



STRUCTURED WELLNESS CONTINUITY REPORT

Non-Clinical Health Management Summary

**Client Wellness Record for Continuity Between Clinical Visits
Establishing Your Continuity Record between Healthcare Visits**

Client Information: -

Full Name: Michelle Williams

Client ID: CV-SAMPLE-0001

Report Period:

Month 1 Wellness Continuity Report

Report Date Range:

January 1, 2026 – January 31, 2026

Date Issued: February 3rd, 2026

Prepared By: CARIBVITALS HEALTH LTD

ABOUT THIS REPORT

Purpose of This Report

The ***Structured Wellness Continuity Report*** is a non-clinical wellness record designed to organize and preserve important health-related information between healthcare visits.

The information contained in this report is compiled from information provided by the client, caregiver or family members responsible for the client (where applicable), healthcare-related documents supplied to CaribVitals, wellness tracking records, appointment records and other information maintained as part of the continuity process.

By organizing wellness information, appointments, medications, symptoms, recorded vital signs and documented updates, this report helps maintain a structured record of health-related activities and events over time.

The report is intended to support continuity, organization, wellness, awareness and communication by presenting information in a clear and accessible format.

This report does not provide medical advice, diagnosis, treatment recommendations or clinical interpretation. Information presented in this report is reported, documented or compiled from available records and has not been independently verified by CaribVitals. Healthcare decisions should always be made in consultation with a qualified healthcare professional.

How to Use This Report

For Clients:

Your health journey is made up of many important moments – appointments moments – appointments attended, medications taken, symptoms experienced, wellness goals achieved and health related events that occur between visits.

Unfortunately, many of these details can be forgotten during or over time or become difficult to communicate during healthcare appointments.

This report helps preserve those moments by organizing them into a structured wellness record that can be reviewed, shared and referenced when needed. Consistent participation helps create a more complex record of your wellness journey over time.

For Caregivers & Family Members:

Caring for a loved one often means helping to manage information across appointments, providers, medications and healthcare-related events. Important details can easily become forgotten, misplaced or difficult to communicate over time.

This report provides a structured and organized record of your loved one's wellness information, helping caregivers and family members stay informed, better prepared for appointments and more confident when supporting healthcare discussions.

This report also provides visibility into appointments, medications, symptoms, wellness updates and supporting documents, allowing caregivers and family members to better understand and support their loved one's wellness journey.

For Healthcare Providers:

Important health related information is often generated between appointments through medicated updates, symptoms, wellness observations, healthcare interactions and supporting documentation. However, these details may not always be available during consultations.

The **Structured Wellness Continuity Report** is designed to help organize and preserve documented wellness information in a single structured summary. By presenting key information, medications, appointments, symptoms, records together, healthcare providers may gain additional context regarding the client's documented wellness history between visits.

Healthcare providers may begin with the **Doctor Quick Review Summary** for a concise overview of the most important information contained within the report.

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Doctor Quick Review Summary

(Non-Clinical Overview)

Structured Summary for Quick Reference during Consultation

Client Overview

Client Name: Michelle Williams

Client ID: CV-SAMPLE-0001

Date of Birth: March 14, 1959

Age: 67

Gender: Female

Reporting Period:

January 1, 2026 - January 31, 2026

Declared Conditions

- Hypertension
- Type 2 Diabetes Mellitus
- Hyperlipidemia (High Cholesterol)

Current Medications

- Metformin 500mg – Twice Daily
- Amlodipine 5 mg – Once Daily
- Atorvastatin 20mg – Once Daily

Vitals Snapshot

• Blood Pressure (mmHg):

Avg: 126/80 mmHg

Range: 118/76 – 132/84 mmHg

High: 132/84 mmHg (24 Jan 2026)

Low: 118/76 (3 Jan 2026)

• Weight (lbs):

Avg: 168 lbs

Range: 165 - 172 lbs

High: 172 lbs (31 Jan 2026)

Low: 165 (3 Jan 2026)

- **Heart Rate (bpm):**

Avg: 68 bpm

Range: 68 – 76 bpm

High: 76 (24 Jan 2026)

Low: 68 (10 Jan 2026)

- **Glucose (mmol/L):**

Avg: 72 bpm

Range: 5.8 – 7.6 mmol/L

High: 7.6 (24 Jan 2026)

Low: 5.8 (3 Jan 2026)

- **Oxygen Saturation (SpO2):**

Avg: 97 - 98%

Range: 97 – 99%

High: 99% (17 Jan 2026)

Low: 97% (10 Jan 2026)

- **Temperature (F):**

Avg: 98.4

Range: 98.3 – 98.6

High: 98.6 (24 Apr 2026)

Low: 98.3 (24 Apr 2026)

Recent Care Events

- Diabetes follow-up consultation completed January 8, 2026
- Laboratory blood work completed January 20, 2026
- Medication dosage updates documented January 15, 2026
- Wellness follow-up consultations completed January 28, 2026

Care Providers

Primary: Dr. Anita Richards (General Practitioner (GP)/Family Doctor; Community Diabetes Clinic) |

Key Observations (Non-Clinical)

- Daily wellness participation was documented throughout the reporting period.
- Two missed medication doses were reported during the reporting period.
- One medication dosage update was documented during the reported period.
- No hospitalizations were reported during the reporting period.

