

# CLIENT AND GROUP ADMINISTRATOR MANUAL

# June 2021



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# Purpose

Flourish Client Administrators and Group Administrators can use this manual to learn how to manage Admin Tool users of their organization and run reports. This manual also covers general functionality, site registration, and site access.

# **Getting Started**

Registration is required to access the Flourish Admin Tool. The Insignia Health Administrator will create an account for the first Client Administrator in your organization, triggering a Welcome email to your inbox. Other Client and Group Administrators can be created by Insignia Health or by any Client Administrator of your organization. The registration process will be the same.

To complete registration:

Click the link in the Welcome email;

Choose a username and password;

Make note of your credentials in a confidential place for all future logins.

When entering a password, make sure it meets these criteria:

It has at least one upper case letter;

It has at least one lower case letter;

It has at least one number; and

It is between 8 and 16 characters long.

After completing registration, you will receive an email with your username, the URL of the site and a link to reset a lost password. Keep this email for future reference.

### Fourish

#### Dear Demo2,

Thank you for registering with the Flourish Administrative Portal.

Please keep this email for future reference.

Your Username is Demo2Coach

Forgot your password? Request it here.

The URL for the Flourish Administrative Portal is: <u>https://admin.insigniahealth.com</u>

Sincerely, Insignia Health





# Login

### Navigate to <u>https://admin.insigniahealth.com</u>. *Please, bookmark this site in your browser for future reference.*

Enter your username and password, and then click "Login." If you enter an incorrect username or password, the system will show you an error message and you will need to re-enter the information. If you unsuccessfully enter your credentials after three attempts to sign in, you'll be presented with a security measure that will assess if you are a threat to Flourish Admin. If you unsuccessfully enter your credentials and incorrectly answer the additional security after two more attempts, you will be locked out of Flourish Admin until Insignia Health Support can assist you.

elcome to Flourish!	
Sign in	
Please enter your username	e and password.
* Username	
	Forgot username
* Password	
Password	
Show Password The Password field is requi	Forgot password' red.
Sign	In



### **Forgot Password/Login**

If you forgot your password, click the "Forgot password?" link on the Login page and enter your username on the form. You will receive an email with a link to reset your password.

If you forgot your username, click the "Forgot username?" link on the Login page and enter your email address that that you have used to register your account. You will receive an email with your username.

Upon completing your work with the system, click the "Log Off" button in the top right corner of the screen to securely close your session.

If you leave your browser open, your session will time out in 20 minutes and you will be logged out from the system.

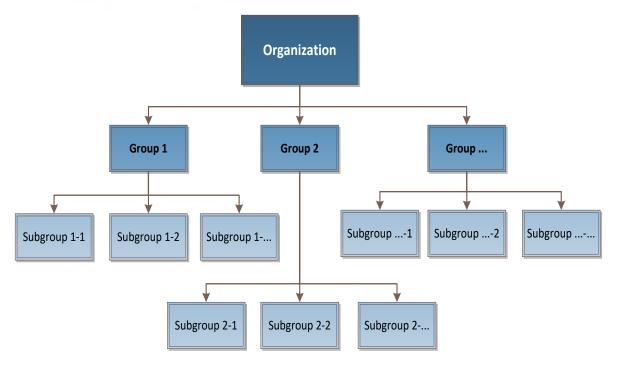
Forgot Your Password?	
To receive an email with password reset instructions, enter your username.	
Username	
Submit	
Back to	Sign in

Forgot Your Username?	
We will send you an email containing your username.	
* Email	
Email	
Send Email	
Back to	o Sign in



## **ORGANIZATION SETTINGS**

Insignia Health will set up your organization in the Flourish platform. Your organization's structure can consist of up to two levels of hierarchy: group(s) and subgroup(s).



Your organization can designate one or more "Client Administrator" users who can modify the group(s) and subgroup(s). A Client Administrator can assign groups and subgroups to Coaches. A Client Administrator may or may not have access to individuals' data. Client Administrators without access to individuals' data will not see any personal data for patients/members stored in the system.

