BCC Context Scenarios

Gerald P Johnson

1. Gerald wakes up early in the morning to get a head start on the day. He launches the BCC App while eating breakfast, he browses through the available activities which will help him cut his smoking habit. After narrowing down his selection Gerald starts on his first activity. Suddenly Gerald remembers that he has will be late for his first class, Gerald pauses his activity and runs out the door.

2. During his first break at school Gerald decides to continue his activity. He launches the BCC App where he continues his progress, the next exercise in his activity prompts him that it is an audio/visual exercise. Gerald is given the choice to start this specific exercise or skip it if he is in a location where he cannot commit to the time required for the exercise. Since he is 5 minutes away from his next class he decides to skip the audio/visual exercise and continues with the rest of the activity.

3. School ends early since Gerald only had a half a day today. He decides to go to the lunchroom to eat before he goes home. He launches the BCC App again, after finishing the final exercise he receives a progress report which has his stats from his current activity and his stats from the overall behavior program. He notices a category which reads "skipped audio/visual". He clicks on it and resumes that exercise with his headphones.

4. When Gerald gets home, he realizes that his next term paper is due tomorrow and not next week. Gerald quickly gathers his research materials and continues to work on his paper. Gerald feels the pressure of turning his paper in sink quickly, he looks around the room and considers taking a smoke break to calm his nerves. After considering it for about 5 minutes Gerald grabs his phone and launches the BCC App. He pulls up the Personal Resource Center and looks up the Relapse Help section.

5. Within the Relapse Help section Gerald finds a list of Videos featuring interviews with people who have managed to quit smoking. Gerald starts watching the videos, after a few moments he realizes that he feels much better. He looks back at his paper and he realizes that he is almost finished, calmer now her recollects himself and continues to put the finishing touches on his paper.

6. After finishing his paper Gerald launches the BCC App again and comments on the BCC social network. He writes about how he managed to beat the craving for that day with the help of the Personal Resource Center.

Kathy C. Blankenship

1. Kathy launches the BCC App for the first time, she is asked to create a user name and password. After she signs up she is launched into the main screen of the App, she selects Depression from a list of behaviors. She is asked a series of questions about her depression, she is then placed into her main dashboard.

2. Kathy starts looking at the activities which are available to her, after browsing, she makes her selection. Before starting on the first exercise within the activity she is given the option to choose how often she would like to receive prompts (if any). She makes her selection, Kathy chooses not to receive any prompts.

3. She starts on her first exercise, Kathy is making steady progress but quickly falls into a slump. She does not feel motivated to complete exercises. She decides to do another search within the App, she searches for depression again. One of the search results brings up posts from within the BCC Social Network.

4. Kathy begins browsing the Social Media posts that are tagged under depression. She discovers posts from another user that is also suffering from depression thanks to similar circumstances. Kathy begins reading the users posts, she decides to send the user a direct message before going to sleep.

5. The next day, Kathy launches the BCC App again, she is surprised to see a response from the user. Kathy had mentioned how she had begun the exercises she chose but she was having a difficult time getting through them thanks to her mood. The user sent Kathy a list of the Activities she found extremely helpful.

6. Kathy decided to finish the Activity she was currently on, once finished, she immediately looked up the activities that were recommended to her. She quickly noticed that she had completed a number of activities while being completely engaged in the BCC App.

Derek Rosario

1. Derek logs into the BCC App, he had signed up last week, after setting up his account Derek did not bother to feel his way around the App. He just finished having an explosive argument with his wife, he left home and decided to go to the nearest book store to blow off some steam. He knows that his Anger is the issue, he went to the book store to search for books about Anger. He decided to log into BCC due to his frustration with the overwhelming selection at the book store.

2. On the main screen Derek launched a quick search for Anger. The search results brought back topics, videos and user posts. Derek began reading the first post which caught his attention. After reading the post he saw suggestions for similar posts from other users of the BCC App.

3. Derek began reading those posts as well, he then realized that he could bookmark posts, topics and videos for later. He quickly began to build his library for reference, after finishing he decided to go back home to talk things over with his wife.

4. The next day Derek had a bad day at the base, he was furious on his way home. Suddenly, Derek remembered a video he had bookmarked in BCC. The video was called "Learning to identify what makes us angry". He decided to go to his nearest coffee shop to view the video.

5. After purchasing his coffee Derek sat down at a table. He pulled up the BCC App and checked his bookmarks. He pulled up the video he remembered while driving, the video gave him insight into another service member's struggle with Anger Management. After watching the video Derek saw suggestions for activities that complemented the video he just saw.

6. Derek completed a number of activities, after the completion of his last activity Derek received a badge for his diligence in his research and activities. Derek enjoyed the reward for his efforts, he realized that his anger had subsided. He also realized what had caused his anger in the first place, he felt relieved that he had not arrived home in such a state. He exited the App and headed home eager to tell his wife about his accomplishments.

Shirley Hensley

1. Shirley ends her final session of the day, tired, she decides to go over her daily notes. She logs into the BCC App, she started using the App last week along with a small selection of patients she recommended the app to. She pulls up her dashboard in the BCC App.

2. She will be seeing these BCC patients tomorrow, she pulls up the list which highlights all patients in order by activities completed within BCC. All of these patients suffer from the same behavioral issues, she selects the option to cross reference the activities the patients have completed.

3. The activities which appear at the top of the list are the ones that multiple patients have completed. Even though these are the same activities, Shirley is able to see that each patient had a different result when completing the activity.

4. Shirley gathers her notes on each patient, she is able to see the list of upcoming activities for each patient. She catalogs her findings within her profile, Shirley sends each patient her notes on their progress within the App so far. She also sends them a brief overview of what they will be discussing in their next session.

5. Shirley goes into each patients profile (under a provider-only view), she pins activities which would best help each patient into their profiles. She will be able to pull these up during her sessions tomorrow.

6. During her sessions the next day, Shirley receives notifications on patients who complete new activities before their session. These activities are triggered when the activity the patient completed matches an activity which Shirley had selected for their upcoming session. These activities are then listed as completed within Shirley's provider profile, this streamlines Shirley's conversations with her patients.

Mark K. Caudle

1. Mark launches the BCC App during breakfast, he checks his dashboard which displays his completed and upcoming activities. He checks his upcoming activities and the rewards associated with each, Mark starts his next activity based on a suggestion from BCC.

2. During lunch, Mark receives a notification reminding him that he has another activity ready for him to complete. Mark clicks on the notification which launches him into the BCC App and loads up the activity. After completing the activity Mark receives an overview of his performance, he is also able to see which users have similar stats on that same activity.

3. After comparing his profile with other BCC users he decides to tag profiles so he can keep track of which users are completing activities before Mark does. Mark enables the option to receive push notifications as soon as those users complete an activity, this way Mark will not fall behind.

4. In the evening Mark receives a notification informing him of a "flash" activity which will gain him extra experience if he completes it within the next 15 minutes. Mark jumps into the activity by clicking on the notification, he does not manage to complete the activity within the time limit. The BCC App gives him the opportunity to retry the challenge is he shares a link to the BCC App on his social media profile (facebook, twitter).

5. Mark clicks on the notification to share the BCC App link, he chooses Twitter from a drop-down menu. After successfully sharing the link his timer is reset to Zero, Mark manages to complete the activity within the allotted time limit.