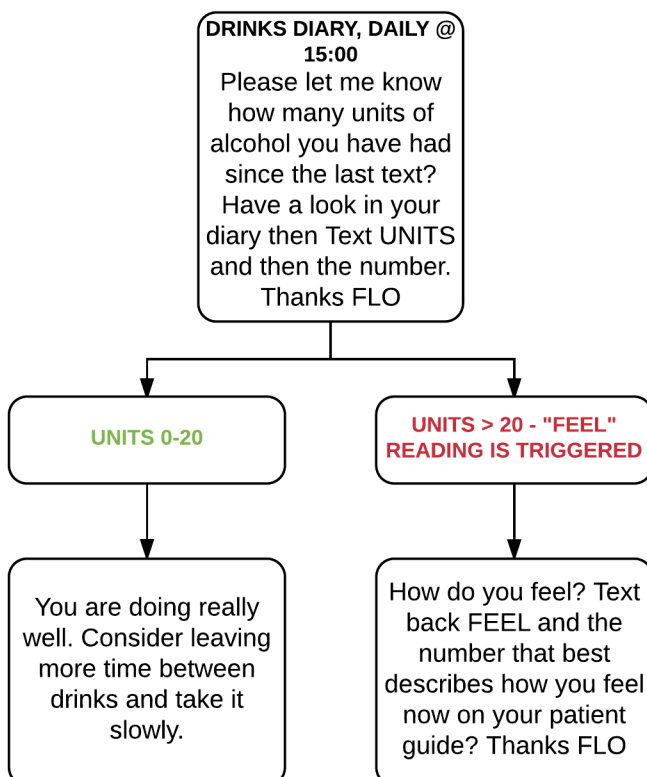
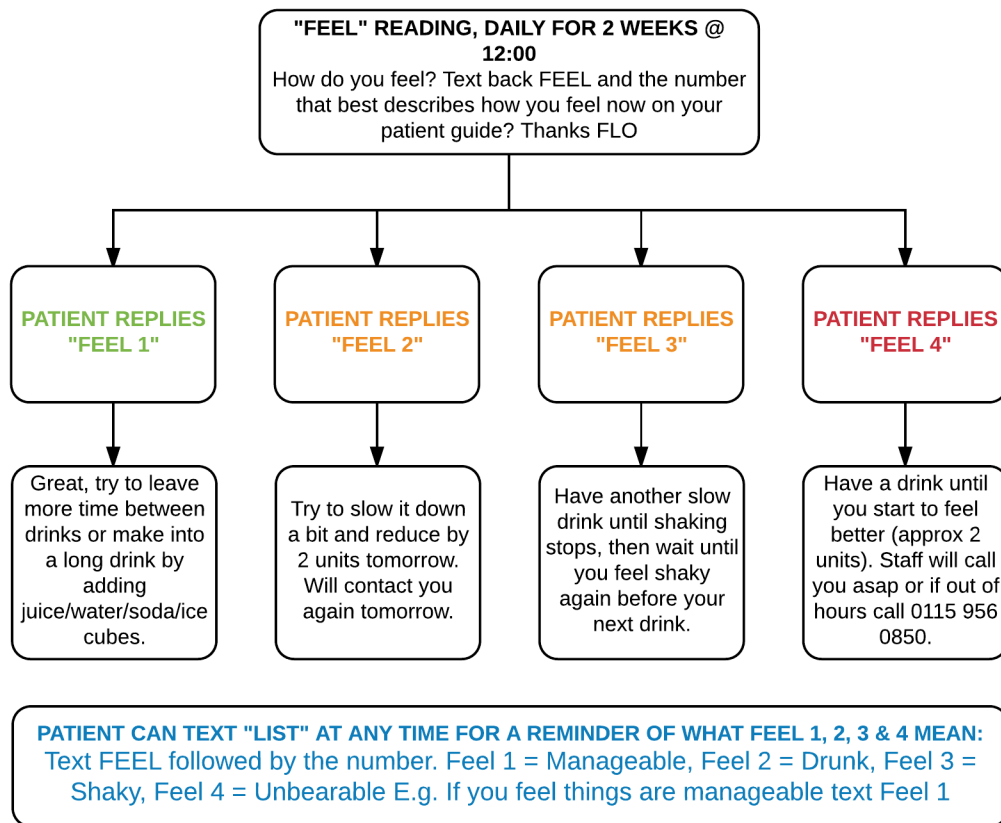


## Last Orders Flo Simple Telehealth Message Protocols



### Motivational Messages

There are four protocols for different motivational messages which individuals can choose to receive. Each protocol sends a support message once a week:

- Support Full Recovery
- Pre-abstinence Recovery
- Health & Wellbeing Thought for the day

### Group Reminders

These protocols will send the service user a reminder the day before they are due to attend a group session. There are Flo reminder protocols for the following groups:

- Structured Abstinence Group
- Making Changes Abstinence Group
- Making Changes Controlled Drinking Group 1
- Making Changes Controlled Drinking Group 2
- Mindfulness Group 1
- Mindfulness Group 2
- Recovery Weekly Group
- NLP Confidence Booster Workshop
- NLP Goal Setting Workshop
- NLP Panic Attack Workshop
- NLP Sleep Workshop
- NLP Relationships