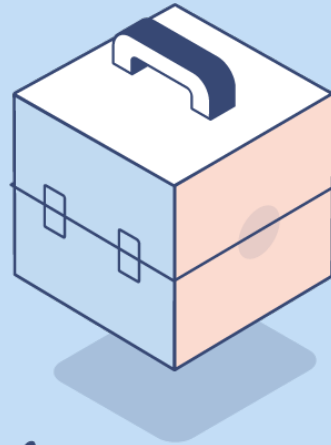


Participant guide



blueprint

App support and study help

- Lift app: Email (support@pattern.health) or call (844-877-7827) at Pattern Health, the great group of people who developed the app in Durham, NC.
- Surveys or study procedures: Email us (bp@duke.edu) or call Brittany McDowell (919-613-7321) in Durham, NC.
- Compensation: Call Brittany McDowell (919-613-7321) in Durham, NC.
- I am really distressed and need help:
Duke: 919-681-4410 or 919-681-1316 (24 hrs/day, 7 days/wk).
Oregon: 866-4-CRISIS (24hrs/7days)
Colorado: 303-602-7221 (24hrs/7days)
UCLA: 310-825-0768 (24hrs/7 days)
Everyone: 800-273-TALK (8255) is a free, 24-hour hotline for anyone in suicidal crisis or emotional distress.

Where can I always get a response:

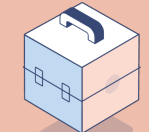
Email: bp@duke.edu
Phone: 919-613-7321
Website: bp.duke.edu/help

What is the purpose of the study?

The purpose of this study is to test an app that will deliver automated support to people, like yourself. We specifically want to determine which of two programs works better: Blueprint or Enlighten Recovery.

Participant guide


Getting started: downloading the app



blueprint


**ENLIGHTEN
RECOVERY**

Getting started

- Go to: <https://app.pattern.health> and select Google Play or App Store
- Or search for “Pattern Health” in the Google Play or App Store


GET IT ON
Google Play


Download on the
App Store

- Follow invite email or enter invite code to login
- Complete onboarding steps


App frequently asked questions

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 code.

Q: Who do I contact if I’m having problems with the app?
A: If you need technical assistance with the app, contact Pattern Health Technical Support (see **Support Information** below). All other questions can go to the Study Team. Remember, if you need medical attention, please contact your physician.

Support information

PATTERN HEALTH: app support Phone: 1-844-877-7827 Email: support@pattern.health	PATTERN HEALTH: app support Phone: 1-844-877-7827 Email: support@pattern.health
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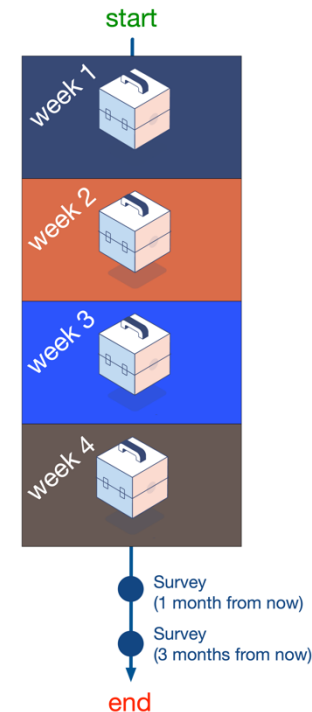


What happens after I have downloaded the app?

Step 1: Just after you leave the hospital, the app will send you an alert to complete a brief survey. This will determine if you qualify for the study.

Step 2: If you qualify, you will be randomly assigned to the **Blueprint** program or the **Enlighten Recovery** program. The app will tell you which one—and what to expect.

Step 3: Then you use the app every day for 1 month. You’ll answer a few short surveys through the app at the end of that month, as well as 2 and 5 months later. Then you’re done!



