



CHAMP Chatbot

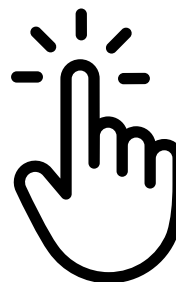
User Guide

Select your preferred guide from the options below:

[**Blood Pressure Module**](#)

[**Blood Sugar Module**](#)

[**Diabetes FAQs**](#)





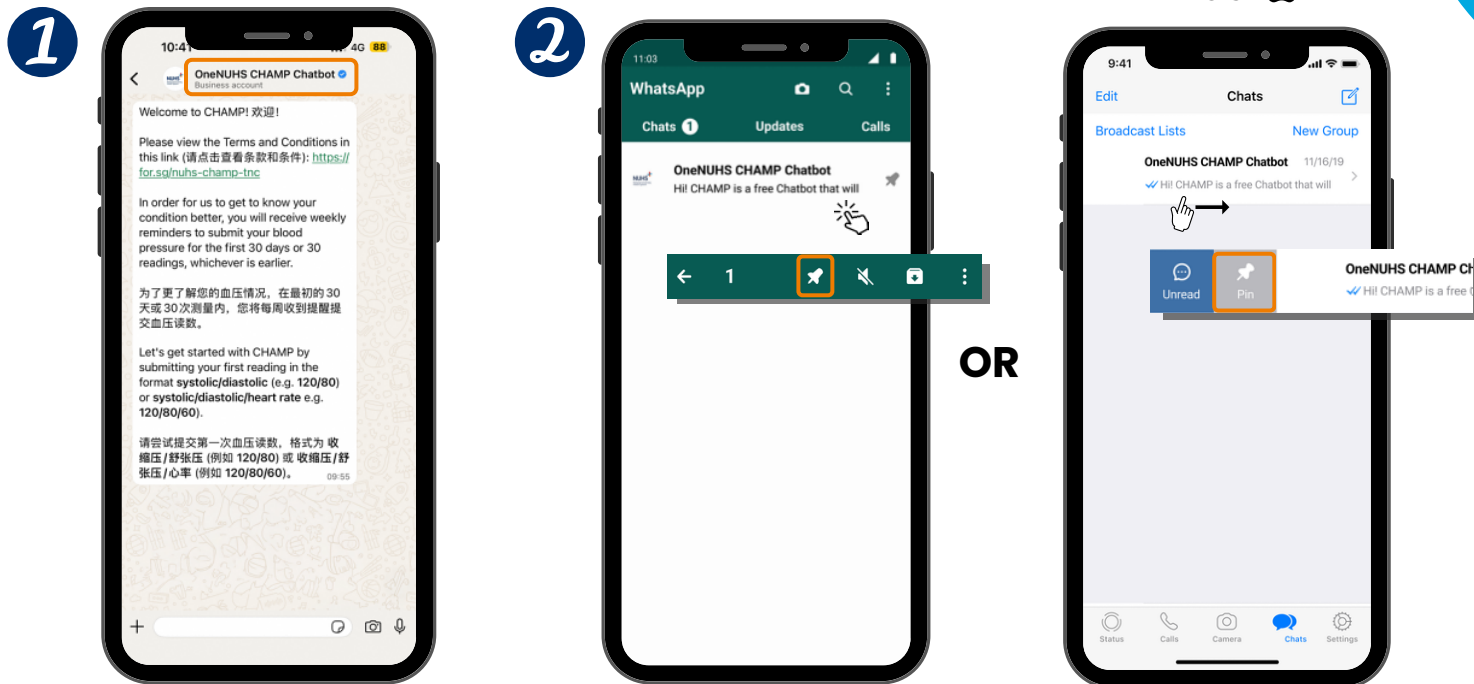
CHAMP Chatbot

(Blood Pressure Module – Getting Started)



