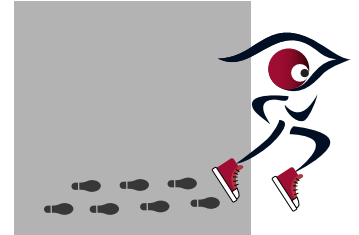




STEP IN-STEP OUT



PROPRIETARY SELF-CARE PROGRAM

PROPRIETARY SELF-CARE PROGRAM

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FRAMEWORK

The Power of Self-Empowerment

SeeingU is based on a theme – “Meet Me Where I Am”– indicative that our framework begins with, and consistently maintains focus on, our patient centered program. A “Care Coach” establishes a partnership with patients in which the patient chooses to add positive steps (behaviors/decisions) to be taken to assure they are moving forward; or remove steps (behaviors/decisions) they determine are detrimental. There are no pre-filled squares. This is entirely patient-driven. This process in and of itself creates a powerful sense of Self-Empowerment for the patient. From there our program moves the patient’s journey into a self-healing and self-care phase.

IMPLEMENTATION

B. Step by Step

Patient is asked to envision themselves stepping into a square (i.e. a positive action/decision) to implement a desired goal.

Patient is asked to identify a non-desired square (i.e. a negative action/decision) to step out of to increase momentum toward a desired goal.

Implementation Formula: Steps Chosen

SMART:

Specific

Measurable

Achievable

Realistic

Timestamped

PERSONAL PATHWAY

Taking Charge – Taking Care

SeeingU is a Biopsychosocial Telemed program incorporating comprehensive patient interaction with a diverse staff of medical, psychological, social, nutritional and educational professionals working together as a whole to customize care for each individual patient.

The Patient Platform consists of Individualized, Self-Directed and Group Divisions.

Integrative Disciplines provide daily Schedules for patients designed uniquely for Individualized Treatment Protocols. There is no “one size fits all” in StepIN–StepOUT.

LAYING TRACKS

Patient Centered Goals

CENTRAL GOAL: To Improve outcomes so that we meet meet the Patient where they are today.

Studies show that when the patient is put at the center of the team, taking into account the patient's goals, outcomes are improved and complications minimized.

SeeingU takes a multidisciplinary model of treatment to the highest level, being a pioneer in the development of protocols unique to the medical community.

4) CENTRAL CASTING

- A. Call Center – Daily Patient Call In—Connect with “Care Coach” — Open Daily from 7am-10am
 - I. Invitation: “Welcome Center” Seminar patients are instructed to begin each day with
 - II. Call in Center Call--In Center #: 888-736-7636 to connect with their “Care Coach”
- B. Daily Goals: Daily Organizational online Worksheet Completed
 - i. Establish StepIn-StepOut Daily Squares plus complete a Daily Organizational Worksheet, filled in online, to include medical appointments, Individualized sessions, self-directed events, and group sessions if scheduled for that day. Included on the form are Daily Tracking Healthy Habits.
- C. Activities and Events reflect and reinforce Individualized Treatment Plan
 - i. SMART Program will be standard for tracking and measuring results. SeeingU follows a 6-week block program, each block presenting a distinctly different topic supporting relevant multidisciplinary modalities in the biopsychosocial arena.
 - ii. As there is movement into a new block continuity is maintained from the prior week to support a reinforcement opportunity to build and sustain pathways of new behavior learned.

Today's Plans



S M T W T F S

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STEP IN-STEP OUT



Center Call-In Center #: 888-736-7636

- Time I called in

- Connected with my Care Coach

- Chose Step In Step Out Goals

- Week 2-6: I am Reviewing Previous Weeks

- Done with Daily Organizational Sheet

today's to-dos



S M T W T F S

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STEP IN-STEP OUT



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daily reflection



S M T W T F S

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STEP IN-STEP OUT



DID YOU COMPLETE ALL OF
YOUR SET GOALS TODAY?

WHAT IS THE MOST IMPORTANT
THING YOU DID TODAY?

WHAT WAS THE BEST THING
THAT HAPPENED TO YOU
TODAY?

WHAT CAN YOU DO
DIFFERENTLY TOMORROW?

HOW ARE YOU FEELING RIGHT
NOW?

Today's plans



S M T W T F S



TOP THREE PRIORITIES

Blank area for writing top three priorities.

TODAY'S GOALS

Blank area for writing today's goals.

TODAY'S REFLECTION

Blank area for writing today's reflection.

SCHEDULE MAP

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

today's plans



S M T W T F S

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STEP IN-STEP OUT



TOP THREE PRIORITIES

Blank area for writing top three priorities.

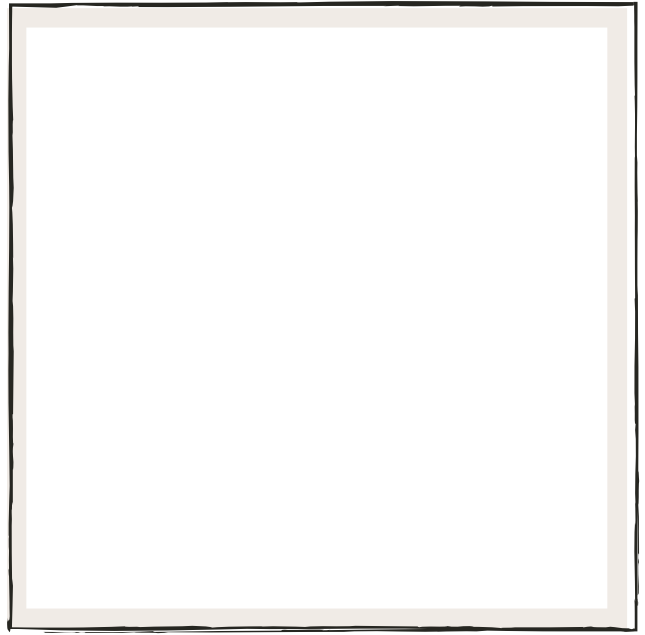
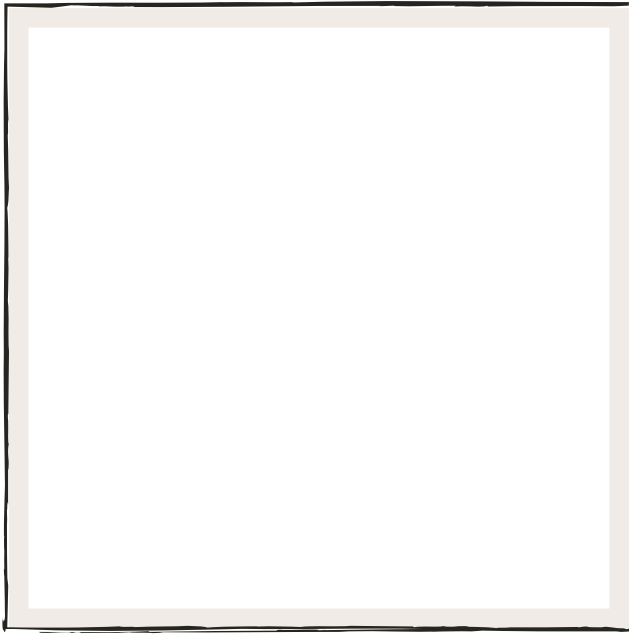
Blank area for notes, with a decorative corner element containing the word "notes" repeated three times separated by dots.

TODAY'S GOALS

Large blank area for writing today's goals.

TODAY'S REFLECTION

Large blank area for writing today's reflection.



today's plans



S M T W T F S

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STEP IN-STEP OUT

