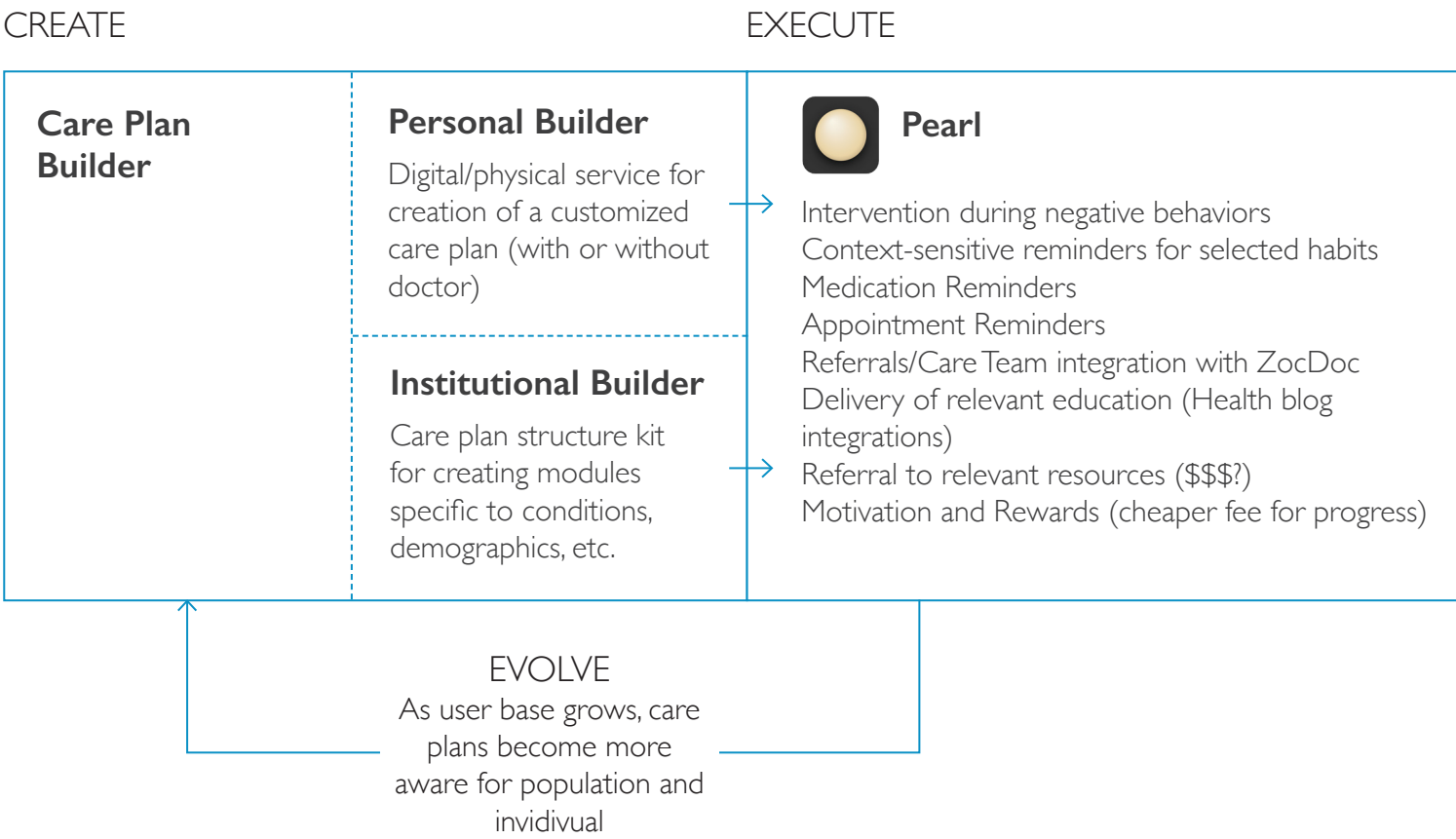