Android 

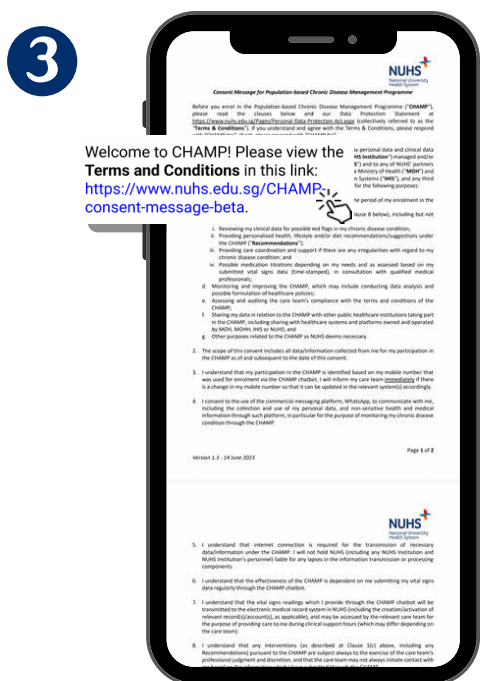
iOS 



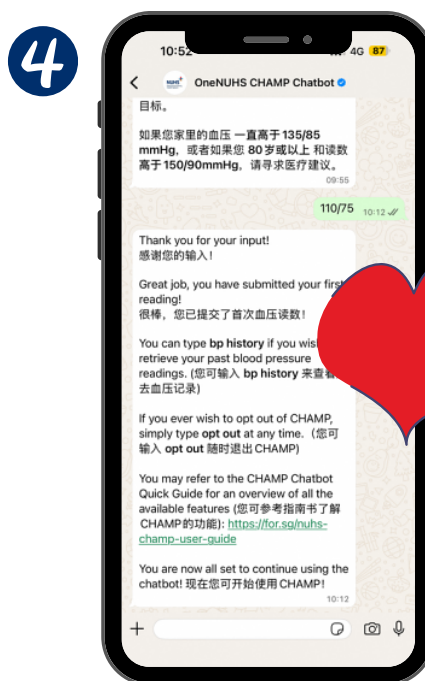
After Enrolment, save CHAMP chatbot (+65 8241 0242) into your contacts for convenient identification during future interactions

To pin CHAMP chat, click and hold chat for 2 seconds and click on the pin icon

To pin chat, swipe right on chat and click on **Pin**



Click the link to read **Terms and Conditions**



To submit first Blood Pressure (BP) reading, send: **<Systolic/Diastolic>** or **<Systolic/Diastolic/Heart Rate>**

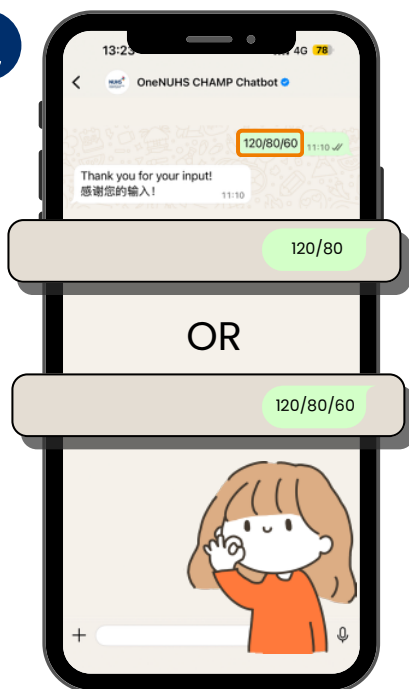


CHAMP Chatbot

(Blood Pressure Module – Features)



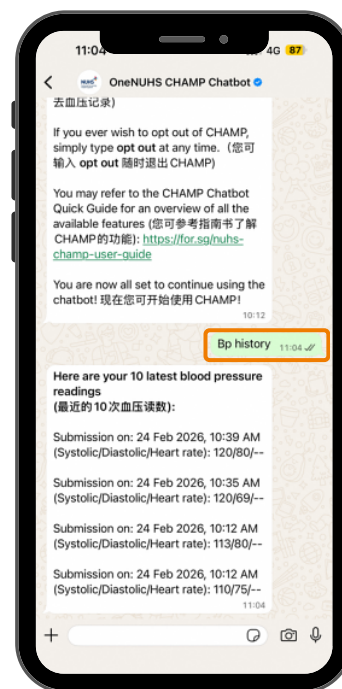
1



2



3



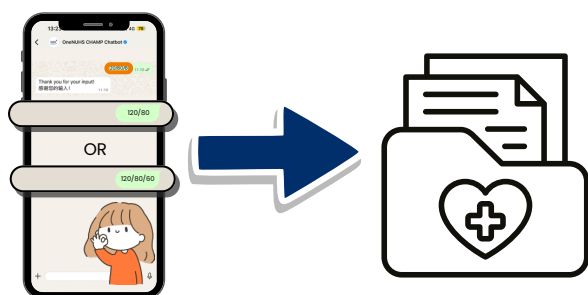
**Take note:
Please reply
within 5
minutes!**

To submit Blood Pressure (BP) reading, send:
<**Systolic/Diastolic**> or
<**Systolic/Diastolic/Heart Rate**>

Instructions for self-care will be provided based on your BP submission.

To retrieve your **10 most recent** readings, type
"bp history"

4



Your submitted readings will be recorded in NUHS medical records and can be reviewed by your healthcare team during your NUHS appointment.

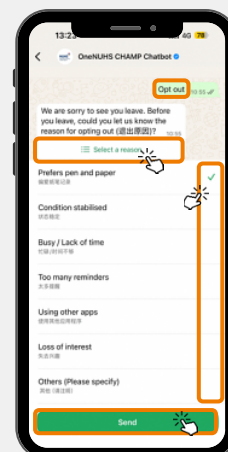
Note

- **Wish to Opt Out?** Type "**opt out**". In the message that pops up, select a reason for opting out and click **Submit**.

