

## Assign an exercise to a Patient

### Step 1:

Select a patient from your patient list

My Patients

Show  entries

Patient	Status	Avg Mood	Hospital
davidcpell	active	0	0
josh223gr	active	5.0	0
josh22r	active	1.11	0

### Step 2:

Navigate to the “Exercises” tools

Overview | Scorecard | Exercises | Collaboration

Patient: josh22r

Diagnosis: PTSD

Birthday: July 08, 1977 (Age:39)

Self-harm Entries: 45

Observer Notes: 37

Counseling Sessions: 20

Last Entry: Tuesday, February 28

Total Entries: 1242

Patient Info

- Patient Journal
- Observer Journal
- Prescription History

1.11

improved by 37%

Average Mood (0-6)

0

Hospitalizations

Clinician Entries

+ Add Status

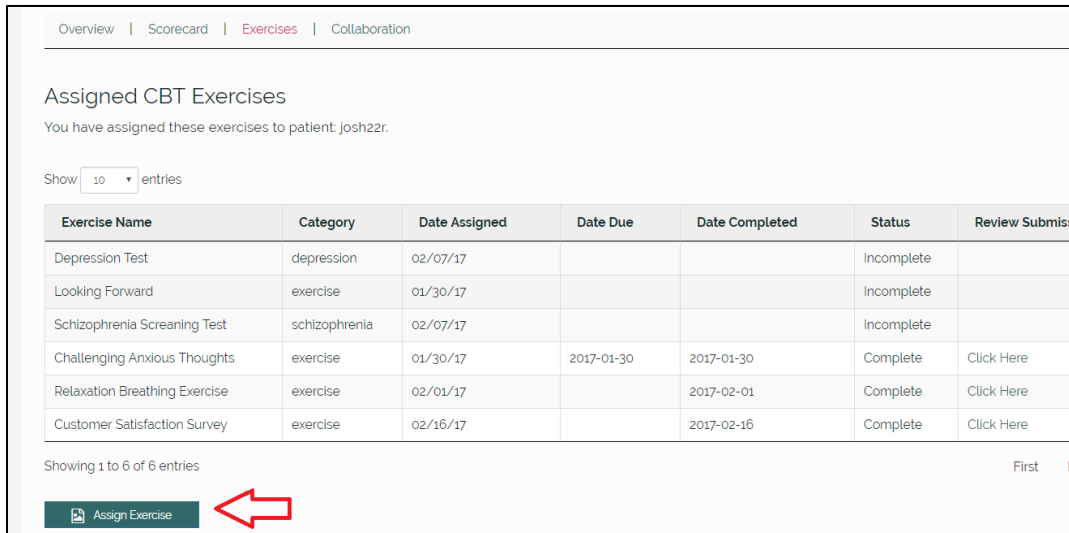
Send message to Patient

Send

Life

**Step 3:**

Select the “Assign Exercise” button



Overview | Scorecard | **Exercises** | Collaboration

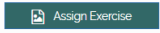

### Assigned CBT Exercises

You have assigned these exercises to patient: josh22r.

Show 10 entries

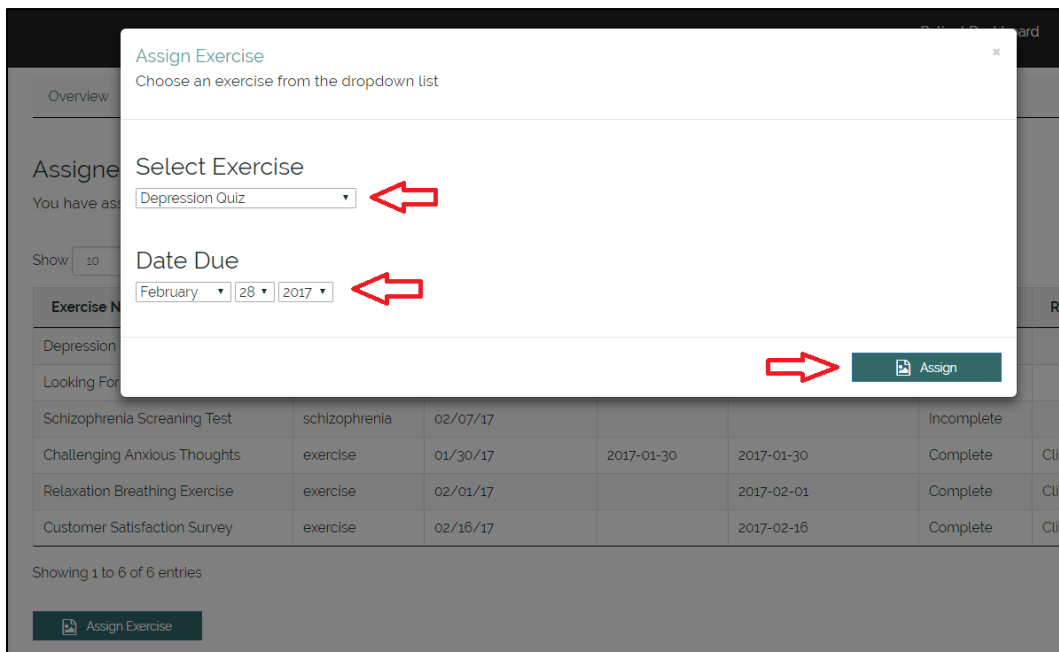
Exercise Name	Category	Date Assigned	Date Due	Date Completed	Status	Review Submiss
Depression Test	depression	02/07/17			Incomplete	
Looking Forward	exercise	01/30/17			Incomplete	
Schizophrenia Screening Test	schizophrenia	02/07/17			Incomplete	
Challenging Anxious Thoughts	exercise	01/30/17	2017-01-30	2017-01-30	Complete	Click Here
Relaxation Breathing Exercise	exercise	02/01/17		2017-02-01	Complete	Click Here
Customer Satisfaction Survey	exercise	02/16/17		2017-02-16	Complete	Click Here

Showing 1 to 6 of 6 entries

**Step 4:**


Choose an exercise from the drop-down list and select a “Due Date”.




Assign Exercise

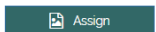

Choose an exercise from the dropdown list

Select Exercise

Depression Quiz 

Date Due

February 28 2017 

**Step 5:**

This exercise is now assigned to the patient and is available for them to complete.

*NOTE: Patients must complete exercises using a web-browser. They are not available within the mobile app.*