



BLUEPRINT

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# Client Guide



# 2021

# Welcome to Blueprint!

Blueprint is a digital tool that allows your clinician administer brief assessments about your health and wellness. With Blueprint, you and your clinician can spend less time during your session reviewing the previous week and more time focused on what's most important – your health.

## Feel better faster.

Using assessments, a process also known as Measurement-Based Care, helps your clinician tailor the treatment you receive to your own unique needs and experiences. In fact, it's proven that using services like Blueprint helps individuals feel better faster, with measurement-based care leading to a 9-week reduction of time-to-remission.

Using the mobile app, you can complete assessments, worksheets, and check-ins in the comfort of your own home. With Blueprint, you and your clinician can stay connected in between appointments and collaboratively keep track of your progress.



# Getting Started

Once your clinician enrolls you on Blueprint, you will receive text and email and SMS from Blueprint with a link to download the mobile app

01

Click on the link in your text messages

02

Sign up on the Blueprint mobile app

03

Complete your initial assessments

04

Continue using Blueprint as directed by your clinician



**INSTALL  
MOBILE APP**



**COMPLETE  
ASSESSMENTS**



**TRACK  
PROGRESS**

# How to complete assessments

Your therapist may assign you specific screeners or assessments to complete via an email, text message, or through the Blueprint Mobile App. Note that these messages will come from Blueprint.

## Email or Text



1. Open up your email or text message
2. Click on the link
3. Follow the prompts to complete your assessment

## Blueprint App



1. Open your app
2. Click on the red bar to start your assessment
3. Follow the prompts to complete your assessment



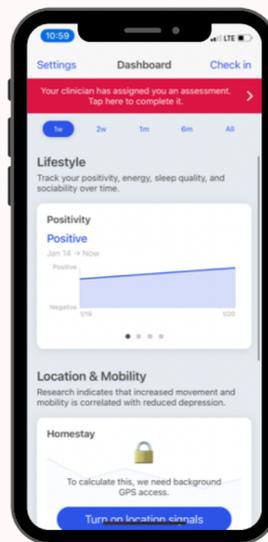
# How to check in

Start keeping track of the basics of your day with the Lifestyle Check In feature on the Blueprint Mobile app.

Your clinician may assign you additional worksheets, trackers, or journals to complete using the Check In.

## Open the App

Open your blueprint Mobile App and click Check In in the upper right corner



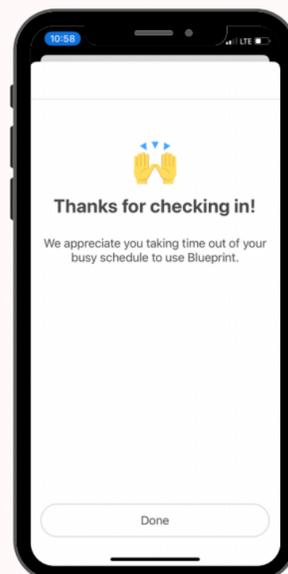
## Check in

Start completing your lifestyle check in and any assigned worksheets or journals from your clinician



## Come back tomorrow

It's that simple! Come back the next day to track more daily insights.

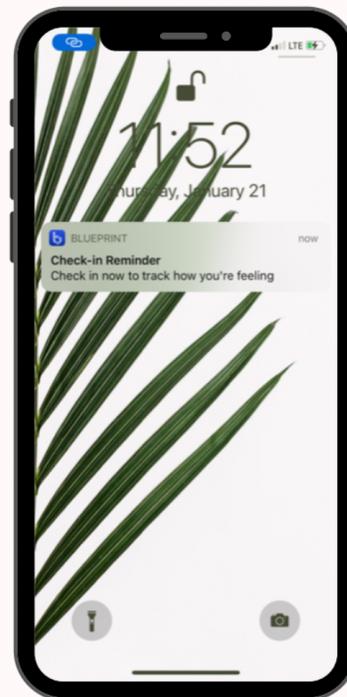
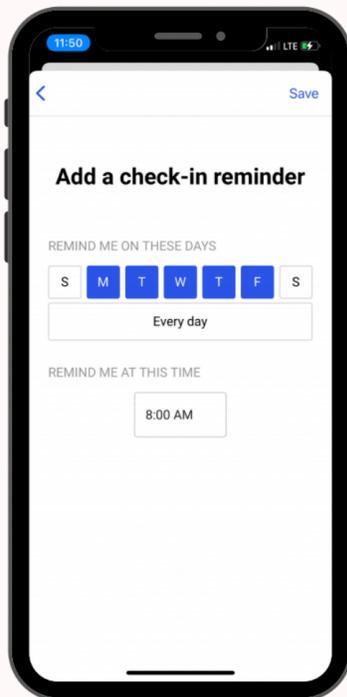


# Alerts and Notifications

To make sure you get the most out of your Blueprint experience, you can set up daily or weekly alerts!



1. Open up your Blueprint App
2. Click Settings
3. Click Notifications
4. Choose to set alerts for Clinical Assessments, Check-ins, or both
5. Schedule your reminders
6. Save and you're all set



# FAQs

## What is Blueprint?

Blueprint is a digital service that helps your clinician administer important assessments about health and wellness. These assessments can be completed via the Blueprint mobile app, SMS, or email.

## Why are these assessments important?

Blueprint's software is based on measurement-based care. Research shows that when therapists practice measurement-based care, clients feel better faster and experience a higher quality of care. We are confident that Blueprint will allow you and your therapist to better understand your mental health and wellness.

## How do I get started?

Your clinician will enroll you on Blueprint. Once this happens:

- Click on the link in your text messages
- Complete your initial assessments
- Sign up on the Blueprint mobile app (optional)
- Continue using Blueprint as directed by your clinician

## Will using Blueprint cost me anything?

Most clients will not have any additional costs associated with using Blueprint. However, because Blueprint is a billable service, some clients may be responsible for some or all of the claim. If you do incur an additional charge that causes financial hardship, your clinic may have policies in place to reduce or eliminate these costs. Please check with your therapist or office coordinator to learn more.

# FAQs Continued

## Is my data secure?

Yes. Blueprint is HIPAA compliant and takes data privacy and security extremely seriously. Blueprint does not sell any personally identifiable data and only you and your clinician will have access to your personally identifiable data. You own your data and can request at any time for your data and account to be deleted by sending an email to [support@blueprint-health.com](mailto:support@blueprint-health.com) with the subject of "Account Deletion." You can view Blueprint's privacy policy in full at [www.blueprint-health.com/privacy](http://www.blueprint-health.com/privacy).

## Need more help?

For any mobile app or login issues, please reach out to our support team at: **[patients@blueprint-health.com](mailto:patients@blueprint-health.com)**

For appointment or clinical help, please contact your therapist/clinic directly.

# Congratulations!

You've completed your Client Guide and are on your way to becoming a Blueprint expert.