

Message Schedule – SCO NHS WI Daily BG & Insulin Reminder(Glucose/BG)Paeds HIGH

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 http://psauthority.org.uk	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
Blood glucose reading, every day @ 07:30 & 18:00	Hello, just a quick reminder that your Blood Glucose readings are due. eg "BG 6.1". Thanks Flo.	96
Reminder, 2 hours later if no reply	Hi again, I've noticed that you haven't sent in your readings today. Could you please text them in. Take care, Flo.	116
Reading within desirable range	Thanks for sending in your blood glucose reading, Flo	53
Reading above desirable range	Your glucose level is higher than normal today, please take a correction dose with your next meal. Thanks, Flo	110
Critical percent breach (HIGH or LOW), alert triggered	CHECK for KETONES and follow the instructions on page G05 of your 'my health record' book. If concerned, call your diabetes nurse or NHS 24. Take care, Flo	155
Insulin reminder, every day @ 08:10, 12:30 & 17:30	Hi, Flo here, just a quick reminder that you need to take your insulin as prescribed. Take care.	96
Hypo treatment reminder, every 3 days @ 20:00	Just a reminder that IF your Blood Glucose drops below 4mmol, follow your hypo treatment plan straight away. Thanks, Flo	120