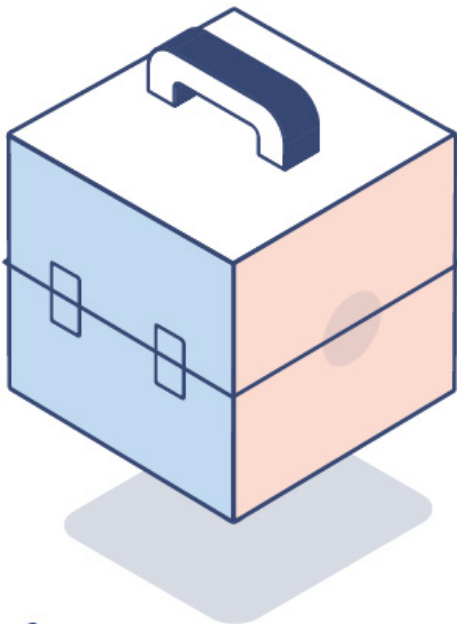


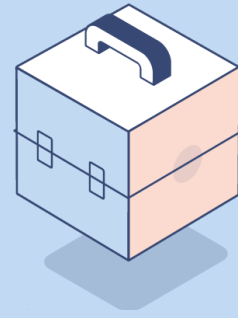
SET OF PLANS

study introduction & getting started with the Lift mobile app



blueprint

WELCOME TO *blueprint*



We know that a lot is happening in your life.
blueprint is your plan to recover faster—
and to gain a greater sense of well-being.

Why me—and why now?

You're reading this because you might have experienced a major stressor or a serious illness. These experiences often cause symptoms like sleeping problems, pain, breathlessness, or fatigue. Stressors and illnesses can also change our routines, plans, and relationships. And they often cause us to worry about work, family, and what to expect in the future. The bottom line is that these issues make it **harder for us to get the most out of the things that are important to us**.

What is the purpose of *blueprint* ?

Blueprint is a self-guided program delivered by a mobile app that was built with the help of people who experienced major stressors or had serious illnesses. **Blueprint** gives you 6 tools that you can use to manage nearly any challenging situation—and that can make the good times even better.

Blueprint was designed to help you:

- Increase confidence in managing symptoms and tough situations
- Manage stress
- Improve your quality of life
- Help you to feel better overall

...and **Blueprint** takes only a few minutes each day.

Aim your cellphone camera at the square below to see a **2-minute summary** of the Blueprint study on YouTube:



The video is also on the web here: bp.duke.edu

Does *blueprint* work?

The skills you will learn in the **Blueprint** program have reduced symptoms and stresses for all sorts of people, including Army veterans, athletes, students, and those dealing with conditions such as cancer and diabetes. The benefits of these programs have been reported in scientific studies as well as in national media.



How could this study help others?

The purpose of this research study is to help us understand if **Blueprint** works well for a variety of people from different walks of life. Your involvement in this study **could help others**. **Blueprint** could represent a way for hundreds of thousands of people across the country to recover faster from challenging situations.



How to get help

Blueprint mobile app: Email: support@pattern.health Call: 844-877-7827

Surveys, study procedures, or compensation—or anything else:

Email us: blueprintstudy@duke.edu Call us: 919-684-8914

Blueprint website: bp.duke.edu

I am really having a hard time and need help:

Duke: 919-681-4410 or 919-681-1316 (24 hrs/day, 7 days/wk).

Washington: 206-744-3000 or 866-4-CRISIS (24hrs/7days)

Colorado: 303-602-7221 (24hrs/7days)

Oregon: 503-988-4888 (24hrs/7days)

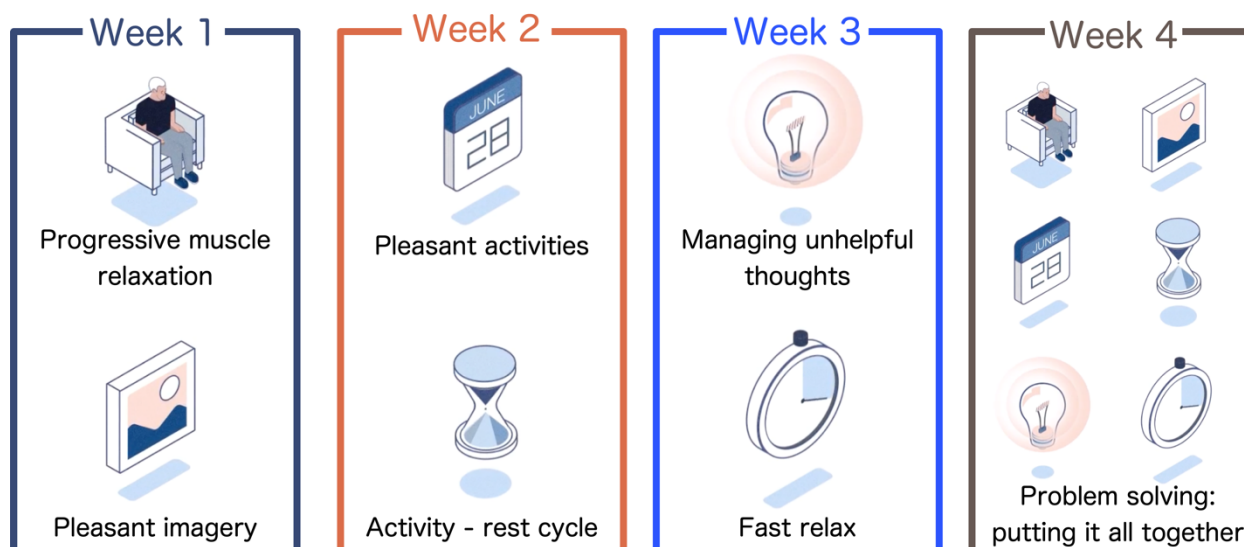
Anybody: 800-273-TALK (8255) is a free, 24-hour hotline for anyone in distress.

