BLUEPRINT

Clinician Guide

2021

Getting Started

Welcome to Blueprint! We couldn't be more thrilled to have you join the Blueprint community and begin using data to enhance treatment. This guide is going to help you utilize different areas of Blueprint!

We do want to note that practice workflows may vary. This is a general guide of the functionality of Blueprint. We advise to reach out to your clinical administration for specific workflow practices

Welcome to Blueprint

Blueprint is an online platform that allows you to assign digital outcome measures, daily assessment, and therapeutic worksheets for your clients to complete remotely on their own time or in-clinic while waiting for their appointment.

The purpose of Blueprint is to help you become more effective with your clients through the practice of measurement-based care

Why Measurement-Based Care?

1 in 5

clinicians practicing measurement-based care today

30%

Increase in likelihod of responding to treatment

50+

Peer-reviewed research studies on measurement-based care

9 weeks

Reduction of time-to-remission with measurement-based care

"One of the main contributors to poor outcomes in routine care is that providers do not typically use symptom rating scales in a systematic way to determine quantitatively whether their patients are improving. Yet, virtually all randomized controlled trials... found that outcomes were significantly improved [with MBC] compared to usual care across a wide variety of mental health disorders."

The Kennedy Report

Tracking Data in Blueprint

Outcome Measures

Often referred to as symptom rating scales or clinical assessments, outcome measures are used to track client progress across time

Daily Symptom tracking

Clients can respond to questions about their experiences on a day-by-day basis so you can keep an eye on important symptoms or behaviors

Therapeutic Worksheets

As a way to stay engaged in between therapy sessions, clients can complete a wide range of commonly used worksheets such as CBT thought records, DBT diary cards, and more.

Passive Behavioral Tracking

Blueprint connects seamlessly to sensors in clients' cell phones to track daily steps, time spent at home, travel time, and sleep patterns "in the background"

Enrolling Clients*

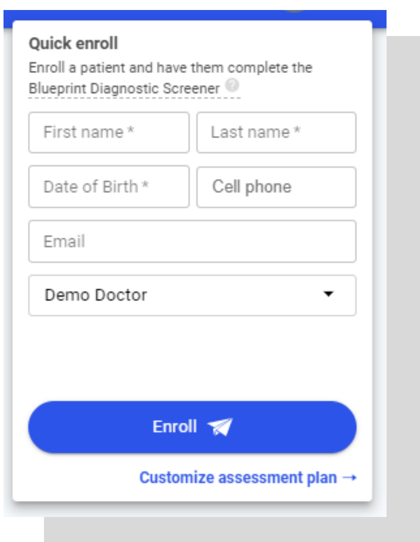
01 Click on the Enroll Patient button on the top right

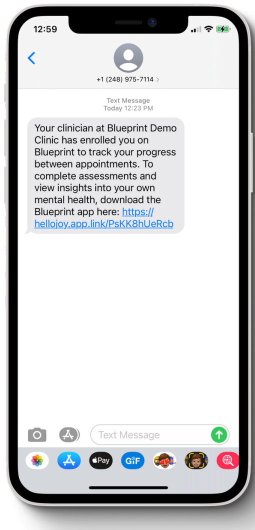
02 Enter in your client's First Name, Last Name, Date of Birth, Cell Phone Number, and Email Address.

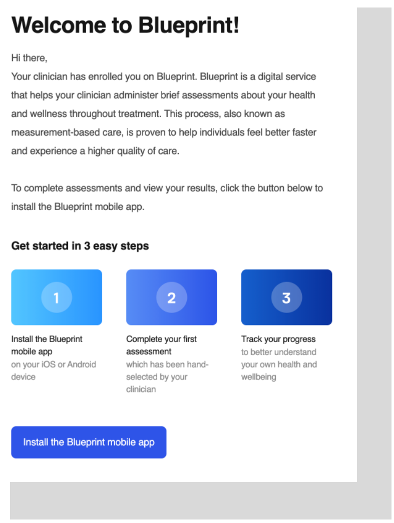
03 Click on Enroll

04 Your client will receive a text message/email to start their first assessment

For enrolling children with parent reporting, you can add the child's name and date of birth with the parents's phone number and email.







