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| Date | Time | Reading |
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**Record your readings (optional)**

***For more information about how Flo is supporting patients across the UK to manage their health better, please visit www.simple.uk.net***

**Your *(condition)* Shared Management Plan with Flo**



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***(Add NHS organisation Logo if desired)***

**Patient name:**

|  |
| --- |
| **Contact Information** |
| ***(Insert specific contact info for specialist/team/clinic etc)*** |

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| --- | --- |
| Reading | Recommended actions |
| Within target range *(specific)* | *(Reading is normal, so consider adding some encouragement or motivational points. Consider generic advice for the patient’s condition, or other advice for healthy lifestyle.)*  |
| Outside target range - advisory *(specify)* | *(Add appropriate advice)* |
| Outside target range – action required *(specify)* | *(Add appropriate advice)* |

**Top Tips for replying to Flo**

**Here are a few important things for you to remember to help Flo to support you without any problems:**

* Try to reply to Flo as soon as you can. Some of Flo’s services allow you to reply at any time, but many will have a time limit for receiving your readings.
* Flo will understand **UPPERCASE** or **lowercase**.
* If Flo asks you for more than one reading, you can send them in one text, or separate texts – whichever you find easier.

**Flo will reply letting you know that she has received your readings. If you don’t receive acknowledgement reply, please double check:**

* Does the text you sent follow the example Flo gave you when she requested your reading?
* Have you accidentally typed the wrong number along with your reading? For example, have you sent BG 56.0 instead of BG 5.6?

***If you have checked all of the above, and are still having problems, please get in touch with your (specialist nurse/team/clinic/doctor – add as appropriate) for more support.***

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| **Additional Information *(change for your use)*** |
| *(Add any additional clinical guidance you would like to give to the patient here).* |