



Hi, Patient Username

How Does This Work? +

You've earned 5 points just for logging in!

Below are goals you've chosen for yourself. Track your progress to earn points. Every point gets you closer to receiving your next badge.

1,100 Points Earned

VIEW ALL POINTS & BADGES

Recent Badges



Track Your Short-term Goals

Short-term goals are smaller goals that can be done many times



Be Active:

Go for a Walk or Run Outside

+ SHOW GOAL DETAILS



Eat Healthy:

Eat More Vegetables

+ SHOW GOAL DETAILS



Create a Routine:

Sleep 6-8 Hours a Night

+ SHOW GOAL DETAILS



< Previous

1 2

Next >

Track Your Long-term Goals

Long-term goals are bigger goals that can take weeks or months to reach



Communicate:

Invite a New Support Member

+ SHOW GOAL DETAILS



Manage Health:

Meet with My Treatment Team

+ SHOW GOAL DETAILS



Add a New Goal

Ready to add another goal?

You're doing great. If you feel ready, go ahead and add another goal!



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Ask for Support

We'll send a message to the support members you select, letting them know that you are working toward the "Go for a Walk or Run Outside" short-term goal, but could use some support.

Select which support network members to send this message to:



Support\_Username



Support\_Username1



Support\_Username2



Support\_Username3

CANCEL

SEND REQUEST

Track Your Long-term Goals

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+ SHOW GOAL DETAILS



Manage Health:

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ADD A GOAL

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Be Active:

## Go for a Walk or Run Outside

- HIDE GOAL DETAILS



I DID THIS!



I NEED HELP WITH THIS GOAL

#### Your Rewards for This Goal



#### Latest Be Active Badge

You've done this [XX] times and earned [XX] total points for tracking this goal.



You need 15 points to reach your next Be Active badge.

EDIT THIS GOAL to delete, change or mark as complete.

EDIT THIS GOAL

#### Messages for This Goal



Support\_Username

Today

Integer euismod. Nullam placerat lorem...



Support\_Username2

Yesterday

Integer euismod. Nullam placerat lorem...



Support\_Username1

15 Days Ago

Integer euismod. Nullam placerat lorem...



Support\_Username

23 Days Ago

Integer euismod. Nullam placerat lorem...



Eat Healthy:

## Eat More Vegetables

+ SHOW GOAL DETAILS



I DID THIS!



I NEED HELP WITH THIS GOAL



Create a Routine:

## Sleep 6-8 Hours a Night

+ SHOW GOAL DETAILS



I DID THIS!



I NEED HELP WITH THIS GOAL

< Previous

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### Track Your Long-term Goals

Long-term goals are bigger goals that can take weeks or months to reach.



Communicate:

## Invite a New Support Member

+ SHOW GOAL DETAILS



I DID THIS!



I NEED HELP WITH THIS GOAL



Manage Health:

## Meet with My Treatment Team

+ SHOW GOAL DETAILS



I DID THIS!



I NEED HELP WITH THIS GOAL

### Add a New Goal

## Ready to add another goal?

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ADD A GOAL

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# Messages

How Does This Work? +

## Using Messages

Use this page to view and send messages using Progress with Me.



### Reply & Send

In your **Inbox**, select a message you received from a member of your support network and choose **Reply** to send a response. Or use **Send a New Message** to send a new message to a member of your support network. You can send a *Progress with Me* message or an email you write yourself, if you have their email address.

INBOX 3 SENT

SEND A NEW MESSAGE

Delete

1-6 of 63 < >

DATE	FROM	MESSAGE
07/07/2013	John Smith	<b>You're Doing Great [Patient_Username]!</b> You're making great progress with [Dynamic: Insert Goal]. Keep going! Only [Dynamic: XX] points until you earn your next ...
07/06/2013	John Smith	<b>Keep Going!</b> Wow! I just saw your [Dynamic: Insert Goal] goal. You've made great progress. Only [Dynamic: XX] points until your next [Dynamic: Category Name] badge.  If you need help, I'm here for you!
07/02/2013	Janet Davis	<b>Remember to Track Your Goals</b> Hi [Consumer Username]! Just a reminder that by reaching your goals you take steps towards staying healthy. With <i>Progress with Me</i> ...
07/01/2013	Mike Johnson	<b>Track Your Progress</b> Hi! I just wanted to remind you to keep tracking your goals so you can see how much progress you're making toward reaching...
07/01/2013	Mike Johnson	<b>You're Doing Great [Patient_Username]!</b> You're making great progress with [Dynamic: Insert Goal]. Keep going! Only [Dynamic: XX] points until you earn your next ...
07/01/2013	Mike Johnson	<b>Keep Going!</b> Wow! I just saw your [Dynamic: Insert Goal] goal. You've made great progress. Only [Dynamic: XX] points until your next