Group Administrators will have access limited to their groups and subgroups. They will be able to create Coaches only within their groups and subgroups.



## Manage Groups/Subgroups

**Client Administrators will** have access to manage their organization's structure by adding, editing and deleting groups and subgroups. You will need to navigate to the Groups and Subgroups page by clicking "Groups & Subgroups" menu item on the left side. Group Administrators and Coaches will not have access to that feature. Groups and subgroups are displayed in alphabetical order.

oups and Subgroups	
kid New Group	
Demo Groupt	Edit Delete Add Subgroup
Demo SubGroup	Edit
L DemoGroup2	Edit Delete Add Subgroup
Demo SubGroup2	Edit Delete

#### Edit Group

#### Group Name:

Demo Group1

#### Group External ID:

417900654

#### Surveys:

Choose the surveys available to this group. Drag the surveys you wish to add to the "Assigned" box. Check the checkboxes to administer the survey or survey report on the Flourish Consumer website. Order the surveys in the order you wish them to be administered.



Intake route: Check this box to have the survey administered to all first-time users during the registration process.

Display report: If the survey has a report, check this box to have the survey report presented to a user during the registration process. It will also make the report visible on user's Survey Center.

Group campaign: Check this box to have the survey delivered during any active group campaigns. A group campaign delivers one or more surveys to a specific group during a set timeframe. For creating and managing group campaigns, refer to Survey Campaigns link on the left-navigation.

Individual campaign: Check this box to have the survey delivered to a user based on an individual's activities on the consumer site. Rules that define activities: number of days since last PAM, number of challenges completed, number of articles read. Rules are set at a client level for all available surveys.



### Assign appropriate surveys to "assigned"



# **Modify Groups and Subgroups**

To edit a group name, you will need to click the "Edit" button next to the group name that you need to modify. You will be presented with the modal screen to modify the group name and survey settings. Make the required changes and click the "Submit" button to save them. The grey fields are read- only and cannot be edited. This screen displays the Group External ID that is used for API calls. It only applies to clients that have API integration.

To modify a subgroup, you will need to click the "Edit" icon next to the subgroup name that needs to be changed.

roup Nan	ne:		
Demo2			
roup Exte	ernal ID:		
41790065	4		
Assigned"	box. Check the checkboxes Consumer website. Order	roup. Drag the surveys you wish to s to administer the survey or survey the surveys in the order you wish ti	report on
ssigned		Not Assigned	
PAM10	Intake route 🗹 Display report 🗌 Group campaign 🗹 Individual campaign 🗹	PAM10_S	
		PAM13_S	~
users duri Display ra report pre report visi Group can group dur to Survey Individua based on	ng the registration process port: If the survey has a r sented to a user during the ble on user's Survey Cente mpaign: Check this box to spaigns. A group campaign ng a set timeframe. For cr Campaigns link on the left- I campaign: Check this box an individual's activities on	report, check this box to have the su e registration process. It will also ma er. • have the survey delivered during a • delivers one or more surveys to a eating and managing group campai	urvey ike the any active specific gns, refer user ie
number of	articles read. Rules are se	et at a client level for all available su	irveys.

You can delete a group or subgroup by clicking the "Delete" icon next to the group or subgroup. The system will show an error message if you try to delete a group or subgroup that has individuals or coaches assigned to it.

Add New Group Cxpand All groups	
Demo Group1	Edit Delete Add Subgroup
Demo SubGroup	Edit Delete
DemoGroup2	Edit Delete Add Subgroup
Demo SubGroup2	Edit Delete



ups and Subgrou

### **Create Client Administer**

To create a new client administrator, select "Client Administrators" from the left side navigation bar. You will be presented with a list of all client administrators registered for your organization. The first time you view this page, there may be only one record for your account.

