



## Recovery Record Patient Agreement

I am excited to introduce to you an innovative tool to help enhance your efforts toward recovery. Recovery Record is a free mobile application that allows you to track and reward your progress and practice important coping strategies on a daily basis.

As you begin treatment, you will be introduced to Recovery Record and given an orientation on how to make use of its many features. Most individuals find Recovery Record easy to use once they learn to navigate the system. I have been trained on Recovery Record and can answer questions you might have. You are also welcome to contact Recovery Record directly through the app for technical support.

I will help you to understand how you will use Recovery Record as part of your treatment. You will mainly use the tool outside of sessions to enhance your recovery and stay on track.

There are a few important things for you to know about Recovery Record:

- Recovery Record is compliant with the Health Insurance Portability and Accountability Act. This means that your information is kept private and confidential, even when shared with your treatment team via the app.
- Recovery Record will NOT be reviewed on a daily basis.
- Your Primary Therapist and/or Dietitian will review the information you enter in Recovery Record only during normal business hours and will not be reviewing logs on days/times that they are out of the office.
- Direct feedback/comments from your providers via Recovery Record are optional, and they may choose to provide these “live” and only during your individual appointments.
- When downloading and setting up your Recovery Record account, you will be asked to read and accept the Terms of Use and Privacy Policy. These state, among other information, that Recovery Record is not for emergency use. If you think you are having a medical or psychiatric emergency, call 911 or go to the nearest hospital. **Do not attempt to access emergency care through this mobile app.**
- If you are participating in group programming, you will be expected to use cell phones and electronic devices appropriately. Therefore, you may not take pictures of peers, staff or the treatment center with electronics or cell phones and may not post pictures of treatment center, other patients or staff on social websites, or in any way reveal the identity of peers in treatment to anyone outside the treatment setting.
- Recovery Record provides information, not medical, legal, diagnoses, or treatment.

- Recovery Record is a wonderful tool, but only one of many in your recovery. You are encouraged to not only self-monitor via the app, but also continue to share your experiences in person with peers and staff.
- You are encouraged to use Recovery Record during the times indicated by your team and can also use it at other times you feel it would be helpful.
- In the event of going on leave from treatment (i.e. if needing hospitalization elsewhere), your team will not be reviewing logs or providing feedback in Recovery Record, but it can be reviewed upon your return.
- When you end your treatment with us, you will no longer be connected via the app to your treatment team. You may continue to use Recovery Record on your own free of charge or in connection with other treatment professionals.
- Your treatment team reserves the right to substitute paper logs (or other means of tracking) in lieu of Recovery Record, if they feel this would be more appropriate for your treatment.

I hope that Recovery Record will provide another useful tool in your recovery process. Please sign below to indicate that you have read and understand the information in this agreement.

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*Signature*

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*Printed Name*

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*Date*