



Clinician Guide for Woebot for Adults

How to Introduce & Educate Patients

Background

When a patient meets the Woebot for Adults Enrollment Criteria (see below), the provider will proceed to educate the patient about Woebot and its benefits. If the patient is agreeable to using the Woebot application after educating them, the Physician will place a “Woebot Referral” order in Epic.

Providers who identify eligible patients will send a telephone encounter to one of the pilot physicians to place the “Woebot Referral” order in Epic on their behalf.

Enrollment criteria

[Instructions for Use](#)
For Providers

[Instructions for Use](#)
For Patients

Suitable for patient if they:

- Are 18 years of age or older
- Are able to read and understand English
- Are experiencing difficulties with anxiousness/feeling anxious
- Have regular access to a smartphone/internet-enabled mobile device
- Have consistent access to the internet

May not be suitable for patient if they:

- Have certain mental health symptoms or conditions such as:
- Thoughts of suicide or violence towards others
 - Conditions or symptoms that compromise thinking and decision-making (like dementia or other cognitive impairments)

Responsible parties

At the time of the visit, the provider (whomever the patient is having their visit with), will be responsible for introducing and educating the patient about Woebot.

Talking points

- Hackensack Meridian Health is piloting a new mobile application called Woebot for Adults. This app can help patients develop skills to live better with symptoms of depression and anxiety, and is available 24/7, at no additional cost.
- The Woebot app will proactively check-in to see how you're feeling on a cadence you define.
- In addition to the evidence-based tools, there is also mood tracking and gratitude journaling.
- What you say to Woebot is private and secure. Transcripts of conversation are not shared outside of what is required legally and to provide the service.

Next steps

Patient is agreeable with Woebot for Adults:

- I will place a referral for the Woebot for Adults application for you.
- The Woebot app is available to download from the Apple App Store or Google Play Store at no cost.
- You need a unique code to complete registration for the app, which will be provided to you via a MyChart message after our visit.
- There will also be information on your After Visit Summary about Woebot and here is a document [hand patient 2-pager] with more information as well.

Patient is NOT agreeable with Woebot for Adults:

- Not a problem. If you change your mind, feel free to send me a MyChart message and I can place the referral for you.