Knowledge Center	Client Administrators					Create New 🗸 🗸
Dashboard	Login Name	First Name	Last Name	Email	Status	Action
Individuals						No items to display
Groups						
Coaches						
Administrators						
Reports						
Surveys						

Click "Create New" button on the top right of the Client Administrators bar and fill out the form. You can limit Client Administrator's access to personal data by unchecking the "Allow this user to view individual profiles" checkbox. This type of user will have no access to functionality that allows them to see any Individual information including Individual Profiles, Search, Surveys and some reports. This role can only view aggregated reports, manage Groups and Subgroups, and create Group Administrators and Coaches

#### Create New Client Administrator

Use the form below to create a new account. The user will be sent an email with a link where they can choose a username and password.

Account Information	
First Name:	
First Name	
Last Name:	
Last Name	
Contact Information:	
Email Address	
Other Settings:	
Allow this user to view individual profiles.	
Cancel Submit	

If your organization is configured for SSO integration or to access the PAM Application, this form may have additional settings. The manual does not cover these details. Insignia Health's implementation team will work with your organization's team to help define all required account settings.

After submitting this form, the system will send a Welcome email to the identified email address. The account will be in *Pending* status until the user completes registration by creating a username and password. After that, the account status will change to *Active*.



### **Create Group Administer**

To create a new group administrator, select "Group Administrators" from the left side navigation menu. You will be presented with a list of Group Administrators registered for your organization. It may have no records when you see this page for the first time.

Knowledge Center	Client Administrators					Create New 🗸 🗸
Dashboard	Login Name	First Name	Last Name	Email	Status	Action
Individuals						No items to display
Groups						
Coaches						
Administrators						
Reports						
Surveys						

Click "Create New" button on the top right of the Group Administrators bar and fill out the form. In addition to personal information, you will need to identify groups and subgroups that this person will have access to. You can also choose if the Group Administrator needs to have access to reports.

After submitting this form, the system will send a Welcome email to the identified email address. The account will be in Pending status until the user completes registration by creating a username and password. After that, the account status will change to Active.

#### Create New Group Administrator

Use the form below to create a new account. The user will be sent an email with a link where they can choose a username and password.

Account Information	
First Name:	
First Name	
Filst Name	
Last Name:	
Last Name	
Contact Information:	
Email Address	
Other Settings:	
Allow this account to view reports.	
Allow this account to manage individuals from the following groups:	
Demo Group1	
✓ DemoGroup2	
Check All 🗆 Uncheck All	
Cancel Submit	

If your organization is configured for SSO integration or to access the PAM Application, this form may have additional settings. The manual does not cover these details. Insignia Health's implementation team will work with your organization's team to help define all required account settings.



### **Create Coach**

To create a new coach, select "Coaches" from the left side navigation menu. You will be presented with a list of Coaches registered for your organization. It may have no records when you see this page for the first time

Knowledge Center	Coaches					Create New 🗸
Dashboard	Login Name	First Name	Last Name	Email	Status	Action
Individuals	CoachdemoMOM	MOM DEMO	Account	demoaccount@insiginahealth.com	Active	Edit
Groups Coaches	JaneSmith1	Jane	Smith	janessmith@email.com	Locked	Edit
Administrators						1 - 2 of 2 items
Reports						

Click "Create New" button on the top right of the Coaches bar and fill out the form. In addition to personal information, you will need to identify groups and subgroups that this person will have access to. You can also choose if the Coach needs to have access to reports and if the Coach needs to be able to assign other Coaches to individuals.

# After submitting this form, the system will send a Welcome email to the identified email address. The account will be in Pending status until the user completes registration by creating a username and password. After that, the account status will change to Active.

#### Create New Coach

Use the form below to create a new account. The user will be sent an email with a link where they can choose a username and password.