*Please note that enrollment may vary by clinic. We do advise you connect with your practice manager on your current enrollment workflow.

Assigning Symptom Trackers and Worksheets

For clients who have downloaded the Blueprint App, you will have the option to assign additional symptom trackers & worksheets.

01 Navigate to your client profile

02 Select your Client Preferences in the top right corner

03 Choose Symptom Tracker or Worksheets

04 Click the check box to assign measures. To remove the assigned measure, click again.

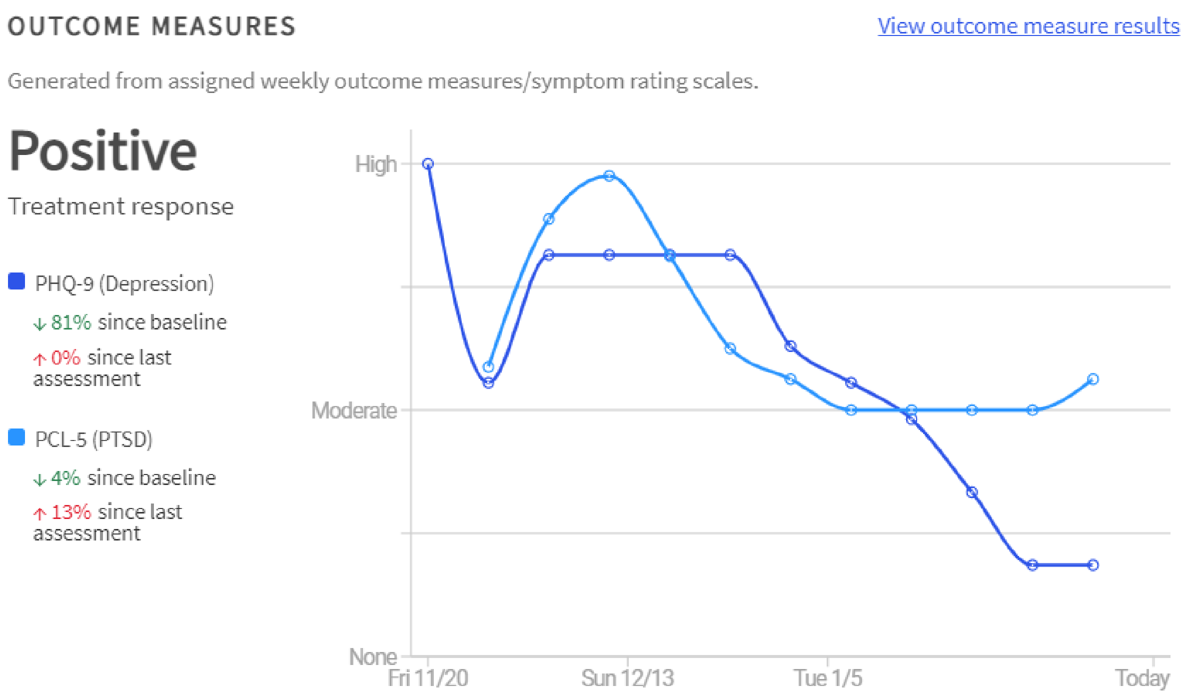
How to view and measure results

When your client enrolls and starts to complete measures, you'll start to be able to track their assessment status.

To view a visual overview of results over time, simply click on your client's name to view their profile

To view results in more detail, click View outcome measure results on the right of outcome measures

You can click on the drop-down to view different measures and dates



Client Management

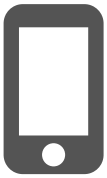
Client List Icons

Exclamation Mark

The circle with the exclamation mark is a High Risk visual. Your client has answered positively to a suicide ideation question.

