

## STT Example\_LifestyleGuideline\_Adult\_SmartPhrase

### SmartPhrase-SmartList

#### 1. The SmartList

**Name:** .STTADLIFESTYLELIST **Configuration:** Multi-select (allows the clinician to pick all topics discussed).

#### List Choices:

- **Physical Activity:** Active 30 min most days of the week.
- **Safety:** Wear seatbelts and bike helmets.
- **Sun Protection:** Sunscreen and sunglasses that block rays.
- **Dental Hygiene:** Brush morning, after meals, and before bed.
- **Alcohol (Men):** No more than 2 drinks or less per day.
- **Alcohol (Women):** No more than 1 drink or less per day.
- **Alcohol (Safety):** Never drink before or when driving.
- **Tobacco/Vaping:** Don't smoke and quit if you do.
- **Gun Safety:** Safeguard and lockup guns.
- **Addiction:** Seek help for suspected addiction.
- **Social Connection:** Stay in touch with family and friends.
- **Community:** Be involved in your community.
- **Attitude:** Maintain positive attitude; do things that make you happy.
- **Learning:** Be a lifelong learner.
- **Intimacy:** Enjoy safe intimacy agreed upon by all parties.
- **Stress Management:** Recognize and manage stress in your life.
- **Mental Health (Depression):** Talk to provider if depressed.
- **Sleep:** Get about eight hours of sleep a day.
- **Substance Abuse:** Find help for substance abuse.
- **Balance:** A healthy life is a balanced life.

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#### 2. The SmartPhrase

**Name:** .STTADLIFE (*Starting with .STT for tracking; "AD" for Adult; "LIFE" for Lifestyle.*)

#### Template Text:

**Intervention:** stART the Talk™ Lifestyle Education (Adult)

Patient was provided with the "Lifestyle for Life Guidelines" infographic. Discussed holistic health habits and preventative measures with a focus on: **{LIFESTYLE LIST:".STTADLIFESTYLELIST"}**.

Patient expressed understanding of guidelines. A primary goal was identified to: \*\*\*\*\*.  
Educational materials were provided in **{STT LANGUAGE: "English", "Spanish", "French", "Chinese"}**.