Frequently asked questions

What do I need to do in the Blueprint study?

Participating in the **Blueprint** program is pretty easy.

- You just use an app for 10 minutes a day for 4 weeks, whenever and wherever you feel like it. This will help you learn how to use **6** skills, or tools, that are designed to help people move forward faster.



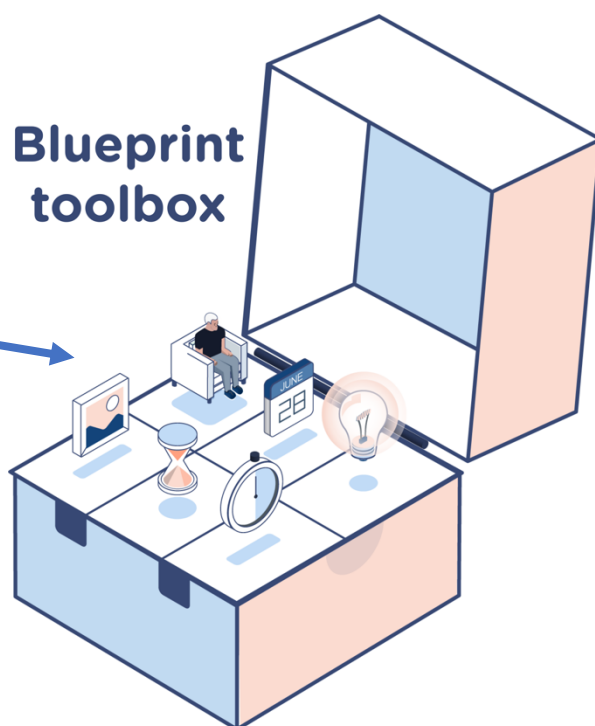
- We will measure how well **Blueprint** works for you with a few very short surveys you do in the app itself. These only take a few minutes.

What is this workbook for?


Each week, the **Blueprint** mobile app will teach you to use 2 new skills, or tools, through videos, audio files, and text. There are even video tips from patients. This workbook will help you to master the new skills you are learning with the app—so you can use these tools in the **Blueprint toolbox** effectively in your daily routine.

Remember, it's confidential!

Blueprint is **confidential**. Your family, friends, or doctor will not see anything. A study team member may contact you to check on how you are doing, especially if you seem to be having a difficult time.





Getting started with the Blueprint mobile app



blueprint

Getting started

- Go to: <https://app.pattern.health> and select Google Play or App Store
- Or search for **Pattern Health** in the Google Play store or App Store
- Enter your Invite Code - this is not case sensitive
 - Duke participants.....BLUEDU
 - Oregon participants.....BLUEOR
 - Colorado participants.....BLUECO
- Fill out the registration form
- Complete onboarding steps


App FAQ

Q: I got logged out of the app. How do I get back in?
A: You can request that an email be sent to your device (see **Support Information** below). The email will contain a link to log you back in or you can contact Pattern Health support for a new secret key.

Q: Who do I contact if I am having problems with the app?
A: If you need medical attention, please contact your provider. However, if you need technical assistance with the app contact Pattern Health Technical Support (see **Support Information** below). All other questions can go to the LIFT study team.

Support Information

PATTERN HEALTH: App support Phone: 1-844-877-7827 Email: support@pattern.health	Blueprint Study Team: All other issues: Phone: 1-919-684-8914 Email: blueprintstudy@duke.edu Website: bp.duke.edu
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PATTERN HEALTH

Using the Blueprint mobile app for the first time

STEP 1—activate app. Download the Pattern Health app in the App Store and enter your **Invite Code** (6 letters).




STEP 2— video. Watch the intro video to learn about the study and the Blueprint program.

STEP 3—survey. Take a short survey so we learn more about you—and see if you qualify for the Blueprint study.