Time Clock

The clock means that your client has an overdue assessment. Your client may need a reminder to complete assessments.



Phone

The phone icon means that your client has downloaded the Blueprint app. This client can be assigned Symptom Trackers + Worksheets if applicable

Archiving Clients

It is best practice to archive clients whom you are no longer seeing. To do so, you can go to your client's profile > preferences > archive client. You can unarchive clients at any time!

Client Management

Nudge Clients

To send a friendly reminder for clients to complete their assessment(s), you can click into the client's profile > Click on the Take Now drop down > click on Nudge to send an email or text notification.

Adjust Measure Notifications

To set up measure notifications for your clients to receive, click into your client's profile > click the Adjust button next to Next Measure > adjust the date/time of when clients should take their next measure > click Confirm

Note: You can adjust measure frequency in the client's Preferences > Outcome Measures > for selected measures, there will be an Edit option next to the frequency

Download PDF Reports

There are three types of reports you can download to export assessment data if necessary.

Summary: A visual of outcome measures, top symptoms, and lifestyle data.
Latest Assessment(s): The last assessment your client has taken
Full Report: All visual and assigned assessments, symptom trackers, and daily journal data

Blueprint Pro Tips

How you and your clients can get the most out of your Blueprint experience

1 Reviewing lifestyle data during session can help your clients improve their self-awareness

2 Administering outcome measures on a weekly basis provides you with the best possible clinical data

3 Set clear expectations with your patients regarding their frequency of check-ins and measure completion

4 Have fun and cultivate a sense of curiosity toward your patients and their lived experiences

FREQUENTLY ASKED

Clinic FAQs

What is the difference between Outcome Measures and Symptom Trackers?

Outcome Measures are validated symptom rating scales such as the PHQ-9, GAD-7, and many more (we've got 100+ available). These measures can be assigned to patients and automatically delivered weekly, bi-weekly, or monthly. These scales have been validated through research and are available in the public domain. Each time a patient completes an outcome measure, you may be eligible to submit an additional insurance claim.

Symptom Trackers are a part of our daily-check-in feature. You can assign symptom trackers, worksheets, and more for patients to complete on a more frequent basis. If you assign these, they will be available to the patient and the patient can select their preferred cadence/frequency they want to complete these things. Symptom Trackers are only available for patients if they download the Blueprint iOS or Android apps (not available via SMS/Email/Web). These symptom tracking and worksheet modules were curated by our clinical team at Blueprint, lead by our clinical director Dr. Russell DuBois, PhD. Symptom Trackers and Worksheets are typically not reimbursable at this time.

How do I reset my password? How can I help my client reset their app password?

To reset a clinician password, use this link:
https://clinician.blueprint-health.com/forgot-password

To rest your client's app password, you can use this link:
https://app.blueprint-health.com/forgot-password

FREQUENTLY ASKED

Client FAQs

What is Blueprint?

Blueprint is an online service that will help us keep track of your progress during our time working together. By using Blueprint, you will be able to keep a record of your mental health over time. We will use this information to discuss how things are going and make any changes to your treatment as necessary.

How does it work?

I will be assigning some surveys for you to complete on a regular basis. These will be short and take anywhere from 10-20 minutes to complete. You can either complete these remotely through the Blueprint mobile app, or right here during our sessions on the computer/tablet. You'll get a reminder each time a survey is due. I'll be able to view all of your answers, and we can work together to make sense of the result and progress over time."

Is Blueprint Data Secure?

Yes. Blueprint is HIPAA compliant and we take 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 with the subject of "Account Deletion." You can also view Blueprint's privacy policy in full at www.blueprint-health.com/privacy.

Need more help?

For issues, troubleshooting help, or additional questions feel free to reach out to our support team:

help@blueprint-health.com.

Congratulations!

You've completed your Clinician Guide and are on your way to becoming a Blueprint expert.

Please use the following badge to share that your clinic is Blueprint Certified as a Measurement-Based Care provider.

blueprint