Participant guide

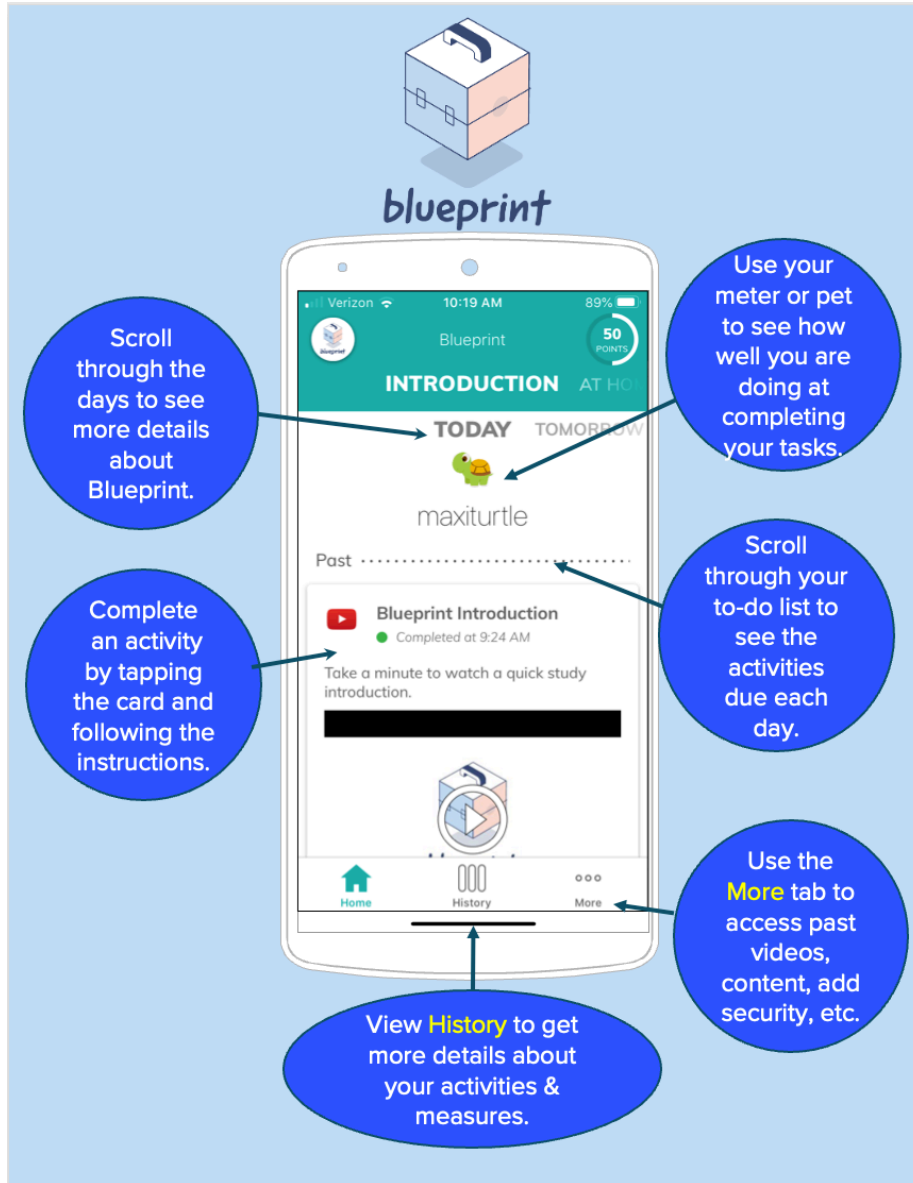
What do I need to do with the Blueprint app each day and each week?

The app will guide you each day! Although each of Blueprint's 4 weeks has different content, the layout of each week is the same:

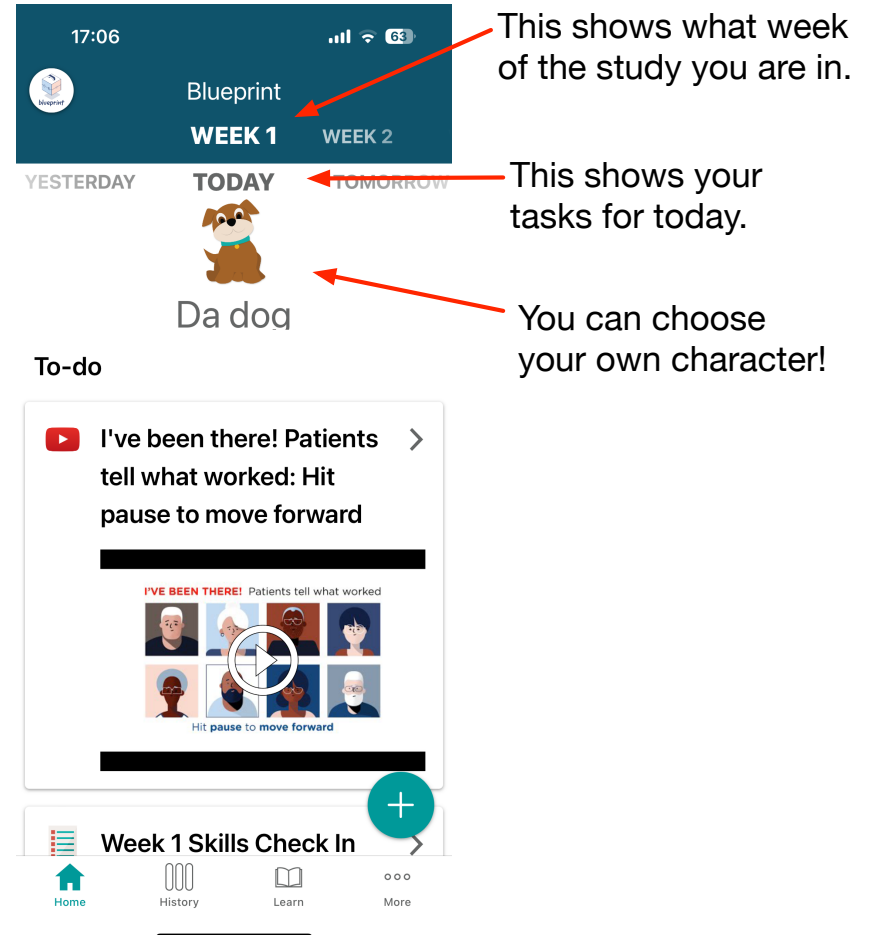
Weekly video At the beginning of the week you watch a video that explains the skill of the week and also gives practical advice.	Activities and skills Many days include video, audio, and problem solving activities. These teach core adaptive coping skills that you can use in your daily routine!	I've Been There! This is a feature where real patients give tips about what worked best for them in recovery.	2 Minutes with an ICU Doctor A feature where real ICU doctors give practical advice designed to help expedite recovery.	Weekly Check-In At the end of each week, you complete a short 2-minute symptom survey. This helps to personalize content for you!

