp.ca and they do, receiving support and encouragement between visits. Patient still completes the paper-based **Health and Resilience Post- Questionnaire** at follow-up visit.
 - **Option #3:** Patient uses a paperless process. Clinician ensures the patient registers to use **The Wellness App** during the first visit. The patient uses the app at home and in the follow-up visit.
1. Invite the patient to register to use **The Wellness App** (wellnessapp.ca) on their mobile device, tablet or a computer. Registration can be done in the waiting room or with you during the visit.
 2. Invite the patient to complete the **Health and Resilience Pre-Questionnaire** on wellnessapp.ca and **share total score with you.** (*Please record **Health and Resilience Pre-Questionnaire** total score on the **Goal Doc Sheet for Clinicians**.*)
 3. Help the patient to set a **S.M.A.R.T.** goal in one of the key domains. Ensure the activity they set is both realistic and safe for them to do. Patient records their goal on **The Wellness App.** (*Please document their goal on the **Goal Doc Sheet for Clinicians**.*)
 4. Between visits the patient uses **The Wellness App** Daily Check-In and calendar to log their progress over the next 4 weeks. They will receive support and encouragement at chosen intervals.
 5. At follow-up (in-person or by phone) review patients "4-Week Review" summary on **The Wellness App** which includes the **Health and Resilience Post-Questionnaire** and other results. (*Please record the **Health and Resilience Post-Questionnaire** score, patient **Goal Attainment** score and **Well-being** score on the **Goal Doc Sheet for Clinicians**.*)
 6. Return all paper-based tools to Project Coordinator (i.e. **Goal Doc Sheet for Clinicians, Health and Resilience Pre- and Post-Questionnaires**) at coordinator@wellnessapp.ca.

The Brain Health & Wellness Project

App: wellnessapp.ca Email: info@wellnessapp.ca Toll free line: 1-833-722-2151 Fax: 888-456-9440

Clinicians are welcome to photocopy forms but may not modify them without permission.

Copyright © 2019 Fountain of Health™ www.fountainofhealth.ca