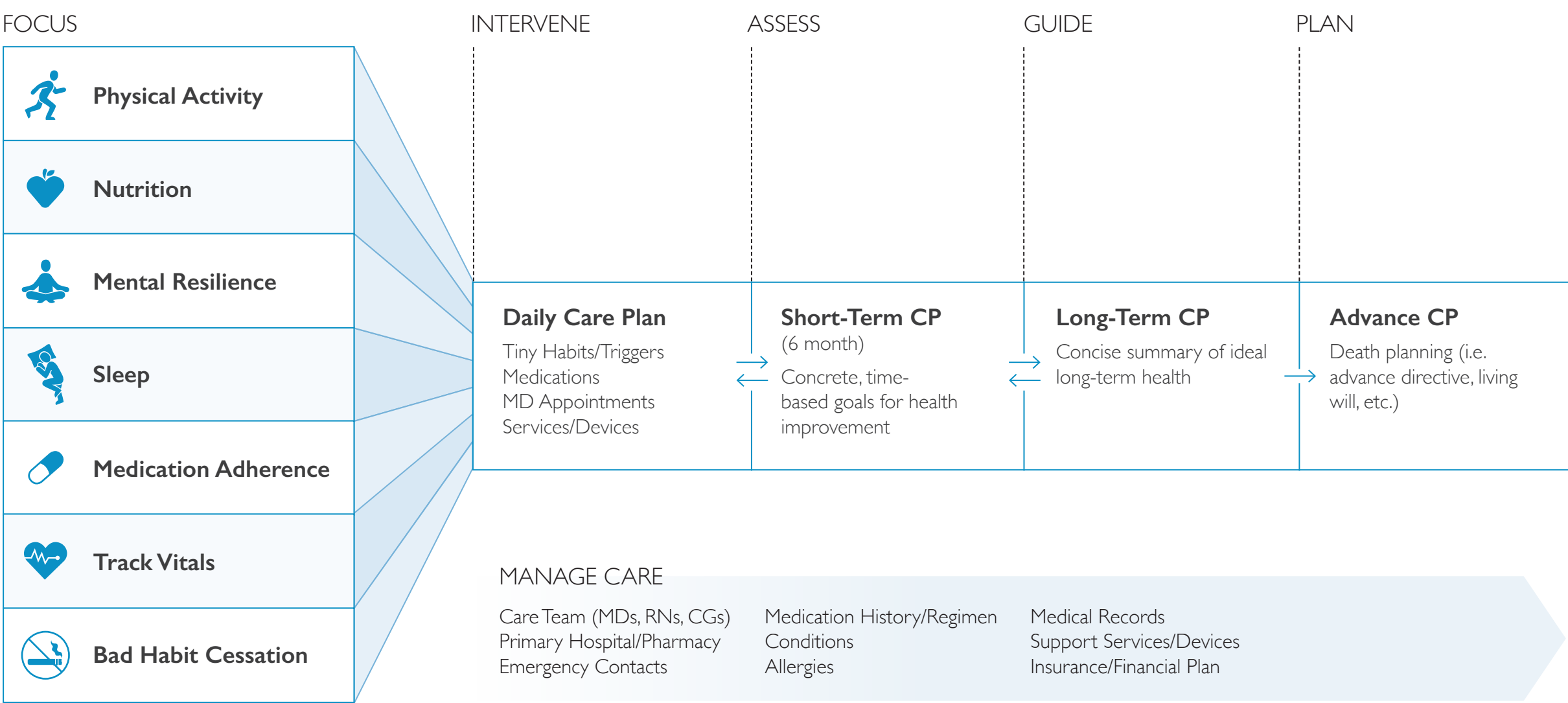


