

****Prompt in *bold***

**** Assumption that check ins are scheduled at a certain time every day or few days through the app**

P1: “Hi John, how was your day?”

Response: (Good/bad/etc.) .. store audio response

P2: “Would you like to talk about it?”

Response: (Yes)

1.1: “record audio response” - go to P3

Response: (No)

1.2: “Yesterday you reported that you were feeling (x1) out of 10 stressed, (x2) out of 10 anxious.” - go to P3

P3: How would you say your stress levels are today on a scale from 1-10?

(...) store audio response

P4: How about any anxiety you felt today on a scale of 1-10?

(...) store audio response

//

P7: “Would you like to try some wellness strategies?”

****these can be customized on the app, where they can learn more about interventions**

Response: (Yes)

7.2: “Okay. Would you like to do (1.) Guided Meditation (2.) A Grounding Exercise (3.) Calling a friend or family member or (4.) Finding Resources?” - go to end.

Response: (1 || Guided Meditation)

7.2.1: “Guided Meditation, sure. Okay John, let’s start with breathing. Inhale for 7 seconds...., hold for 8....., and exhale..... Great. Now picture pleasant imagery” - go to end.

Response: (2 || a grounding exercise)

7.2.2: “Grounding Exercises, sure. First, feel the ground beneath your feet, how they are stable in the ground. You are

safe, anchored. Now look around you, what do you see. Make a list in your head or say out loud what you see..." - go to end.

Response: (3 || Calling a friend or family member)

7.2.3: "Sure, who would you like to call?" ***uses Alexa calling skill - go to end.*

Response: (4 || Finding resources)

7.2.4: "Sure, what would you like to know more about?"

Response: (Crisis line)

7.2.4.1: "Sure, connecting you to the Vancouver Crisis Line." - go to end.

Response: (PTSD)

7.2.4.2: "Sure, I found this resource on the American Veteran's Association website. We also have resources in the app." - go to end.

Response: (//something else)

7.2.4.3: "Let me search that up" - go to end

Response: No

- Go to end.

END