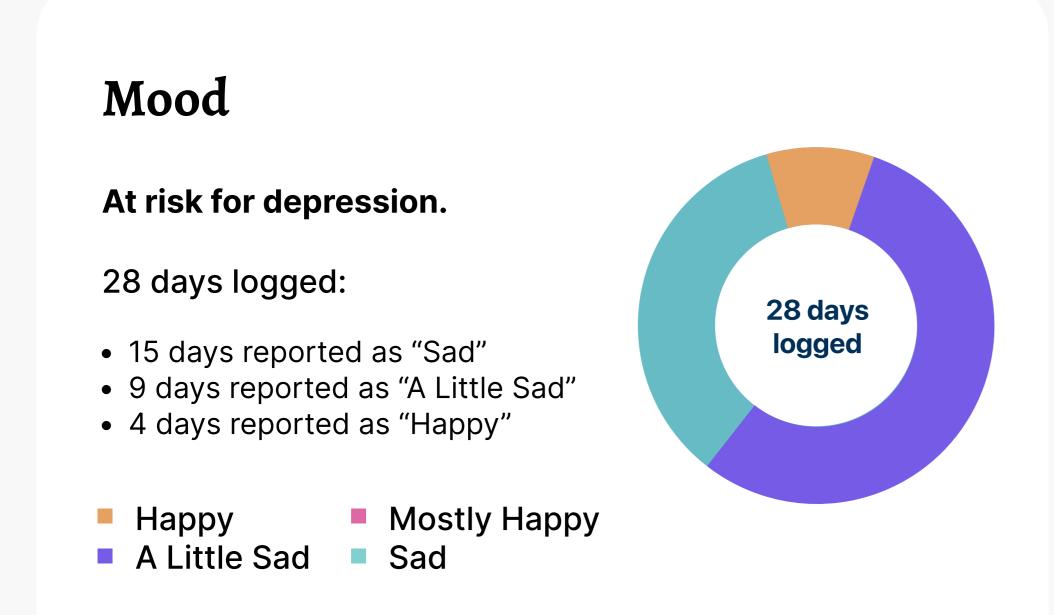
Blue Skies Reporting

Patient Name: Sarina Armstrong

Member ID: 4825y235-0

Date: 11/01/2022 - 12/01/2022



Medications

Sertaline

- 25mg daily, taken once in the morning with food
- Tracked administration: 26 / 31 days

Coumadin

- 2.5mg twice daily, taken in the morning and evening after meals
- Tracked administration: 56 / 62 doses

	Not at all	Several days	More than half the days	Nearly everyday
Sad				
I'm not generally satisfied with my life.		✓		
I'm unhappy most of the time.		✓		
I feel like my situation is hopeless.			✓	
Lonely				
I feel like my life is empty.	✓			
I feel worthless, or like a burden.	✓			
I don't have anyone to spend time with.	✓			
Scared				
I'm afraid that something bad will happen.		✓		
I often feel helpless.			✓	
I stay at home rather than go out.			✓	
Tired				
It's hard for me to sleep.		✓		
It's hard to get out of bed in the morning.		✓		
It's hard for me to eat my meals.	✓			
I've dropped a hobby or an interest.	✓			
Frustrated				
I often get irritated at people or things.	✓			
I feel others are better off than me.	✓			
I have problems with my memory.	✓			

Activities

Map My Walk

Tracked 14 walks for a total of 16.8 miles

Tai Chi

Completed 8 exercises for a total of 160 minutes

Sudoku

- Finished 20 puzzles at level: medium
- Finished 4 puzzles at level: hard

Values

 My Hobbies
 11/03/2022

 Being Social
 5/18/2022

 Being Active
 12/04/2021