First Name				
Last Name:				
Last Name				
Contact Informa	tion:			
Email Address				
Other Settings:				
Allow this acc	ount to view reports.			
Allow this coa	ich to assign coaches to	o individuals.		
Allow this accour	t to manage individuals	from the following gro	ups and subgroups:	
▶ 🗹 Demo Gro	-			
► ✓ DemoGro				
G Check All	□ Uncheck All			

If your organization is configured for SSO integration or to access the PAM Application, this form may have additional settings. The manual does not cover these details. Insignia Health's implementation team will work with your organization's team to help define all required account settings.



#### **Re-Send Email**

If this email is unable to be found by the Coach or Group Administrator – and their accounts are still in *pending* status – the Client Administrator can re-send a Welcome email from the Edit Account Screen. You may want to check your Spam or Junk folders before requesting for the email to be re-sent.

Resend Welcome Email		e form below to update the individual account information.
A "Pending" account has not been activated and does not have access to the system. If "Active" is selected, you will be prompted to create username and password for this account. If "Deactivated" is selected, you will be premoving the user from the system and they will no longer be able to access the system Resend Welcome Email  Cocurt Information  First Name: Demo Contact Information: testuser@email.com Dther Settings: Coach Allow this account to view reports. Allow this account to view reports. Allow this account to manage individuals from the following groups and subgroups: ①	Inding" account has not been activated and does not have access to the system. Inver is selected, you will be prompted to create username and password for this account. activated is selected, you will be removing the user from the system and they will no longer be able to access the system. In Welcome Email Information Information: @email.com ttings: s account to view reports. s count to view reports.	count Status
If "Active" is selected, you will be prompted to create username and password for this account. If "Deactivated" is selected, you will be removing the user from the system and they will no longer be able to access the system  Resend Welcome Email  Cocurt Information  First Name:  Demo  Contact Information:  testuser@email.com  Dther Settings:  Coach  Allow this account to view reports.  Allow this account to manage individuals from the following groups and subgroups: ①	Information         re:         r         is elected. you will be removing the user from the system and they will no longer be able to access the system.         Information         ie:         ig         ig         information:         @email.com         tings:         is account to view reports.         s account to view reports.	ons: Pending V
If "Active" is selected, you will be prompted to create username and password for this account. If "Deactivated" is selected, you will be removing the user from the system and they will no longer be able to access the system  Resend Welcome Email  Cocurt Information  First Name:  Demo  Contact Information:  testuser@email.com  Dther Settings:  Coach  Allow this account to view reports.  Allow this account to manage individuals from the following groups and subgroups: ①	Information         r         r         r         r         e:         information         ite:         gemail.com         ite:         ite:	A "Pending" account has not been activated and does not have access to the system.
Resend Welcome Email	Information	
count Information	nformation	If "Deactivated" is selected, you will be removing the user from the system and they will no longer be able to access the system.
First Name:   TEstUser   ast Name:   Demo   Contact Information:   testuser@email.com   Other Settings:   Coach   Allow this account to view reports.   Allow this account to view reports.   Niow this account to manage individuals.	re: r s account to view reports. s coach to assign coaches to individuals.	Resend Welcome Email
TEstUser	r r r r r r r r r r r r r r r r r r r	count Information
TEstUser	r r r r r r r r r r r r r r r r r r r	
Last Name: Demo Demo Contact Information: testuser@email.com Dther Settings: Coach Allow this account to view reports. Allow this account to manage individuals from the following groups and subgroups: ①	Information: @email.com ttings: s account to view reports. s coach to assign coaches to individuals.	rst Name:
Demo Contact Information: testuser@email.com Cother Settings: Role: Coach Allow this account to view reports. Allow this account to manage individuals. Whow this account to manage individuals from the following groups and subgroups: ①	nformation: @email.com ttings: s account to view reports. s coach to assign coaches to individuals.	EstUser
Contact Information: testuser@email.com Cother Settings: Coach Allow this account to view reports. Allow this account to manage individuals from the following groups and subgroups: ①	@email.com titings: s account to view reports. s coach to assign coaches to individuals.	st Name:
testuser@email.com  testuser@email.com testuser.com testuser.co	@email.com titings: s account to view reports. s coach to assign coaches to individuals.	iemo
Coach Coach Allow this account to view reports. Allow this account to manage individuals from the following groups and subgroups: ①	s account to view reports. s coach to assign coaches to individuals.	ontact Information:
Coach Clock this account to view reports. Allow this account to assign coaches to individuals. Now this account to manage individuals from the following groups and subgroups: ①	s account to view reports. s coach to assign coaches to individuals.	estuser@email.com
Coach Allow this account to view reports. Allow this coach to assign coaches to individuals. Now this account to manage individuals from the following groups and subgroups: ①	s coach to assign coaches to individuals.	her Settings:
Allow this account to view reports. Allow this coach to assign coaches to individuals. View this account to manage individuals from the following groups and subgroups: ①	s coach to assign coaches to individuals.	le:
Allow this coach to assign coaches to individuals.	s coach to assign coaches to individuals.	oach
Now this account to manage individuals from the following groups and subgroups:	-	Illow this account to view reports.
	account to manage individuals from the following groups and subgroups:	
		Ilow this coach to assign coaches to individuals.
Demo Group1		-

