

Call Transcript

Label: Wellness Log

Status: completed

Started At: 2026-03-18 12:50 PM

Ended At: 2026-03-18 12:53 PM

Number Dialed: 2246263306

Summary:

Summary of Caregiver Call with Kendra

1. **Kendra's Wellbeing:**

- Kendra reported low energy (1 out of 5) despite having no pain (0 out of 10).
- She only ate breakfast and drank no water during the day, which may indicate insufficient hydration and nutrition.
- Despite low activity (40 steps, 1 minute active), Kendra reported feeling "epic" and rated her mood as high (5 out of 5) with very low stress (1 out of 10).
- She slept well, reporting 9 hours of sleep.

2. **Schedule Changes, Reminders, or Issues to Address:**

- Kendra's low energy and minimal physical activity may require follow-up to encourage more movement or assess underlying causes.
- Her limited food intake and lack of water consumption should be addressed to ensure proper nutrition and hydration.
- No specific schedule changes were mentioned, but a reminder to eat more meals and stay hydrated may be beneficial.

3. **Other Relevant Observations or Next Steps:**

- While Kendra feels emotionally positive, her physical health indicators (low energy, minimal activity, and poor dietary habits) suggest areas for improvement.
- Care coordinator should consider discussing strategies to increase daily activity, improve meal frequency, and prioritize hydration.
- Monitoring her energy levels and activity trends over time may help identify patterns or concerns.

Transcript:

2026-03-18 12:50 PM - assistant: Hello Kendra, this is Joanna. This is your wellness check-in.

2026-03-18 12:50 PM - user: Hey, Joanna.

2026-03-18 12:50 PM - assistant: How many steps did you walk today?

2026-03-18 12:50 PM - user: 40.

2026-03-18 12:50 PM - assistant: How many minutes were you active?

2026-03-18 12:50 PM - user: 1.

2026-03-18 12:50 PM - assistant: How many hours did you sleep last night?

2026-03-18 12:50 PM - user: 9.

2026-03-18 12:50 PM - assistant: How was your energy today from one to five?

2026-03-18 12:51 PM - user: 1.

2026-03-18 12:51 PM - assistant: How was your pain today from zero to ten?

2026-03-18 12:51 PM - user: Zero.

2026-03-18 12:51 PM - assistant: How many times did you eat today?

2026-03-18 12:51 PM - user: Uh, I've only have breakfast.

2026-03-18 12:51 PM - assistant: For breakfast, about how much water did you drink?

2026-03-18 12:51 PM - user: Uh, zero cup.
2026-03-18 12:51 PM - assistant: Any guess how many calories your breakfast had?
2026-03-18 12:51 PM - user: 160.
2026-03-18 12:51 PM - assistant: About how much protein did it have?
2026-03-18 12:51 PM - user: 30 grand.
2026-03-18 12:52 PM - assistant: About how many carbohydrates did it have?
2026-03-18 12:52 PM - user: 4.
2026-03-18 12:52 PM - assistant: About how much fat did it have?
2026-03-18 12:52 PM - user: 3.
2026-03-18 12:52 PM - assistant: How would you rate your mood today from one to five?
2026-03-18 12:52 PM - user: 5.
2026-03-18 12:52 PM - assistant: How stressed did you feel today from one to ten?
2026-03-18 12:52 PM - user: 1.
2026-03-18 12:52 PM - assistant: Is there anything you would like to share about how you are feeling today?
2026-03-18 12:52 PM - user: Yes, I'd like to share that. I feel Epic.
2026-03-18 12:52 PM - assistant: Thank you for sharing with me today. Goodbye.