**Telegram Bots**

**Examples of messages to be sent out:**

A. Holding Phones Up-Related

1. ***Keep your heads up, and your body will thank you for it!***
2. ***Hide that double chin, hold your phones up!***
3. ***Hey ho! Remember to hold your phone at eye level!***

B. Stretching-Related (this will always come with the stretching animation video)

1. ***Have you given your neck and shoulders a good stretch today?***
2. ***Time to roll your shoulders!***
3. **Have you done your 3-step stretch today?**

C. Breaks-Related

1. ***Remember to take a break after 1-2 hours of using your phone!***
2. ***Have you taken a break from your phone today?***
3. ***Glued to your phone? Give yourself a break!***

**Messages to be pushed out thrice a day, three times a week for a period of 3-4 weeks in total**

* Accompanied with stickers for each message pushed out

Day 1 (Monday)

Morning (9am): A1

Afternoon (3pm): B1

Night (8pm): C1

Day 2 (Wednesday)

Morning: A2

Afternoon: B2

Night: C2

Day 3 (Friday)

Morning: A3

Afternoon: B3

Night: C3

**(sequence repeats from A1)**

Day 4 (Monday)

Morning (9am): A1

Afternoon (3pm): B1

Night (8pm): C1

Day 5 (Wednesday)

Morning: A2

Afternoon: B2

Night: C2

Day 6 (Friday)

Morning: A3

Afternoon: B3

Night: C3

**Responses**

|  |  |
| --- | --- |
| **From User** | **Bot Response** |
| Hello  Hi  What’s up  Hey  Yo  LOL  Lol  Stand Corrected | Hello! Hope you’re having a good day! :) Welcome to Stand Corrected’s friendly bot!  Hey there! :) We’re excited to share with you our daily stretch reminders! |
| Bye bye  Goodbye | See you around!  Talk to you soon! |
| I don’t know how to stretch  What are the steps to the 3-step-stretch? | Follow the simple guide in the link below!  https://www.youtube.com/watch?v=gGXKpf-KEsI |
| My back and neck aches  My back and neck are painful  What do I do if I have aches? | Try some stretching to relieve some muscle aches first! If it gets worse, you might want to visit a chiropractor or a specialist to get your spine checked! |
| How do I use this (bot)?  What is this?  What | Hello! This bot is designed to remind you of daily quick stretches to prevent Text Neck Syndrome! Reminders will be sent at specific timings to prompt you to lift your phones up whenever you are! |
| Text Neck  Stretch | Yes! This bot is here to remind you of how to prevent getting Text Neck, a repetitive strain injury due to prolonged usage of mobile devices! Time to stretch and lower the risks! :) |