

## STT Example\_CareofHeart\_Guideline\_Child.Family\_SmartPhrase

### SmartPhrase-SmartList

#### 1. The SmartList

**Name:** .STTCHHEARTLIST **Configuration:** Multi-select (clinician can pick all key heart health topics discussed with the family).

**List Choices:**

- **Annual Visit:** Have heart health checked every year.
- **Be a Health Hero:** Follow check-up, vaccine, and screening guidelines to stay strong.
- **Medication Adherence:** Follow directions and let family help you stay on track.
- **Vaccines:** Up to date on Flu, Tdap, HPV, MenACWY, MenB, and COVID-19.
- **Screenings:** Vision, hearing, growth/BMI, blood pressure, depression/anxiety, substance abuse, cholesterol, and TB.
- **Physical Activity:** Play for 1 hour; run, dance, and play games every day.
- **Heart-Pumping Fun:** 3x a week; soccer, jump rope, basketball, dance, biking.
- **Nutrition (Variety):** Eat the rainbow; fruits, veggies, whole grain bread, and protein.
- **Nutrition (Hydration):** Drink water first; skip sugary sodas and juices.
- **Sleep:** 9 to 12 hours every single night.
- **Oral Health:** Brush, rinse, smile twice a day; dentist twice a year.

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#### 2. The SmartPhrase

**Name:** .STTCHHEART

*(Following the convention: .STT [Tracking] + CH [Child/Family] + HEART [Topic])*

**Template Text:**

**Intervention:** stART the Talk™ Heart Health Education (Child/Family)

Patient and family were provided with the "Taking Care of Your Heart" infographic. Discussion focused on the importance of early heart health habits and preventative care, specifically: **{HEART LIST:".STTCHHEARTLIST"}**.

**Plan/Follow-up:**

- Next Family Heart Check-Up: **{DATE:12345}**
- Specific Screenings to Schedule (BP, Cholesterol, etc.): **{FREE TEXT}**
- Healthy Habit(s) to Work On: **{FREE TEXT}**
- Questions/Concerns for Provider: **{FREE TEXT}**

Educational materials were provided in **{STT LANGUAGE: "English", "Spanish", "French", "Chinese"}**.