1-6 of 63 < >

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# Messages

How Does This Work? +

INBOX 3

SENT

SEND A NEW MESSAGE

Delete

1-6 of 63 < >

DATE	FROM	MESSAGE
------	------	---------

<input type="checkbox"/>	07/07/2013	John Smith	<p><b>You're Doing Great [Patient_Username]!</b>                  You're making great progress with [Dynamic: Insert Goal].                  Keep going! Only [Dynamic: XX] points until you earn your next ...</p>
--------------------------	------------	------------	---

<input checked="" type="checkbox"/>	07/06/2013	John Smith	<p><b>Keep Going!</b>                  Wow! I just saw your [Dynamic: Insert Goal] goal. You've made great progress. Only [Dynamic: XX] points until your next [Dynamic: Category Name] badge.</p> <p>If you need help, I'm here for you!</p>	← REPLY
-------------------------------------	------------	------------	---	---------

<input type="checkbox"/>	07/02/2013	Janet Davis	<p><b>Remember to Track Your Goals</b>                  Hi [Consumer Username]! Just a reminder that by reaching your goals you take steps towards staying healthy. With <i>Progress with Me</i> ...</p>
--------------------------	------------	-------------	--

<input type="checkbox"/>	07/01/2013	Mike Johnson	<p><b>Track Your Progress</b>                  Hi! I just wanted to remind you to keep tracking your goals so you can see how much progress you're making toward reaching...</p>	←
--------------------------	------------	--------------	--	---

<input type="checkbox"/>	07/01/2013	Mike Johnson	<p><b>You're Doing Great [Patient_Username]!</b>                  You're making great progress with [Dynamic: Insert Goal].                  Keep going! Only [Dynamic: XX] points until you earn your next ...</p>	←
--------------------------	------------	--------------	---	---

<input type="checkbox"/>	07/01/2013	Mike Johnson	<p><b>Keep Going!</b>                  Wow! I just saw your [Dynamic: Insert Goal] goal. You've made great progress. Only [Dynamic: XX] points until your next</p>	←
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# Messages

How Does This Work? +

INBOX 3 SENT

SEND A NEW MESSAGE

## SEND A NEW MESSAGE

Choose who you want to send a message to:



Support\_Username  
Role/Relationship



Support\_Username2  
Role/Relationship



Support\_Username3  
Role/Relationship



Support\_Username4  
Role/Relationship

Send a Message

SEND AN EMAIL

Use this to send an external email instead of a Progress with Me message.

You will send this message to [Support\_Username2]:

Thanks [Support Username]!  
It's nice to know that you're here for me. Thanks for helping me stay on track.

SEND

Cancel

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# Goals & Badges

How Does This Work? +

## Using Goals & Badges

You can use this page to edit **all of your goals and badges**. Goals are part of categories, for example Be Active or Eat Healthy. You also earn **Bonus Points & Badges** just for using *Progress with Me*. You can see these in your bonus points and badges section below. On this page you can **Edit** your goals, but visit **HOME** to track your goals.

**Edit Goals**  
 Select **Show Category Details** to see all of the goals and badges in that category. Use **Edit This Goal** to change the goal type (short-term or long-term) or how often you get reminders to do that goal.

**Delete or Complete Goals**  
 Select **Show Category Details** and use **Delete Goal** to stop tracking a goal and remove it from your history. Use **Complete Goal** if you want to mark a goal as complete and no longer want to track it. Use **Restart Goal** to make a completed goal active again.

**Print Summary**  
 Use **Print Summary** to print all of your goal and badge information. You can share this summary with your treatment team to show them your progress.

## See your progress for each category.

Select a category to see all of the goals you have for that section, and badges you have or could earn. Track your progress from your [homepage](#).

My Goals & Badges
PRINT SUMMARY

**Be Active - 385 Points**

Next badge in 15 points

+ SHOW CATEGORY DETAILS

RECENT BADGES

**Eat Healthy - 240 Points**

Next badge in 60 points

+ SHOW CATEGORY DETAILS

RECENT BADGES

**Create a Routine - 180 Points**

Next badge in 20 points

+ SHOW CATEGORY DETAILS

RECENT BADGES

**Communicate - 155 Points**

Next badge in 45 points

+ SHOW CATEGORY DETAILS

RECENT BADGES

**Manage Health - 140 Points**

Next badge in 10 points

+ SHOW CATEGORY DETAILS

RECENT BADGES

**Bonus Points & Badges - 140 Points**

Next badge in 10 points

+ SHOW CATEGORY DETAILS

RECENT BADGES

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# Goals & Badges

How Does This Work? +

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### My Goals & Badges

PRINT SUMMARY

**Be Active - 385 Points**

Next badge in 15 points

- HIDE CATEGORY DETAILS

RECENT BADGES

#### Badge Progress



### Go for a Walk or Run Outside

You have done this [XX] total times for [XX] points!

