Message Schedule – NHS Nott Daily weight monitoring for ascites

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. My number, 64711 is FREE to text and is registered with the UK regulator at	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
Everyday at 10:00	Hi it's Flo. Can you please weigh yourself (preferably without clothes) and text in WT followed by your weight in kilograms, eg. WT 60	134
Reminder 180mins later	Hi it's Flo. Just a reminder for you to please weigh yourself (preferably without clothes) and text in WT followed by your weight in kilograms, eg. WT 60	153
Confirmation Message	That's fine, thanks for letting me know. Flo	44
Above desirable range	Your weight has reached a threshold that we suggest you need to book a review by contacting 07812270057. Thanks, Flo.	117
ALERT loss of 5 kilograms in 3 days	Hi, you are losing weight too rapidly. If your weight is accurate please ring your GP or Nurse for an assessment immediately. Thanks, Flo.	138