Message Schedule – South Tyneside Foundation Trust Insulin Motivational Messages



Insulin Motivational Messages		
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
Day 1 @ 11:00	Hi it's Flo, Please do not forget to change your needles	56
Day 3 @ 11:00	Have you managed to increase your activity levels? It really does help to reduce your blood glucose levels and improve your Blood Pressure and cholesterol.	155
Day 6 @ 11:00	Hi it's Flo, remember getting your 5 a day really helps to manage your diabetes, take care	90
Day 9 @ 11:00	Hi it's Flo, have you looked at your sugar levels and made any changes to your insulin if they are too high or too low	118
Day 13 @ 11:00	As your sugar levels improve, your symptoms should reduce and you should start to feel better	93
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