Novel ADHD Check-In Program — Patient Overview

What the program does

The Novel ADHD Check-In Program helps you and your Novel Health care team track how your ADHD medication is working between appointments. Through short, simple text-message check-ins, you share how you are feeling — focus, sleep, appetite, mood and any side effects. Your responses are organized and shared with your clinician, who reviews them and decides on any changes to your care. The technology supports your care team; it never replaces them.

Benefits for you

- **Better-fitting treatment, sooner:** your clinician sees how your medication is working in real time, not just at your next visit.
- **Quick and convenient:** check-ins take a minute or two by text — no app, login or extra appointment needed.
- **Side effects caught early:** concerns are flagged to your care team so they can follow up.
- **More productive visits:** appointments can focus on what matters most to you, backed by a clear picture of your progress.
- **Feeling supported:** regular contact with your care team between visits.

How to get started

Text the keyword “NovelADHD” to “866-494-0089”

You will receive a welcome message confirming your enrolment, followed by your first check-in. Simply reply to each message when it arrives. Standard message and data rates may apply.

This program is not for emergencies. If you need urgent help, call 911 or go to your nearest emergency department. For questions about your medication, contact your Novel Health clinic.