



BLUEPRINT

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# Client FAQs



# 2021

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## What is Blueprint?

Blueprint is a digital service that helps your clinician administer important assessments about health and wellness. These assessments can be completed via the Blueprint mobile app, SMS, or email.

## Why are these assessments important?

Blueprint's software is based on measurement-based care. Research shows that when therapists practice measurement-based care, clients feel better faster and experience a higher quality of care. We are confident that Blueprint will allow you and your therapist to better understand your mental health and wellness.

## How do I get started?

Your clinician will enroll you on Blueprint. Once this happens:

- Click on the link in your text messages
- Complete your initial assessments
- Sign up on the Blueprint mobile app (optional)
- Continue using Blueprint as directed by your clinician

## Will using Blueprint cost me anything?

Most clients will not have any additional costs associated with using Blueprint. However, because Blueprint is a billable service, some clients may be responsible for some or all of the claim. If you do incur an additional charge that causes financial hardship, your clinic may have policies in place to reduce or eliminate these costs. Please check with your therapist or office coordinator to learn more.

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## Is my data secure?

Yes. Blueprint is HIPAA compliant and takes data privacy and security extremely seriously. Blueprint does not sell any personally identifiable data and only you and your clinician will have access to your personally identifiable data. You own your data and can request at any time for your data and account to be deleted by sending an email to [support@blueprint-health.com](mailto:support@blueprint-health.com) with the subject of "Account Deletion." You can view Blueprint's privacy policy in full at [www.blueprint-health.com/privacy](http://www.blueprint-health.com/privacy).