### Activate Admin Tool User

Client and Group Administrators are able to activate other Admin Tool users from their organization by clicking the Activate button from the list of users. This function will imitate a registration process for pending users. You will have to create a username and password on behalf of that user. You will need to share this information with the user. The user should be encouraged to change his or her password after the first login.





#### Lock/Unlock User Account

If you need to temporarily close a user's access to the Admin tool, you can lock the user's account by selecting "Locked" from the Account Status drop down on the user's Account Information page. To do that, you first need to find the user's account profile on the list of Client Administrators or Coaches and click on the "Edit User" button. When this user attempts to login to the Admin Tool, they will get an error message and will not be able to access the system. To give access to the system back to the user, you will need to select "Active" Account Status on the user's account page.

	form below to update the individual account information.
otior	ns: Locked V
	A "Locked" status temporarily removes user access to the system.
	If "Active" is selected, the user will be able to access the system.
	If "Deactivated" is selected, you will be removing the user from the system and they will no longe
	ount Information
Use	rname:
	neSmith1

#### **Deactivate User**

If you need to permanently cancel a user's access to the Admin tool, you will need to change the user's account status to *Deactivated* on their Account Information page. All individuals assigned to the Coach will revert to unassigned. These individuals will still need to be assigned to a new Coach (or Coaches). If an individual is assigned to more than one Coach, the individual will only be unassigned from the Coach that was deactivated. Deactivated coaches will also not appear on the Coach drop-down list available to the end user.

#### **Edit Account**

Jse the form below to update the individual account information

Account Status	
Options: Deactivated ~	
An "Active" status allows a user to have access to the system.	
If "Locked" is selected, the user will not be able to log into the system.	
If "Deactivated" is selected, you will be removing the user from the system and they will no longer b	e able to access the system.
Account Information	
Resend App Email	
Username:	
Username:	
CoachJohn	
First Name:	
John	
00111	
Last Name:	
Smith	

# **Uploads**

You will need to download a template first. It includes instructions about how to fill in the EF and a detailed description of the fields that can be loaded. The template also has columns for PAM survey data.

Client Administrators will have access to the upload eligibility files (EF) feature. Eligibility files are required to enforce validation of individuals during the registration process. Only individuals added through eligibility files will have access to Flourish consumer site for your organization.

Client Administrators will also be able to upload PAM surveys for new or existing individuals by using the same upload feature. The file will have to include additional columns with survey data. Detailed instructions are provided within the template that can be downloaded from the Uploads page.

To get started, you will need to select the "Uploads" menu item to see the Uploads screen. It contains these options:

Download EF template;

Upload new file;

View history of previously uploaded files.