3. Participation & Structured Engagement Summary

3.1 Reporting Period Participation Metrics

Participation Metrics:

Daily Check-In Activity:

Completed: 28 of 31 expected check-in(s). **Participation Rate:** 90%.

Vitals Submissions:

Completed: 5 weekly vital submission(s) recorded during the reporting period.

Health Updates:

Completed: 2 health update(s) recorded during the reporting period.

Appointment Entries:

Completed: 4 appointment and care event entries recorded during the reporting period.

Documents:

Completed: 2 document-related update(s) recorded during the reporting period.

Documents Breakdown:

- **Prescription:** 1
- **Laboratory Report:** 1

3.2 Engagement Observations (Non-Clinical)

Engagement Summary:

- **Daily check-in:** participation recorded consistently during the reporting period
- **Sleep Quality:** Avg 4/5
- **Energy Levels:** Avg 4/5
- **Emotional State:** Avg 4/5 (generally stable)
- **Medication Adherence:** 2 missed dose(s) reported during the reporting period.
- **Wellness Participation:** Wellness activities and updates were documented throughout the reporting period.
- **Care Coordination:** Healthcare appointments and follow-up activities were recorded during the reporting period.

4. Symptom Trends & Notable Entries

4.1 Summary of Reported Patterns

During the reporting period, Client-submitted Symptom Entries reflecting the following observable trends across Sleep, Energy, Mood and Pain indicators.

The Summary below reflects Frequency and Continuity patterns Only.

Note: No clinical interpretation is applied. Values represent Client self-reported ratings using standardized scales.

Scale Reference:

Sleep, Energy, Emotional State: 1-5
(1 = Very Poor, 5 = Excellent)

Pain: 1-10 (1 = Minimal, 10 = Severe)

03 Jan 2026

Sleep: 4 | Energy: 4 | Emotional State: 4 | Pain: 3

10 Jan 2026

Sleep: 5 | Energy: 4 | Emotional State: 5 | Pain: 2

17 Jan 2026

Sleep: 5 | Energy: 4 | Emotional State: 5 | Pain: 2

24 Jan 2026

Sleep: 3 | Energy: 3 | Emotional State: 4 | Pain: 5

31 Jan 2026

Sleep: 4 | Energy: 4 | Emotional State: 4 | Pain: 2

4.2 Notable Entries (If Applicable)

The following entries were documented as notable due to deviation from baseline or pattern interruption. If no notable deviations were recorded during this reporting period, this section will remain blank.

- **08 Jan 2026 – Medication Update:** Mild nausea reported following medication intake. Entry documented in Health Update records.
- **15 Jan 2026 – Medication Change:** Atorvastatin dosage increased reported and documented.
- **24 Jan 2026 – Symptoms Reported:** Increased throat discomfort reported. Pain level recorded at 5. Reduced sleep and energy scores documented for the reporting period,
- **24 Jan 2026 – Medication Adherence:** One missed medication dose reported during the reporting period.

6. Recorded Vitals Summary (Client-Reported)

The following summary reflects recorded vital submissions during the reporting period. Values represent documented entries by Client only and do not represent clinical interpretation or diagnosis.

6.1 Blood Pressure Snapshot

- **Average:** 126/80 mmHg
- **Lowest:** 118/76 (03 Jan 2026)
- **Highest:** 132/84 (24 Jan 2026)
- **Elevated readings ($\geq 140/90$):** 0 instances
- **Pattern:** Blood pressure entries were recorded consistently during this reporting period.

6.2 Glucose Snapshot

- **Average:** 6.6 mmol/L
- **Lowest:** 5.8 mmol/L (03 Jan 2026)
- **Highest:** 7.6 mmol/L (24 Jan 2026)
- **Reading Recorded:** 5
- **Pattern:** Glucose readings were documented throughout the reporting period.

6.3 Weight Snapshot

- **Average:** 168 lbs
- **Lowest:** 165 lbs (03 Jan 2026)
- **Highest:** 172 lbs (31 Jan 2026)
- **Pattern:** Weight entries were recorded consistently during the reporting period.

6.4 Heart Rate Snapshot

- **Average:** 72 bpm
- **Lowest:** 68 bpm (03 Jan 2026)
- **Highest:** 76 bpm (24 Jan 2026)
- **Readings Recorded:** 5
- **Readings above 100 bpm:** 0
- **Pattern:** Heart rate entries were documented throughout the reporting period.

6.5 Temperature Snapshot

- **Average:** 98.4 °F
- **Lowest:** 98.3 °F (03 Jan 2026)
- **Highest:** 98.6 °F (24 Jan 2026)
- **Readings Recorded:** 5
- **Pattern:** Temperature entries remained consistent across recorded submissions.

6.6 Oxygen Saturation Snapshot

- **Average:** 98%
- **Lowest:** 97% (10 Jan 2026)
- **Highest:** 99% (17 Jan 2026)
- **Readings Recorded:** 5
- **Pattern:** Oxygen saturation entries remained consistent throughout the reporting period.