

# Cognit EMHR Electronic Mental Health Records

## Cognit Electronic Health Record

User Id: 10033  
Name: SMITH, JOE  
Email: joesmith@cognitsa.com  
Date Time: 10/29/2020@12:32:51  
Quiz Title: 00.01 SU Intake

### 1a. Please tell us what you want us to know about you.

User Answer
I have suffered from addiction and mental health issues my whole life. I am struggling with self-destructive thoughts.
Total Score: 1

### 1b. What brought you here?

User Answer
I am afraid I am losing it.
Total Score: 1

### 1c. What do you want others to know about you?

User Answer
I want to get well.
Total Score: 1

### 1d. What do you want help with?

User Answer
Stress, anxiety, depression, weed use
Total Score: 1

### 1e. How can we help?

User Answer
Listen to my story, explain my options, help me assess my options and help me get help.
Total Score: 1

### 1f. What are your immediate needs (check all that apply)

User Answer (1=Sleep, 1= Nutrition , 1=Medication Review , 1=Pain Management, 1=Withdrawal Management , 1=Mental Health Management, 1=Mental Health Assessment)
Nutrition (1), Withdrawal Management (1), Mental Health Management(1), Mental Health Assessment(1).
Total Score: 4

### 1g. What are your goals?

User Answer
To reduce stress and destructive thoughts. To finally find some peace.
Total Score: 1

### 2a. Are you currently employed?

User Answer
Yes

## Cognit Electronic Health Record

User Id: 10033  
Name: SMITH, JOE  
Email: joesmith@cognitsa.com  
Date Time: 10/29/2020@12:37:41  
Quiz Title: 00.01 SU Intake: Treatment Preferences

### 1. Learning Preferences/Needs (check all that apply)

User Answer (1=Group Learning: I like to learn in a group setting, 1=Self-Paced : I like to learn at my own pace , 1=Self-Directed Learning: I like to select the programs that interest me, 1=NONE)
Self-Paced : I like to learn at my own pace. (1), Self-Directed Learning: I like to select the programs that interest me.(1).
Total Score: 2

### 2. Learning Preferences/Needs (check all that apply)

User Answer (1=Wellness: Learn about a wellness approach to substance use, 1=Nutrition: Learn how to improve YOUR nutrition , 1=Medications: Learn more about YOUR medications , 1=Medications Other: Learn about different medications , 1=Mental Health Diagnosis: Learn more about YOUR mental health diagnosis, 1=Substance Use Diagnosis: Learn more about substance use diagnosis., 1=Mental Health Challenges: Learn more about all mental health challenges., 1=NONE)
Wellness: Learn about a wellness approach to substance use(1), Mental Health Diagnosis: Learn more about YOUR mental health diagnosis(1), Mental Health Challenges: Learn more about all mental health challenges.(1).
Total Score: 3

### 3. Program Preferences/Needs (check all that apply)

User Answer (1=Wellness Mental Health , 1=Wellness Substance Use , 1=Emotional Intelligence, 1=NONE)
Wellness Substance Use (1), Emotional Intelligence(1).
Total Score: 2

### 4. Activity Preferences (check all that apply)

User Answer (1=Yoga , 1=Meditation , 1=Mindfulness, 1=Zumba/Dance, 1=Art Therapy , 1=Music Therapy, 1=Equine Therapy, 1=Gardening , 1=NONE)
Yoga (1), Zumba/Dance(1), Art Therapy (1), Equine Therapy(1), Gardening (1).
Total Score: 5

### 5. Services

User Answer (1=Legal Consultation, 1=Credit Consultation, 1=Dietitian, 1=Recovery Coach , 1=Massage, 1=Spa, 1=Makeover, 1=Gym, 1=Gym Personal Trainer, 1=Wearable Device, 1=NONE)
Credit Consultation(1), Dietitian(1), Massage(1), Wearable Device(1).
Total Score: 4

### 6. Support Groups

User Answer (1=Alcoholic Anonymous, 1=Narcotics Anonymous, 1=Mood Support Group, 1=Depression Support Group , 1=Parenting Support Groups, 1=Bereavement Groups, 1=Online Recovery Services and Options , 1=NONE)
Alcoholic Anonymous(1), Depression Support Group (1), Online Recovery Services and Options (1).
Total Score: 3

### 7. Activity Groups

## Cognit Electronic Health Record

User Id: 10033  
Name: SMITH, JOE  
Email: joesmith@cognitsa.com  
Date Time: 10/29/2020@12:33:56  
Quiz Title: 00.01 SU Intake: Treatment Confirmation

### 1. Treatment Confirmation DirectiveAdd \* to Name to indicate custody/legal guardian

Name_1	Mike Smith
Phone_1	519-222-4444
Relationship_1	son
Name_2	Dr Chiang
Phone_2	
Relationship_2	Doctor
Name_3	
Phone_3	
Relationship_3	
Name_4	
Phone_4	
Relationship_4	
Name_5	
Phone_5	
Relationship_5	
Name_6	
Phone_6	
Relationship_6	
Total Score	5


# Clients complete e-learning sessions, assessments & quizzes.

☰ Question List

1. Select your current energy level.

No Energy  
 Extremely Low  
 Very Low  
 Low  
 Neutral  
 Moderate  
 High  
 Very High  
 Extremely High  
 Uncontrollably High

Your energy level determines what you are able to accomplish.