#### Eligibility File Upload Instructions

#### To upload a new file, follow the directions below.

1. Click the "Upload New Eligibility File" button below. This will open up the 'browse' function on your computer.

2. Browse to where ever your complete file is located.
 3. Select the file you wish to upload.

4. Complete your upload

Unload New Eligibility Eile

5. The file should upload in 2-3 minutes. Click 'refresh' to update the status of the file.

6. Once the file has been uploaded, you will receive an on screen status confirmation. If the upload was successful, your file has been uploaded. If the upload is rejected than the file is not successful. Check the "Details" button to identify where errors occurred prior to re-uploading.

7. Once the file has been successfully uploaded, individuals can begin registering for the consumer site.

 If the file you have loaded contains PAM data to be scored, this may take some extra time. The screen will indicate that it is currently scoring the survey.

upload New Eligibility File						
Eligibility Files						
File name	Date and time	User	Status	Action		
Client Databank Final.csv	05/20/2021 06:49:58 PM (UTC)		Rejected	Summary Details		
Client Databank Final.csv	05/20/2021 06:43:03 PM (UTC)		Rejected	Summary Details		
5.20.21.csv	05/20/2021 06:35:37 PM (UTC)		Rejected	Summary		
5.20.21.csv	05/20/2021 06:33:48 PM (UTC)		Rejected	Summary		
5 20 21.csv	05/20/2021 06:03:43 PM (UTC)		Rejected	Summary Details		
5.20.21.csv	05/20/2021 05:40:56 PM (UTC)		Rejected	Summary Details		

To download the eligibility file template, click the button below

Download template



# **Uploads**

When you have your EF ready, you can upload it by clicking the "Upload New Eligibility File" button. You will be presented with a dialogue to select a CSV file, and once you do, the system will start processing it. You will see its status in the Eligibility Files table. If the file is processed successfully, you can view a Summary report with the total number of records that were processed. You will see new individual accounts being added when you go back to your dashboard.

The EF will get rejected if it has at least one error. You will see a Report button next to the file's status that will bring up a detailed report with all the errors that the system finds in the uploaded EF. It will refer to a record number in the file and an error description. After fixing all errors, you can upload your file again without changing its name.

The system will automatically send a confirmation email to the user who uploaded the file indicating whether the upload was successful or not.

Knowledge Center	Eligibility File Upload Instructions	
Coaching for Activation	To upload a new file, follow the directions below.	To download the eligibility file template, click the button be
Dashboard	1. Click the "Upload New Eligibility File" button below. This will open up the 'browse' function on your computer.	
Individuals	<ol> <li>Browse to where ever your complete file is located.</li> <li>Select the file you wish to upload.</li> </ol>	Download template
Groups	<ul><li>4. Complete your upload.</li><li>5. The file should upload in 2-3 minutes. Click 'refresh' to update the status of the file.</li></ul>	
Coaches	6. Once the file has been uploaded, you will receive an on screen status confirmation. If the upload was successful, your file has been uploaded. If the upload is rejected than the file is not successful. Check the "Details" button to identify where errors occurred prior to re-uploading.	
Administrators	<ol> <li>Once the file has been successfully uploaded, individuals can begin registering for the consumer site.</li> </ol>	
Reports	<ol> <li>If the file you have loaded contains PAM data to be scored, this may take some extra time. The screen will indicate that it is currently scoring the survey.</li> </ol>	
Surveys		
Uploads	Upload New Eligibility File	All attempts, successful and failed, to upload an EF will be recorded and presented in this table.
API Settings	Eligibility Files	will be recorded and presented in this table.



# **Cancel/Remove Survey**

### **Pending Survey**

Pending surveys that were scheduled manually through the Flourish Admin site can be canceled. To do so, you need to click the "Cancel this Survey" button for the pending survey. A canceled survey will not be delivered to the individual. Pending surveys that were created through the Flourish consumer site cannot be canceled and will not have "Cancel" button available.

