

STT Example_LifestyleGuideline_Child_Family_SmartPhrase

SmartPhrase-SmartList

1. The SmartList

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

List Choices:

- **Physical Activity:** Move body daily, play/walk as a family.
- **Safety (Gear):** Helmets, sunscreen/shades, and seatbelts.
- **Hygiene:** Brush morning, after meals, and bedtime.
- **Nutrition:** Water or milk to power body and brain.
- **New Skills:** Try new sports, dances, or outdoor games.
- **Clean Air:** No smoking or vaping; keep lungs/air clean.
- **Home Safety:** Locks mean stop; grown-ups only have keys.
- **Sleep:** 9-12 hours of sleep; screens last; no phones at night.
- **Social/Community:** Spend time with loved ones; join teams/clubs.
- **Mental Health:** Think/speak happy; deep belly breaths for stress.
- **Communication:** Talk to someone if sad/worried or feeling unsafe.
- **Balance:** Balancing learning, active play, and helping others.

2. The SmartPhrase

Name: .STTCHLIFE

(Reduced to 9 characters total for maximum visibility in the Epic search results.)

Template Text:

Intervention: stART the Talk™ Lifestyle Education

Patient and family were provided with the "Lifestyle for Life Guidelines" infographic.

Discussed holistic health habits with a focus on: {LIFESTYLE

LIST:".STTCHLIFESTYLELIST"}.

Family expressed understanding of guidelines. A primary goal was identified to: ***** **.

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