

**WELCOME MESSAGE,  
DAY 0 @ 08:00**

Thanks for participating in the Beating the Blues treatment Programme. You will receive weekly text messages to encourage you through each session. Flo

**ACTIVATION CODE  
REMINDER, DAY 0 @  
08:05**

Hi, your Beating the Blues activation code is \*\*\*\*\*. Go to [www.beatingtheblues.co.uk](http://www.beatingtheblues.co.uk). Enter your code and get started today. Regards Flo

**GYM PASS REMINDER,  
DAY 12 @ 09:00**

Hi, Once you have started your on line programme you can ask for a free 6-8 week pass to your local gym. Check your Well Connected booklet for instructions, Flo

**ACTIVATION QUERY, DAY  
7 @ 12:00**

Have you managed to activate your Beating the Blues account? Text #1 for YES or #2 for NO. Thanks , Flo

**PATIENT REPLIES "#1"  
(YES)**

That's great! Beating the Blues will help you to pinpoint and change unhelpful ways of thinking that can affect how you feel, Flo

**PATIENT REPLIS "#2"  
(NO)**

Hi,Flo here, I am sorry you haven't activated your Beating the Blues code. It will expire in 14 days. Please contact 01698 366740 for help with access.

**ACTIVATION QUERY, DAY  
14 @ 14:00**

Your Beating the Blues activation code will expire in 7 days. Why not have a look today? Already activated? Text #1 for Yes or #2 for No, Thanks Flo.

**PATIENT REPLIES "#1"  
(YES)**

That's great! Beating the Blues will help you to pinpoint and change unhelpful ways of thinking that can affect how you feel. Go get started today! Flo

**PATIENT REPLIS "#2"  
(NO)**

Beating the Blues will help you to pinpoint and change unhelpful ways of thinking that can affect how you feel. Why not activate your code today? Flo

**ACTIVATION EXPIRY  
QUERY, DAY 21 @ 14:00**

Your activation code for Beating the Blues has now expired. You will be discharged and your referrer notified. Already Activated? Text #1 for Yes or #2 for No

**PATIENT REPLIES "#1"  
(YES)**

That's great! Beating the Blues will help you to pinpoint and change unhelpful ways of thinking that can affect how you feel. Go get started today! Flo

**PATIENT REPLIS "#2"  
(NO)**

That's fine. If you change your mind you can always ask to be re-referred or contact 01698 366740 for further advice. Take Care Flo.