



What is dScout?

dScout is a web and mobile app that lets you share your real life experiences, insights, inspirations, and realtime feedback with your Care Team through photos, videos and commentary. West County Health Centers is use-testing the app and invites you to participate!

What's in it for YOU?

We believe our **relationship** with you, our patient, is our most important tool in supporting you on your health journey to wellness.

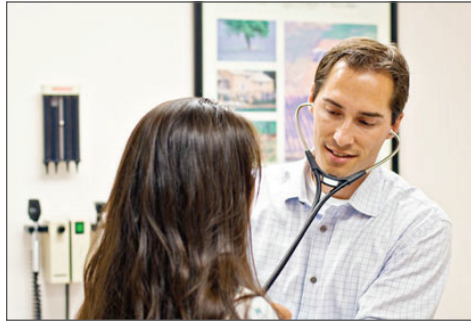


The more that your Care Team knows about you outside of the exam room — what's important to

you in your life, what makes you uniquely "You"—helps us provide care in ways that work best for you.

dScout is easy ... and FUN!

It's as easy as taking and posting pictures on your mobile device. Read on to learn more about dScout.



"Picturing Your Health"

dScout Project



West County Health Centers

Caring for our Communities

a california *health*.center

- Occidental Area Health Center
 - Russian River Health Center
 - Sebastopol Community Health Center
 - Forestville Wellness Center
 - Forestville Teen Clinic
- www.wchealth.org

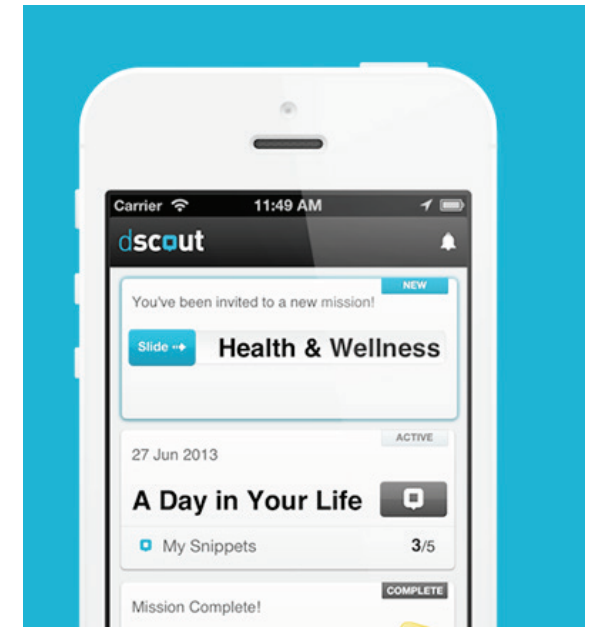


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presents



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Getting Started on dScout

Your Care Team will ask you for your e-mail address, if you haven't already given it to us. You will then get an e-mail directly from **dScout** with instructions about starting your assigned mission. After you use your phone to accept your mission, the **dScout app** will guide you through creating and posting snippets.

dScout Terminology

“Scout”

Participants in the project are called “scouts.”

“Mission”

Scouts perform an assignment called a “mission” around a specific topic. You may be involved in one or multiple missions in a single project.

“Snippet”

An individual post on your mobile device that you create while on a mission.

A snippet is composed of:

- an image
- an image title
- answers to up to 5 follow-up questions

Typically, scouts will submit multiple snippets per mission.

dScout Security

West County Health Centers, Inc. is committed to making sure that all information about you is secure.

The dScout Project with West County Health Centers complies with HIPAA laws for patient & client privacy.

How does dScout work?

1) Your Care Team will invite you via email to become a **scout** (participant) in one or more missions. Each **mission** is designed to explore a particular aspect of your health, your concerns and general interests ... or just to get to know you better. You'll have about a week (more or less, whatever you need) to complete a mission.

2) Take pictures that represent your response to the **mission**, write a caption and answer a few simple questions for each picture (a **snippet**). This process takes a few minutes of your time. Most missions are set up to allow you to create between 5–10 **snippets**.

3) Post your **snippet(s)** to the **dScout app** on your mobile device where your Medical Provider and Care Team will be able to view them and engage with you about your postings.

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Sharing through **dScout** can help us to know *you* better so that our care for you is more personal and

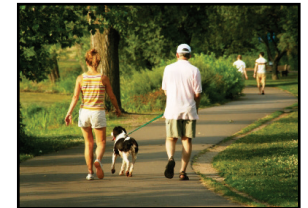
Sample Missions ...

- What gives you meaning, hope and strength in your life?
- What are your thoughts and feelings about your health?
- Who do you look to for support?
- What is your current health goal?

Examples of what a snippet might look like ...



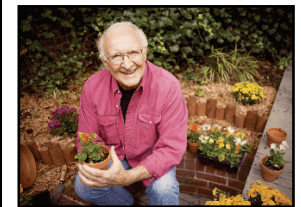
My grandkids are what keeps me going!



I love to take long walks with my friends.



My goal this year is to quit smoking once and for all.



Gardening is my passion.