+ SHOW GOAL DETAILS



### Walk or Bike Instead of Driving

You did this [XX] total times for [XX] points!



**Eat Healthy - 240 Points**

Next badge in 60 points

+ SHOW CATEGORY DETAILS

RECENT BADGES

**Create a Routine - 180 Points**

Next badge in 20 points

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# WHAT IS SCHIZOPHRENIA?

Schizophrenia is a lifelong but often manageable condition

**In This Section:**

What is schizophrenia? →

What are the symptoms of schizophrenia? →

What are the triggers and signs of a relapse? →

What can be done to delay a relapse? →

How can people living with schizophrenia improve their relationships? →

About 2.4 MILLION

people in America are living with schizophrenia



It occurs equally in men and women

Onset is usually between late teens and mid-30s

Nobody knows exactly **how** or **why** schizophrenia happens, but the condition is nobody's fault



Understanding Schizophrenia

If properly diagnosed, schizophrenia can be managed through **medication** and **therapy**

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# WHAT ARE THE SYMPTOMS OF SCHIZOPHRENIA?

There are two types of schizophrenia symptoms: positive and negative

**In This Section:**

**What is schizophrenia?** →

What are the symptoms of schizophrenia? →

What are the triggers and signs of a relapse? →

What can be done to delay a relapse? →

How can people living with schizophrenia improve their relationships? →

## Positive Symptoms

Extra feelings or actions. More than what's usually present.

- Having false beliefs about things going on in their environment (delusions)
- Hearing, seeing, tasting, feeling, or smelling things that others do not (hallucinations)
- Talking or acting in a confused way



## Negative Symptoms

A lack of actions or feelings that are usually present.

- Caring less and less about daily activities, such as bathing or getting dressed
- Feeling out of touch with other people, family, or friends
- Lack of feelings or emotion (apathy)
- Having less ability to feel pleasure



**Meet Bill**  
Living with Schizophrenia

## Men's symptoms

start between late teens to early 20s

## Women's symptoms

start between mid-20s to early 30s



Only a psychiatrist or other healthcare professional can diagnose schizophrenia. **Talk to a doctor** if you think you or someone you know is living with schizophrenia.



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# WHAT ARE THE TRIGGERS AND SIGNS OF A RELAPSE?

Relapse is a period of time when symptoms of schizophrenia come back or get worse

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**What is schizophrenia?** →

**What are the symptoms of schizophrenia?** →

**What are the triggers and signs of a relapse?** →

**What can be done to delay a relapse?** →

**How can people living with schizophrenia improve their relationships?** →

## RELAPSE

Usually happens over time, but it can also happen suddenly



### Knowing the triggers and signs can help limit or even stop a relapse

**Common relapse triggers**

- Not taking medication regularly or as prescribed
- Stopping treatment
- Too much stress
- Using street/illicit drugs or alcohol

People living with schizophrenia may have a pattern of early warning signs unique to them.

### Warning signs are usually subtle



**Meet Larry**  
Living with Schizophrenia

### Common early signs of relapse

- Restless sleep
- Tense or nervous feelings
- Difficulty concentrating
- Not wanting to spend time with others
- Being testy or grouchy
- Having trouble taking care of routine tasks
- Lacking energy
- Sadness
- Confusion
- Changes in appetite
- Loss of interest in activities
- Returning or worsening **symptoms**, such as delusions or hallucinations



If warning signs appear and get worse, **tell a doctor right away**

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# WHAT CAN BE DONE TO DELAY A RELAPSE?

