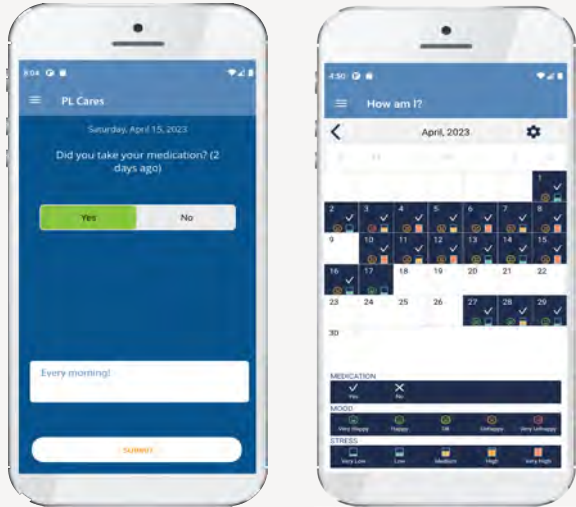


Medication Monitoring

Members receive daily Check-Ins asking about medication adherence. Timing of the Check-Ins can be customized to their schedule. The *How Am I?* feature helps Members see their Check-In responses for a month.



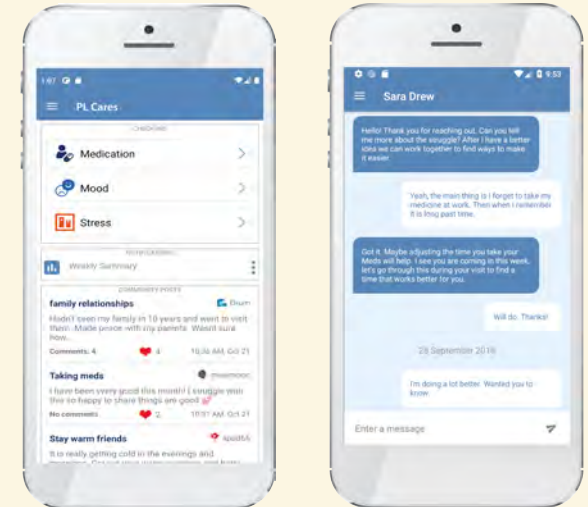
Mood & Stress Monitoring

Members receive daily Check-Ins asking them to rate their mood and stress. Mood is rated from very happy to very unhappy. Stress is rated from very low to very high. Each emoji corresponds to a number rating.



Appointment Reminders & Between Visit Care

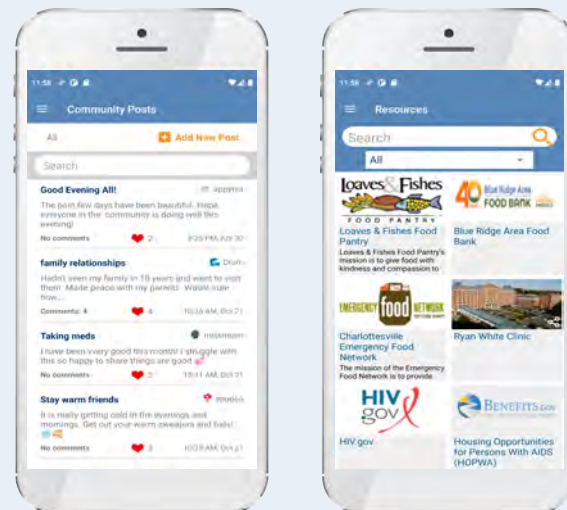
Members receive reminders about appointments. Members use PL Cares® private messaging to ask questions between appointments.



- Improves self-monitoring
- Provides a safe, anonymous source of social support
- Gives reminders to keep appointments
- Allows better connection to Providers through private messages
- Serves as a reliable source of information about living with a chronic condition

Social Support & Resources

The Community serves as a virtual support group. Members safely and anonymously interact on topics related to living with a chronic condition. Members access interactive education materials about stress reduction, medical issues, stigma, and wellbeing.



What PL Cares® Members say...

"The appointment reminder is amazingly helpful to me."

"It actually has changed with the medication part because now I take it every morning."

"Contact with my Providers, sending them messages or calling directly to their phone. It's been very, very helpful."

"I know somebody out there cares about how I'm feeling."