Should you wish to resume using the chatbot at any time, send "**champ yes**" to the CHAMP chatbot.

- **Changed Your Number?** If you have updated your WhatsApp number, please inform your healthcare team or contact us via the email below.

- **Need Help?** For any CHAMP-related queries, email us at champ@nuhs.edu.sg





CHAMP
By NUHS

CHAMP Chatbot

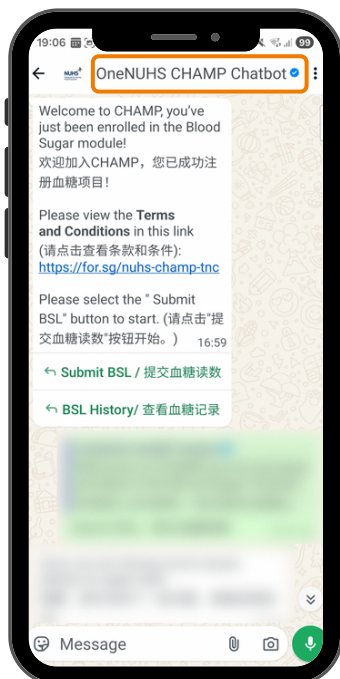
(Blood Sugar Module - Getting Started)



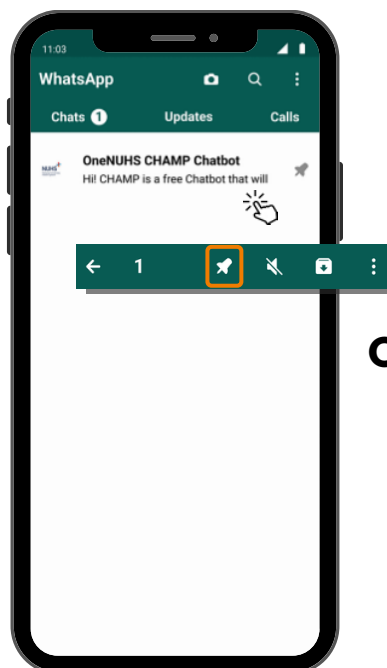
Android

iOS

1



2



OR

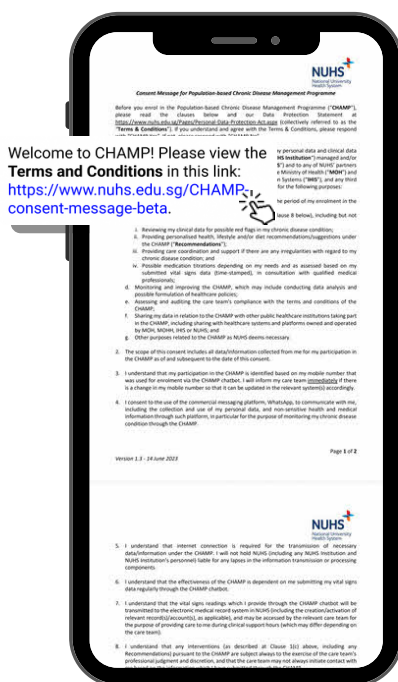


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To pin chat, swipe right on chat and click on **Pin**

3



Click the link to read
Terms and Conditions

4



Take note:
Please reply within 5 minutes!

To submit first Blood Sugar reading, send:
<blood sugar reading-food-insulin units>



CHAMP Chatbot

(Blood Sugar Module – Features)



To start submitting Blood Sugar reading, type **"bsl"** and select the relevant **reading type** from the menu



Submit Blood Sugar Level reading, by sending:
<blood sugar reading- food-insulin units>

Take note:
Please reply within 5 minutes!



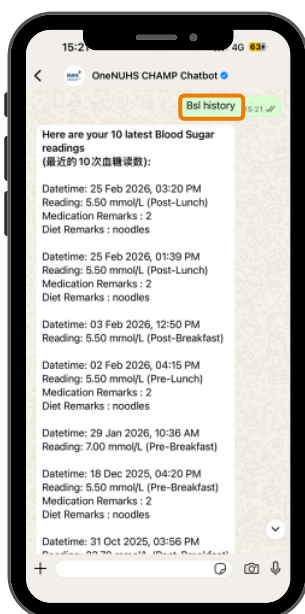
Instructions for self-care will be provided based on your Blood Sugar submission.

4



Your submitted readings will be recorded in NUHS medical records and can be reviewed by your healthcare team during your NUHS appointment.