Take action at the first sign of changes that may signal a relapse

**In This Section:**

**What is schizophrenia?** →

**What are the symptoms of schizophrenia?** →

**What are the triggers and signs of a relapse?** →

**What can be done to delay a relapse?** →

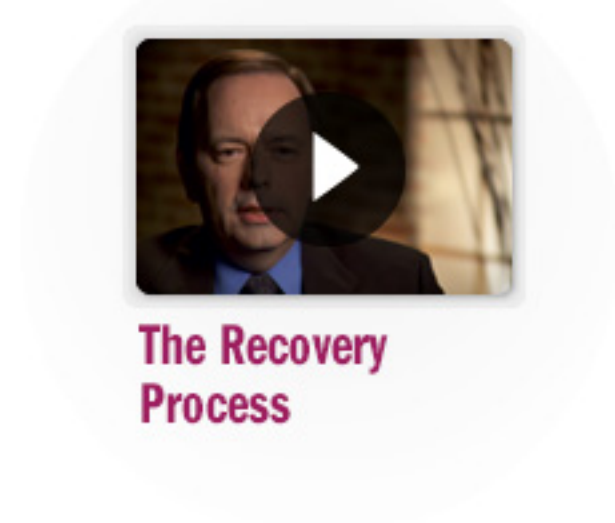
**How can people living with schizophrenia improve their relationships?** →

**Who should you tell if you think you're relapsing?**

- Your doctor, so your medication can be checked and adjusted if needed
- Your therapist or social worker
- A friend or family member



**Create a relapse prevention plan with your support network**  
Remember, while creating a relapse prevention plan can delay a relapse, it is still possible to experience signs and symptoms. If you feel that you may be experiencing a relapse, contact your doctor right away.



**Questions to help you make a relapse prevention plan**

- What are your early warning signs?
- How often and when should you take your medication?
- Do you have a history of alcohol or drug abuse?
- How can you avoid stress?
- Where do you want to be hospitalized if you need to be?
- What is your coping strategy?
- Who to contact for support, when and how?

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# HOW CAN PEOPLE LIVING WITH SCHIZOPHRENIA IMPROVE THEIR RELATIONSHIPS?

**In This Section:**

**What is schizophrenia?** →

**What are the symptoms of schizophrenia?** →

**What are the triggers and signs of a relapse?** →

**What can be done to delay a relapse?** →

**How can people living with schizophrenia improve their relationships?** →

**Talking to your support network can help you manage your schizophrenia**

- Manage symptoms
- Avoid relapse
- Stay on your wellness path

**Communicating with your support network may make it easier for them to help you stay healthy**



**Meet Larry**  
Living with Schizophrenia



**Writing in a journal can help you**

- Express yourself better
- Keep a record of your treatment
- Track your symptoms
- Remember questions for your doctor or therapist

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# IF YOU SUPPORT SOMEONE LIVING WITH SCHIZOPHRENIA, WHAT CAN YOU DO TO ALSO CARE FOR YOURSELF?

**In This Section:**

If you support someone living with schizophrenia, what can you do to also care for yourself? →

What's the best way to talk to someone living with schizophrenia? →

How can I help make a relapse prevention plan? →

**Related:**

How will I know if someone living with schizophrenia is having a relapse? →



**Don't do it alone**

Ask other friends or family to help. You could also join a **support group**.



**Take breaks**

Spend time with other friends and family. Do things you enjoy.



**Eat well, exercise, and get enough sleep**



**Manage stress**

Try yoga and meditation.



**Stay informed**

Visit our **online resources**.

**Be Safe**

Most people living with schizophrenia aren't dangerous. If you feel threatened, call 911.

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# WHAT'S THE BEST WAY TO TALK TO SOMEONE LIVING WITH SCHIZOPHRENIA?

Act as you normally would  
Treat the person with respect

**In This Section:**

If you support someone living with schizophrenia, what can you do to also care for yourself? →

What's the best way to talk to someone living with schizophrenia? →

How can I help make a relapse prevention plan? →

**Related:**

How will I know if someone living with schizophrenia is having a relapse? →

Speak **kindly, clearly, and simply**

**Listen actively**  
Pay close attention to what the person is saying. Repeat back what you hear to show you understand.

**Try to see things from their perspective**  
People living with schizophrenia may believe things that are not real to you, but seem very real to them.

Someone living with schizophrenia may say or do something that doesn't make sense to you. These beliefs may be very real to them. Acknowledge their right to their beliefs, but avoid saying they are wrong or agreeing with them.

Use **"I feel"** instead of **"I think"** statements

**Be upbeat and supportive**

Keep the environment free of things that may cause stress

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# Goals & Badges

How Does This Work? +

## View the progress of people you support.

Select a person to view their progress and any goals you've set to support them. You can track your own goals from your [homepage](#).



Patient\_Username



Patient\_Username2



Patient\_Username3

### Patient\_Username's Goals

PRINT SUMMARY



#### Be Active - 385 Points



Next badge in 15 points

- HIDE CATEGORY DETAILS



#### RECENT BADGES



#### Badge Progress



#### Go for a Walk or Run Outside

Patient\_Username has done this [XX] total times for [XX] points!



