

Example Conversations CoachLinq

Condition	Theme	Scenario	Exchange	Speaker	Message
OSA	Engagement	Low energy levels and interest in tracking	1	Linq	How's your energy today on a scale from 1 to 10?
OSA	Engagement	Low energy levels and interest in tracking	2	Patient	Maybe a 5?
OSA	Engagement	Low energy levels and interest in tracking	3	Linq	Thanks for checking in. That's a bit lower than last week. What do you think is contributing to that?
OSA	Engagement	Low energy levels and interest in tracking	4	Patient	I stayed up watching TV again, even though I didn't mean to.
OSA	Engagement	Low energy levels and interest in tracking	5	Linq	That's relatable. Would it help to set a nightly reminder to wind down by 10 PM?
OSA	Engagement	Low energy levels and interest in tracking	6	Patient	Yes, that would keep me more on track.
OSA	Engagement	Low energy levels and interest in tracking	7	Linq	I'll set a reminder for 9:45 PM each night. Want to also track your energy each morning to see if it helps?
OSA	Engagement	Low energy levels and interest in tracking	8	Patient	Sure, let's do that.
OSA	Learning	Understanding how weight affects OSA	1	Linq	Want to learn how weight changes can impact your sleep apnea?
OSA	Learning	Understanding how weight affects OSA	2	Patient	Yes, I never really knew how they were connected.
OSA	Learning	Understanding how weight affects OSA	3	Linq	Research shows even a 10% weight loss can reduce OSA severity by 25%.
OSA	Learning	Understanding how weight affects OSA	4	Patient	Wow, that's a lot. So it really does help?
OSA	Learning	Understanding how weight affects OSA	5	Linq	Absolutely. Would you like to explore a simple meal plan to get started?
OSA	Learning	Understanding how weight affects OSA	6	Patient	Yes, something easy to follow would be great.
OSA	Learning	Understanding how weight affects OSA	7	Linq	I'll send you a 7-day Clean Plate starter plan. Want to set a reminder to review it each morning?
OSA	Learning	Understanding how weight affects OSA	8	Patient	Yes please.
OSA	Motivation	Staying committed to using CPAP	1	Linq	What's your main motivation for treating your sleep apnea?
OSA	Motivation	Staying committed to using CPAP	2	Patient	Honestly, I want to have more energy to play with my kids.
OSA	Motivation	Staying committed to using CPAP	3	Linq	That's a powerful reason. Would it help to see your weekly progress tied to that goal?
OSA	Motivation	Staying committed to using CPAP	4	Patient	Yes, that would keep me focused.
OSA	Motivation	Staying committed to using CPAP	5	Linq	You've used your CPAP 6 out of 7 nights this week. That's amazing progress.
OSA	Motivation	Staying committed to using CPAP	6	Patient	Thanks, it hasn't been easy.
OSA	Motivation	Staying committed to using CPAP	7	Linq	Every night you use it gets you closer to more energy and quality time with your family. Want a photo reminder on your phone?
OSA	Motivation	Staying committed to using CPAP	8	Patient	Yes, that would be great motivation.