5



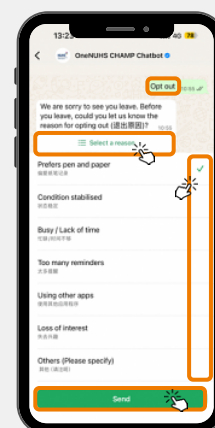
To retrieve your **10 most recent** readings, type **"bsl history"**

Note

- Access to this module is only by enrolment through your NUHS healthcare team.

- Wish to Opt Out? Type **"opt out"**. In the message that pops up, select a reason for opting out and click **Submit**.

Should you wish to resume using the chatbot at any time, send **"champ yes"** to the CHAMP chatbot.



- **Changed Your Number?** If you have updated your WhatsApp number, please inform your healthcare team or contact us via the email below.
- **Need Help?** For any CHAMP-related queries, email us at champ@nuhs.edu.sg

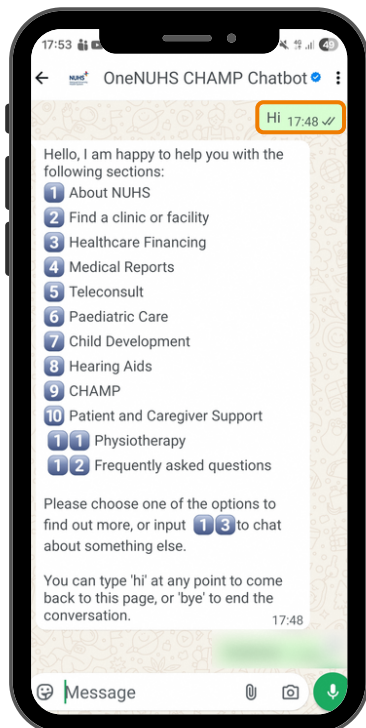


CHAMP Chatbot

(Diabetes FAQs)

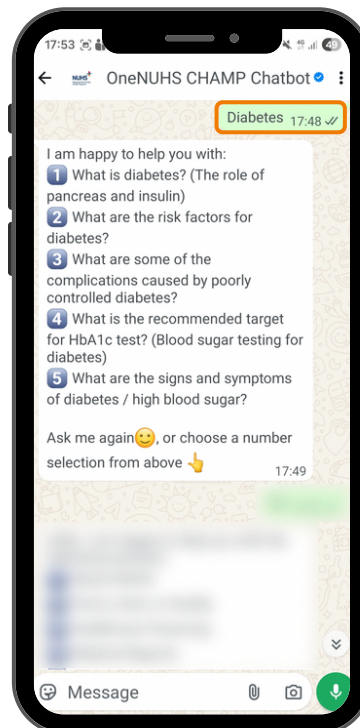


1



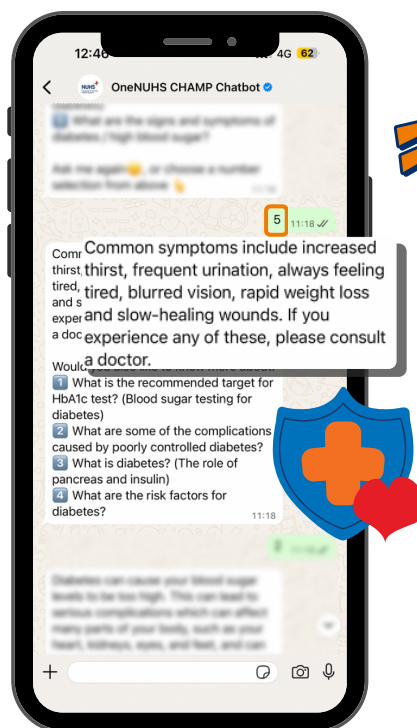
Type **"hi"** to open the OneNUHS Chat menu

2



Type **"diabetes"** OR **"dm"** to open the diabetes FAQ menu.

3

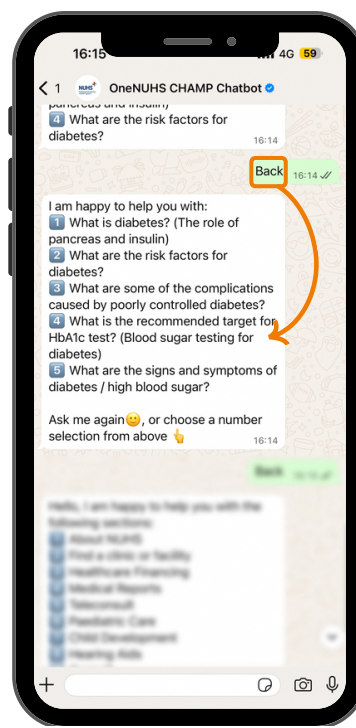


Type the number of the FAQ you would like to view.



**Take note:
Please reply
within 5
minutes!**

4



Type **"back"** to return to the previous menu and view other FAQs.