### Cancel Survey

Survey responses that were entered through Flourish Admin, via API or through the eligibility file can be removed by Admins and Coaches. You will need to open the individual's profile, select Surveys tab, find a survey on the Past Survey Results table and click the "Remove" button. Surveys that were entered through the Flourish consumer site cannot be removed and will not have the "Remove" button available.

Profile Surveys Notes						
dividual Identifier: EnrolleeID1234	PAM Level: 1	Score 47.00	Score Change: 0.00		Last Surveyed 06/09/2021	Start New Survey
Past Survey Results						
Past Survey Results	Survey Name	Survey Mode	Survey Delivery Mode	PAM Level	PAM Score	Details
	Survey Name PAM13_S	Survey Mode Admin	Survey Delivery Mode Paper	PAM Level	PAM Score 47.00	Details Details Health Style Remove



# **Client History**

On the left navigation panel of Flourish Admin, Client and Group Admins can click on Client History and view a table with date and time, history action, description, Admin username, and in some cases the individual's Insignia Health ID. Client History tracks usage within the past 30 days. For enhanced usability, this page can also be downloaded via CSV file.

Specifically, Client History tracks:

Which admin users have accessed the system and the time/date.

Which admin users have accessed classic CFA and the time/date.

Which admin users have downloaded reports and the time/date.

When Coaches are assigned/unassigned to individuals and time/date.

When Coaches schedule, complete, cancel, or remove a survey for an individual and the time/date.

Knowledge Center	Client History Downloa				
Coaching for Activation	Date (UTC Time)	Admin User	History Type	Description	
Dashboard	06/11/2021 07:04:15 PM (UTC)	IT Check	Authenticated	User: itcheck accessed the Flourish client site.	
ndividuals	06/11/2021 06:53:49 PM (UTC)	IT Check	Authenticated	User: itcheck accessed the Flourish client site.	
Groups Coaches	06/11/2021 06:43:50 PM (UTC)	IT Check	Authenticated	User: itcheck accessed the Flourish client site.	
Administrators	06/11/2021 06:33:48 PM (UTC)	IT Check	Authenticated	User: itcheck accessed the Flourish client site.	
Reports	06/11/2021 06:23:49 PM (UTC)	IT Check	Authenticated	User: itcheck accessed the Flourish client site.	
Surveys Uploads	06/11/2021 06:14:03 PM (UTC)	IT Check	Authenticated	User: itcheck accessed the Flourish client site.	
API Settings	06/11/2021 06:10:45 PM (UTC)	John Smith	CFA Action Step Not Applicable	Action step [Talk about the individual's biggest food or beverage "pitfall" (Sugar? Fat? Sugary drinks? Alcohol? High-calorie snacks? Late-night eating? Ice cream? Big restauran portions?). Ask individual to identify one pitfall that could be improved.] for goal [Gain awareness of current dietary habits] of Hypertension, Diet & Nutrition, PAM Level 1 was marked as Not Applicable for individual 170921-5445B49FCAC94BA1B5.	
Client History	06/11/2021 06:10:42 PM (UTC)	John Smith	CFA Action Step In Progress	Action step [Talk about how to: Eat more whole grains, fruits, vegetables, lean meats, low-fat dairy, etc. Eat less salt, fat, red meats, desserts, sugary drinks, etc. ] for goal [Gain awareness of current dietary habits] of Hypertension, Diet & Nutrition, PAM Level 1 was marked as In Progress for individual 170921-5445B49FCAC94BA1B5.	
Switch Client	06/11/2021 06:10:41 PM	John Smith	CFA Action Step	Action step [Together, create a list of all foods and beverages individual has consumed in the past 24 hours. Highlight all foods that follow the DASH diet plan. Circle all foods that do NOT follow the DASH diet plan. ] for goal [Gain awareness of current dietary habits] of Hypertension, Diet & Nutrition, PAM Level 1 was marked as Complete for individual 170921-	