Participant guide

Overview of the Blueprint app



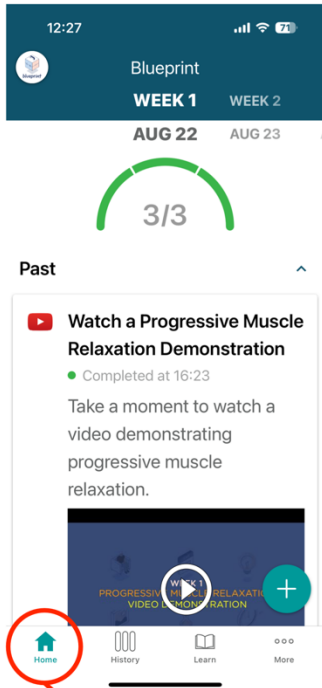
Understanding the top of the app screen



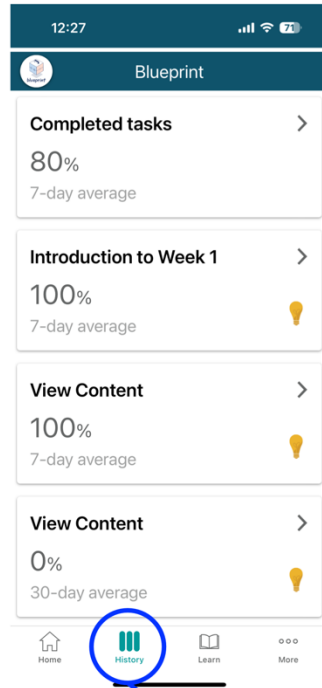
Participant guide

Understanding the **bottom** of the screen

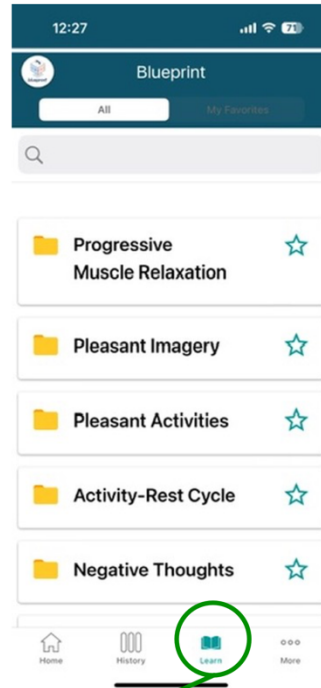
The Home, History, Learn, and + buttons



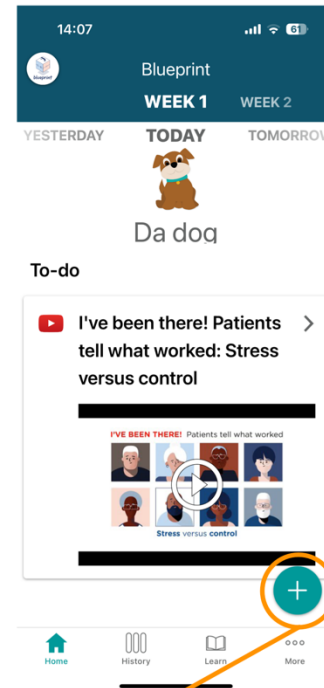
The **Home** button brings you back to your current day in the program.



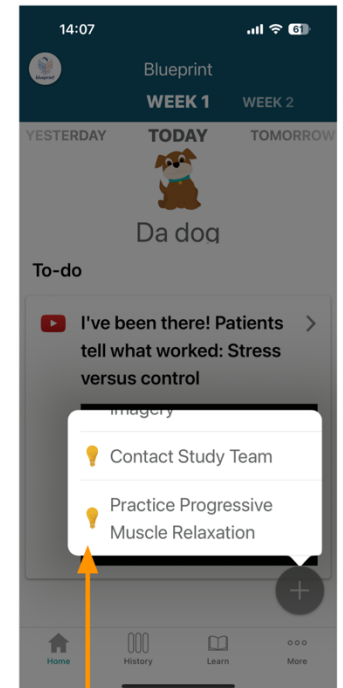
The **History** button shows how well you've been doing with Lift study activities.



The **Learn** button will show content that is available arranged by skill.



The **+** button is a quick link to specific guided practice sessions. The list includes videos, audio files, and journaling opportunities. These can be used throughout the Blueprint program.



Participant guide

The **More** button.