#### Walk or Bike Instead of Driving

Patient\_Username did this [XX] total times for [XX] points!



#### Eat Healthy - 240 Points



Next badge in 60 points

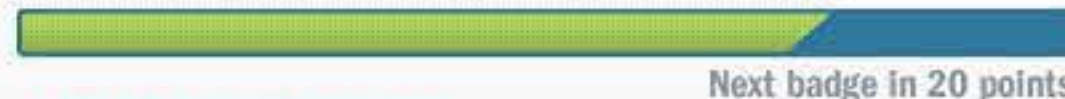
+ SHOW CATEGORY DETAILS



#### RECENT BADGES



#### Create a Routine - 180 Points



Next badge in 20 points

+ SHOW CATEGORY DETAILS



#### RECENT BADGES



#### Communicate - 155 Points



Next badge in 45 points

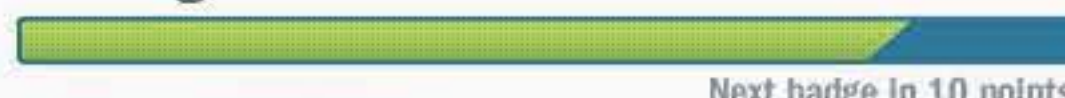
+ SHOW CATEGORY DETAILS



#### RECENT BADGES



#### Manage Health - 140 Points



Next badge in 10 points

+ SHOW CATEGORY DETAILS



#### RECENT BADGES

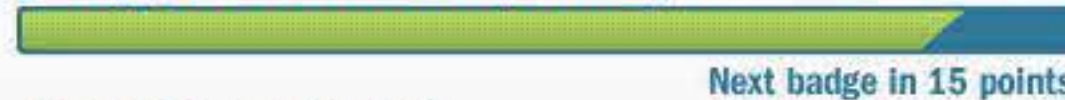


### My Support Goals for Patient\_Username

PRINT SUMMARY



#### [Support Lorem Ipsum] - 385 Points



Next badge in 15 points

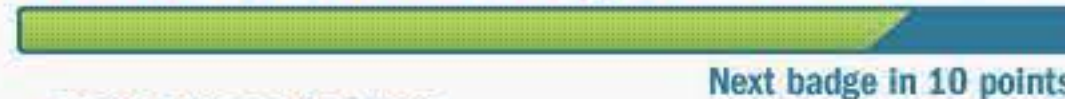
+ SHOW CATEGORY DETAILS



#### RECENT BADGES



#### Bonus Points & Badges - 140 Points



Next badge in 10 points

+ SHOW CATEGORY DETAILS



#### RECENT BADGES



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# Goals & Badges

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Patient\_Username



Patient\_Username2



Patient\_Username3

### Patient\_Username's Goals

PRINT SUMMARY

 <p><b>Be Active</b> - 385 Points</p> <p>Next badge in 15 points</p> <p>+ SHOW CATEGORY DETAILS</p>	<p>RECENT BADGES</p> 
 <p><b>Eat Healthy</b> - 240 Points</p> <p>Next badge in 60 points</p> <p>+ SHOW CATEGORY DETAILS</p>	<p>RECENT BADGES</p> 
 <p><b>Create a Routine</b> - 180 Points</p> <p>Next badge in 20 points</p> <p>+ SHOW CATEGORY DETAILS</p>	<p>RECENT BADGES</p> 
 <p><b>Communicate</b> - 155 Points</p> <p>Next badge in 45 points</p> <p>+ SHOW CATEGORY DETAILS</p>	<p>RECENT BADGES</p> 
 <p><b>Manage Health</b> - 140 Points</p> <p>Next badge in 10 points</p> <p>+ SHOW CATEGORY DETAILS</p>	<p>RECENT BADGES</p> 

### My Support Goals for Patient\_Username

PRINT SUMMARY

 <p><b>[Support Lorem Ipsum]</b> - 385 Points</p> <p>Next badge in 15 points</p> <p>- HIDE CATEGORY DETAILS</p>	<p>RECENT BADGES</p> 
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#### Badge Progress



#### Send a Message of Support

You have done this [XX] total times for [XX] points!

+ SHOW GOAL DETAILS



#### Help Them Track Their Goals

You have done this [XX] total times for [XX] points!

+ SHOW GOAL DETAILS



 <p><b>Bonus Points &amp; Badges</b> - 140 Points</p> <p>Next badge in 10 points</p> <p>+ SHOW CATEGORY DETAILS</p>	<p>RECENT BADGES</p> 
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