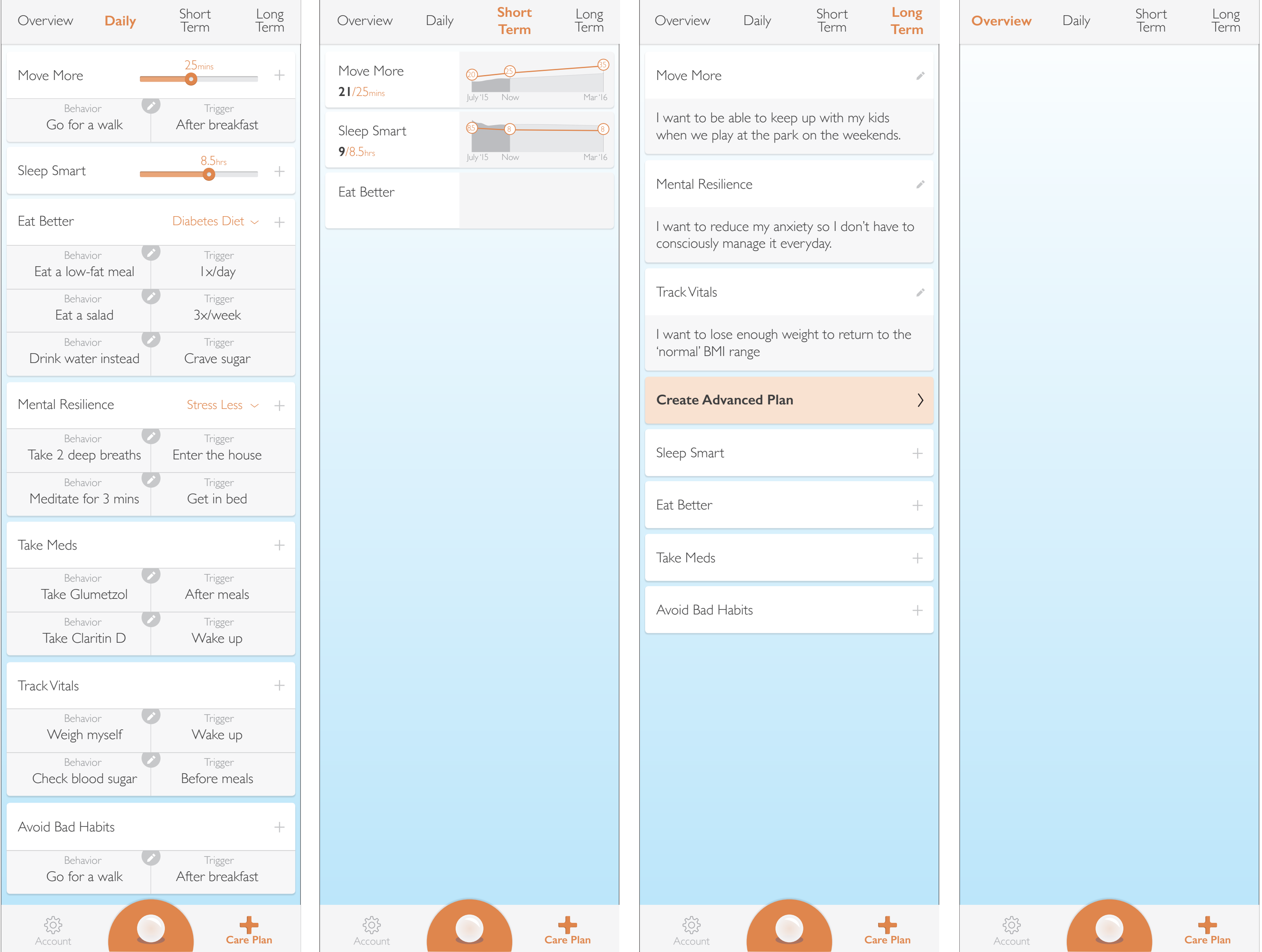
I SELF CARE SERVICE



2 CARE PLAN STANDARD



3 PEARL IMPLEMENTATION



'Daily' care plan is made up of the tiny step behaviors necessary to accomplish your measurable short-term goals.

'Short-term' care plan lists the concrete goals you are trying to reach by a given period of time (around 6 months)

'Long-term' care plan includes concise statements about the general achievements in your health you wish to reach in the future

'Overview' includes the more constant care management items (i.e. care team, primary hospital/pharmacy, emergency contacts, etc.)