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☰ Question List

2. Select your current level of functioning.

Nearly Asleep  
 Relaxed  
 Focused  
 Focused and Active  
 Functioning Well  
 Functioning with Effort  
 Difficulty Functioning  
 Driven / Defensive  
 Overreacting  
 Out of Control


Your level of functioning is an indicator of your wellness.



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☰ Question List Question 3 of 6

3. Please rate your current level from 0 for none to 9 for extreme.



	0	1	2	3	4	5	6	7	8	9
Frustration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Numb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Denial	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guilt or Shame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fear	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Anger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

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**SUBMIT**

# Each session, assessment & quiz produce an electronic health record.

**Cognit Electronic Health Record**

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**1c. What do you want others to know about you?**

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**1d. What do you want help with?**

User Answer
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Total Score: 1

**1e. How can we help?**

User Answer
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Total Score: 1

**1f. What are your immediate needs (check all that apply)**

User Answer (1=Sleep, 1= Nutrition , 1=Medication Review , 1=Pain Management, 1=Withdrawal Management , 1=Mental Health Management, 1=Mental Health Assessment)
Nutrition (1), Withdrawal Management (1), Mental Health Management(1), Mental Health Assessment(1).
Total Score: 4

**1g. What are your goals?**

User Answer
To reduce stress and destructive thoughts. To finally find some peace.
Total Score: 1

**2a. Are you currently employed?**

User Answer
Yes

**Cognit Electronic Health Record**

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Self-Paced : I like to learn at my own pace. (1), Self-Directed Learning: I like to select the programs that interest me.(1).
Total Score: 2

**2. Learning Preferences/Needs (check all that apply)**

User Answer (1=Wellness: Learn about a wellness approach to substance use, 1=Nutrition: Learn how to improve YOUR nutrition , 1=Medications: Learn more about YOUR medications , 1=Medications Other: Learn about different medications , 1=Mental Health Diagnosis: Learn more about YOUR mental health diagnosis, 1=Substance Use Diagnosis: Learn more about substance use diagnosis., 1=Mental Health Challenges: Learn more about all mental health challenges., 1=NONE)
Wellness: Learn about a wellness approach to substance use(1), Mental Health Diagnosis: Learn more about YOUR mental health diagnosis(1), Mental Health Challenges: Learn more about all mental health challenges.(1).
Total Score: 3

**3. Program Preferences/Needs (check all that apply)**

User Answer (1=Wellness Mental Health , 1=Wellness Substance Use , 1=Emotional Intelligence, 1=NONE)
Wellness Substance Use (1), Emotional Intelligence(1).
Total Score: 2

**4. Activity Preferences (check all that apply)**

User Answer (1=Yoga , 1=Meditation , 1=Mindfulness, 1=Zumba/Dance, 1=Art Therapy , 1=Music Therapy, 1=Equine Therapy, 1=Gardening , 1=NONE)
Yoga (1), Zumba/Dance(1), Art Therapy (1), Equine Therapy(1), Gardening (1).
Total Score: 5

**5. Services**

User Answer (1=Legal Consultation, 1=Credit Consultation, 1=Dietitian, 1=Recovery Coach , 1=Massage, 1=Spa, 1=Makeover, 1=Gym, 1=Gym Personal Trainer, 1=Wearable Device, 1=NONE)
Credit Consultation(1), Dietitian(1), Massage(1), Wearable Device(1).
Total Score: 4

**6. Support Groups**

User Answer (1=Alcoholic Anonymous, 1=Narcotics Anonymous, 1=Mood Support Group, 1=Depression Support Group , 1=Parenting Support Groups, 1=Bereavement Groups, 1=Online Recovery Services and Options , 1=NONE)
Alcoholic Anonymous(1), Depression Support Group (1), Online Recovery Services and Options (1).
Total Score: 3

**7. Activity Groups**

**Cognit Electronic Health Record**

User Id: 10033  
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 Date Time: 10/29/2020@12:33:56  
 Quiz Title: 00.01 SU Intake: Treatment Confirmation

**1. Treatment Confirmation Directive**Add \* to Name to indicate custody/legal guardian

Name_1	Mike Smith
Phone_1	519-222-4444
Relationship_1	son
Name_2	Dr Chiang
Phone_2	
Relationship_2	Doctor
Name_3	
Phone_3	
Relationship_3	
Name_4	
Phone_4	
Relationship_4	
Name_5	
Phone_5	
Relationship_5	
Name_6	
Phone_6	
Relationship_6	
Total Score	5



# Personal Dashboard

- Clients have access to all their health records through their dashboard.

