



i-Matter: Patient Frequently Asked Questions for Viewing And Interpreting The Journal Report

1. What is the i-Matter journal report?

The i-Matter journal report visualizes your responses to the text message questions in straightforward graphs, lines and calendars to help you reflect on changes in your responses to the text messages overtime. It could also help you discuss how managing your diabetes has changed between weeks or months with your healthcare provider or other family members.

2. How will I receive the journal report?

Depending on your preference, you could receive the report via email, postal mail, or through MyChart.

3. How many times will I receive the journal report?

You will receive a journal once per month (about every 4 weeks). Each journal will build on the previous journal to give you a more complete view of how you have been managing your diabetes overtime.

4. Where can I find a summary of my journal report?

On the cover page of your report, you will find a summary of your responses. The summary will include how well you responded to one of the questions over the past two weeks, for example how many days you took your medications. The summary will also include a positive trend in your responses over the past two weeks, for example if reported being physically active on more days than the previous report. Finally, the report will also include the percentage of the questions you have responded to in the past two weeks. There will also be space for you to make notes or write a goal that you would like to achieve over the next two weeks.

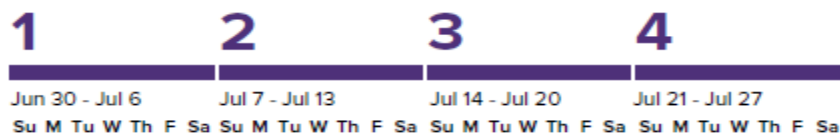
5. How can I read and interpret the journal report; where should I start?

To read the journal report look at the cover page of the report to review the summary of your responses and for a reminder of the questions you have been responding to. Next, look at the inside pages that display the information you reported over the past few weeks. On these pages, look first to the left side of the page where you will find all the questions you received, and the response options. Each question will be summarized in its color-coded row. At the end of each row, will be the insights for each question. See the picture below for reference. Go back to the first page of the report and write down any notes about the important things to remember to help you manage your diabetes or a goal you would like to set for yourself.



6. Where can I see the days that I answered the questions?

The days will be labeled on the top of the journal, horizontally. The number of weeks will be first. The next row will indicate the dates of that week. For example, week 1 was from June 30th to July 6. The third row will indicate the day of the week. See an example below.



7. Is there a section, where I can write notes on my report?

On the cover page of the report there is a section called "important things to remember." Here you can write down the important things you would like to remember to help you manage your diabetes.

8. Where can I find feedback on my responses?

On the inside of the journal you will find callout boxes that point out "insights" in your response. These insights may help you make connections between your different behaviors. For example, you may notice that on days you sleep better you also report getting exercise.

9. What part of my report should I show my provider during my next visit?

We recommend that you show the inside page of your report to your provider because it shows how well you have been managing your diabetes since your last appointment. However, it is up to you.

10. Will my provider be able to see this report to improve my diabetes management?

Yes, the reports will also be uploaded to Epic as part of your medical record.