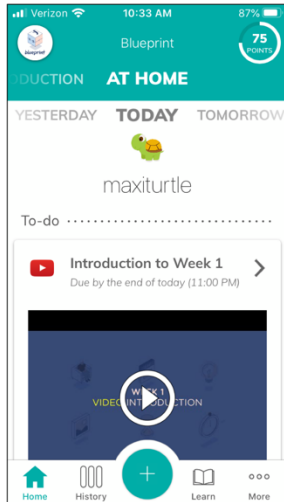


GET POINTS! You get 25 points for every task you complete through the entire Blueprint program!

App features included in each week of the program

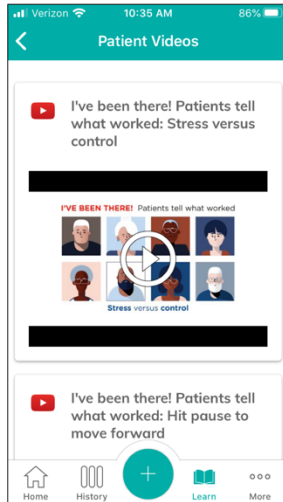
Weekly introduction video

Brief animated explanation of the Blueprint tools of the week.



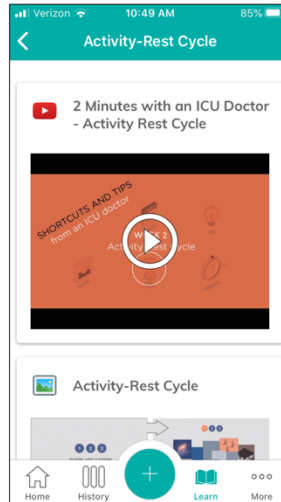
'I've been there!' - patient video

Patients say what worked best for their recovery in 1 minute videos.



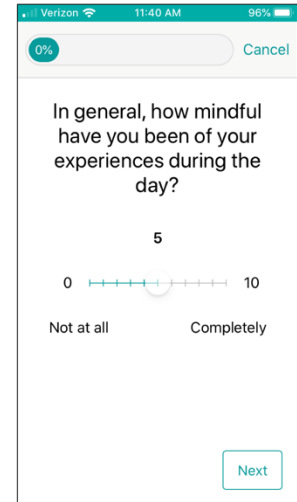
2 Minutes with an ICU doctor

Dr. Christopher Cox gives insights, advice, and support.

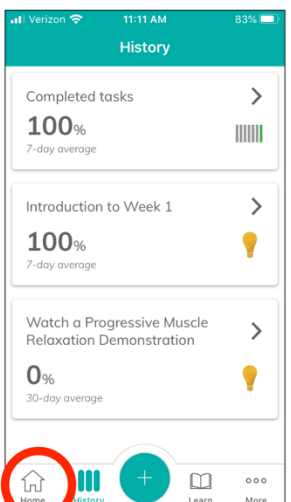


Mid-week check-in

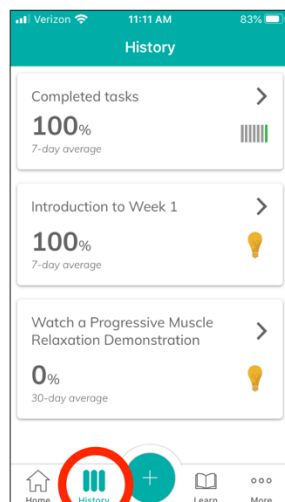
2-minute survey measures progress & personalizes app content for you.



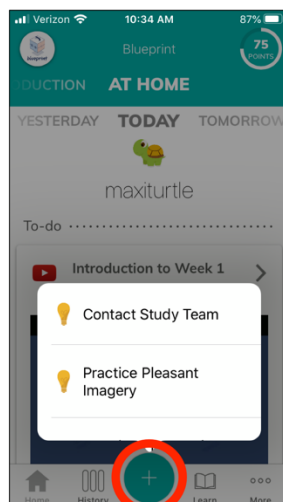
How to navigate using the bottom of the app screen



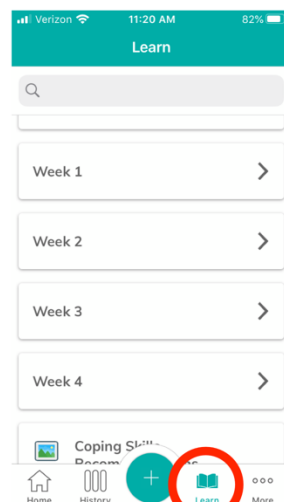
Home returns you to the current day.



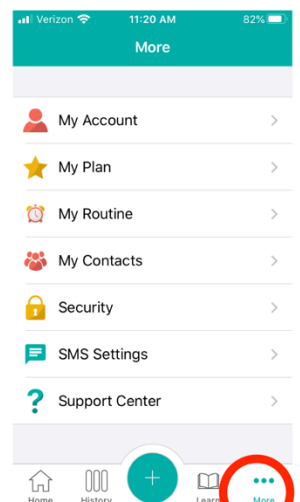
History shows completed activities.



The **+** gives quick access to Blueprint tools.



Learn shows all videos and content used in each week.



More shows a large menu of functions.