The screenshot displays a personal health dashboard with several components:

- Energy Level:** A circular gauge with a needle pointing to 6. The scale ranges from 0 to 10, with a '6' displayed in a box below the needle. The gauge is color-coded with red, yellow, and green segments.
- Level Of Functioning:** A circular gauge with a needle pointing to 7. The scale ranges from 0 to 10, with a '7' displayed in a box below the needle. The gauge is color-coded with red, yellow, and green segments.
- Journal:** A text entry field containing the text: "I am looking forward to getting well. I have suffered for so many years. My illness has cost me so much."
- Goals:** A text entry field containing the text: "Keep moving forward one thing at a time."
- Self Assessments:** A section with a date range filter (Start: 2020-09-30, End: 2020-10-30) and a dropdown menu set to "All". It shows a horizontal line graph with a blue dot at the value 7. The x-axis is labeled "9/30/2020-10/30/2020".
- Health Records:** A section with a "DOWNLOAD" button. It displays the text: "0.21.0 Patient Health Questionnaire (PHQ)-9" and "Score: 16".

The dashboard is timestamped with "10/30/2020@09:58" for most sections and "10/30/2020@10:39" for the Health Records section.



# Clinical Dashboard

- Clinicians have access to all their client's health records through their dashboard.

The screenshot displays a clinical dashboard with several components:

- Energy Level:** A circular gauge with a needle pointing to 6. The scale ranges from 0 to 10, with a green section from 6 to 10 and a red section from 0 to 6. The timestamp is 10/30/2020@09:58.
- Level Of Functioning:** A circular gauge with a needle pointing to 7. The scale ranges from 0 to 10, with a green section from 7 to 10 and a red section from 0 to 7. The timestamp is 10/30/2020@09:58.
- Journal:** A text entry with the content: "I am looking forward to getting well. I have suffered for so many years. My illness has cost me so much." The timestamp is 10/30/2020@09:58.
- Goals:** A text entry with the content: "Keep moving forward one thing at a time." The timestamp is 10/30/2020@09:58.
- Self Assessments:** A section with a date range filter (Start: 2020-09-30, End: 2020-10-30) and a dropdown menu set to "All". It shows a horizontal line graph with a blue dot at the value 7. The x-axis is labeled "9/30/2020-10/30/2020". The timestamp is 9/30/2020-10/30/2020.
- Health Records:** A section highlighted with a red border, showing "0.21.0 Patient Health Questionnaire (PHQ)-9" with a score of 16 and a "DOWNLOAD" button. The timestamp is 10/30/2020@10:39.



# Electronic Health Records

- Cognit electronic health records can be easily imported into any client management or electronic health record system.

The screenshot displays a dashboard with several health-related widgets:

- Energy Level:** A circular gauge with a needle pointing to 6. The scale ranges from 0 to 10, with a '6' displayed in a box below the needle.
- Level Of Functioning:** A circular gauge with a needle pointing to 7. The scale ranges from 0 to 10, with a '7' displayed in a box below the needle.
- Journal:** A text entry field containing the text: "I am looking forward to getting well. I have suffered for so many years. My illness has cost me so much."
- Goals:** A text entry field containing the text: "Keep moving forward one thing at a time."
- Self Assessments:** A section with a date range filter (Start: 2020-09-30, End: 2020-10-30) and a dropdown menu set to "All". Below this is a horizontal line graph with a blue dot at the value 7. The x-axis is labeled "9/30/2020-10/30/2020".
- Health Records:** A section highlighted with a red border, showing "0.21.0 Patient Health Questionnaire (PHQ)-9" with a "Score: 16" and a "DOWNLOAD" button.



# Customizable

- You can add assessments and quizzes to Cognit to create health records specific to your organization.

The screenshot displays a dashboard with several widgets. On the left, there are two circular gauges: 'Energy Level' with a score of 6 and 'Level Of Functioning' with a score of 7. Below these are text-based widgets: 'Journal' with a personal entry and 'Goals' with the text 'Keep moving forward one thing at a time.' On the right, a 'Self Assessments' section shows a date range filter (2020-09-30 to 2020-10-30) and a score of 7. At the bottom right, a 'Health Records' section is highlighted with a red border, showing a '0.21.0 Patient Health Questionnaire (PHQ)-9' with a score of 16 and a 'DOWNLOAD' button.



# Cognit Wellness Programs Electronic Mental Health Records

- Contact us or visit our [Linkedin](#) and [www.cognitsa.com](http://www.cognitsa.com) to learn more about Cognit Solutions.

