

(E001) SES BG 7 day 09:00 anytime (Glucose/BG 8-4)

Message Schedule Frequency/Day/Time	Message Content	Character Number (inc. spaces)
Once, Day 0, Triggered by patient sign up	Hi, I'm Florence your NHS self care service. I need to confirm you want to join in. Get started by replying "YES". Don't reply if you didn't ask to join in.	Not Applicable Standard Message
Once, Day 0, Triggered by patient Opting in with "YES"	Hi, it's Florence. Thanks for joining. I'm here to help you manage your own health better. At times I'll send advice for you to act on. To help you I may also share information with your healthcare team.	Not Applicable Standard Message
Reading, once daily at 09:00	Hello, just a quick reminder that you Blood Glucose readings are due. e.g. "BG 6". Thanks, Flo.	95
Reminder after 2 hours if patient doesn't reply.	Hi again, I've noticed that you haven't sent in your readings today. Could you please text them in. Kind regards, Flo.	118
Confirmation of acceptable reading	Your Blood Glucose is fine today, thanks Flo.	45
High reading	Your glucose level is higher than normal today. Please adjust your insulin as directed by your Diabetes Nurse or call your Diabetes Nurse for advice. Thanks Flo	160
Low reading	Your blood glucose reading is a little low today. Please treat your hypo with glucose as recommended by your Diabetes Nurse. Take care, thanks Flo.	147
Alert triggered by 3 breaches over 3 days, or exceeding critical %	Please CALL your Diabetes Nurse, your Blood Glucose has been outside your normal range. Take care, Flo.	102