

STT Example_MgHealthGuideline_Child_Family_SmartPhrase

SmartPhrase-SmartList

1. The SmartList

Name: .STTCHMANAGEHLTHLIST **Configuration:** Multi-select (Clinician picks the specific steps/topics discussed).

List Choices:

- **Vaccines:** Stay protected; help body fight sickness.
 - **Medication:** Take medicine the right way; don't skip doses.
 - **Nutrition:** Eat the rainbow; colorful fruits/veggies; healthy oils.
 - **Healthy Snacks:** Cut down on salty and sugary snacks.
 - **Oral Health:** Keep smiles bright; brush/rinse twice a day; visit dentist.
 - **Physical Activity:** Move body daily; walk, play, dance, or bike.
 - **Sleep:** Get enough sleep (9-12 hours for kids & teens).
 - **Mental Health:** Listen to your body; talk about feelings; ask for help.
 - **Stress Management:** Take deep, slow, belly moving breaths.
 - **Provider Visit:** Schedule screenings (eyes, ears, teeth).
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2. The SmartPhrase

Name: .STTCHMANAGE (Shortened for visibility; "CH" for Child/Family; "MANAGE" for Managing Your Health.)

Template Text:

Intervention: stART the Talk™ Health Management Education

Patient and family were provided with the "Managing Your Health" worksheet.

Discussion focused on shared family wellness and the following steps: **{MANAGEMENT LIST:".STTCHMANAGEHLTHLIST"}**.

Plan/Follow-up:

- Next Family Check-Up Date: **{DATE:12345}**
- Screenings to schedule: **{FREE TEXT}**
- Family identified **{FREE TEXT}** as a healthy habit to work on together.

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