

**Customer Testimonials:**

*"We leverage bStable to help our people manage the symptoms of their mental illness and it gives our case managers a comprehensive and flexible mechanism for tracking outcomes."*

*~ Ed Oechsle, Executive Director, Spring Lake Therapeutic Community, Vermont*

*"bStable is the most comprehensive clinical database for patients currently available to use."*

*~ Dr. Yanni Malliaris, BSc., PhD; Athens, Greece*

*"Beyond a doubt, bStable is the best! My patients, their loved ones and I benefit when this software is part of a recovery program. I've spent years using other services to help patients ... and nothing compares."*

*~ Licensed Clinical Professional Counselor; John Duggan Silver Spring, MD*

*"I showed my psychologist bStable and he was amazed!"*

*~ Patient; São Paulo, Brazil*



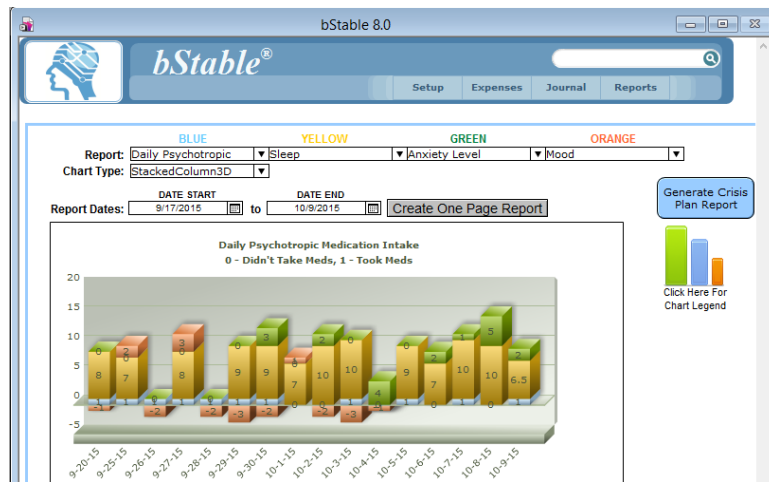
# bStable®

## Improving Mental Health

**bStable is the only system that helps manage every aspect of a patient's mental health.**

### Provides An Optimal Level of Care

bStable allows you and your patients to perform active symptom monitoring to keep a patient's mental health in check and aid in the prevention of crisis situations. Patients and/or clinicians can track key indicators around every aspect of a patient's health. This information is easily brought forward for analysis purposes in the form of rich, graphical, and interactive reports.



### Easily Digestible Information

Patients can easily share progress on their mental health condition with psychologists, psychiatrists, primary care physicians or other medical professionals in the form of simple to view reports.

At a Glance Features:

- Cognitive Behavioral Therapy (CBT) Support
- Hypomanic, Manic, Depression and Other Symptom Support
- Single Page Summary Report
- Expanded Sleep Tracking Module
- Ultra-Ultra-Rapid Cycling
- Daily Positive Affirmation Module
- Goal Directed Activities, Relaxation Techniques, and Fun Activities
- Food Charting
- Daily Conflict Tracking Module
- Post Crisis Episode Tracking

Fast Daily Journal Entry

One Page Report for Providers

Meds & Supplements	9/24	9/25	9/26	9/27	9/28	9/29	9/30	10/1	10/2	10/3	10/4	10/5	10/6	10/7
Took Prescribed Psychotropic Meds	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes	No	Yes
Days Since Med Change								6						
Psychotropic Med Side Effects	No	No	No	No	No	No	No	Yes	Yes	No				No
Took Other Meds as prescribed	Yes		Yes	Yes	No	Yes	Yes	Yes	Yes			Yes		Yes
Days Since Other Med Change														
Other Med Side Effects				Yes	Yes	Yes	Yes	Yes	Yes					No
Took Daily Supplements	No		Yes	Yes	Yes	Yes	No		Yes	No		No		No
Days Since Supplement Change														
Side Effects			Yes	Yes	Yes									
<b>Mood</b>	9/24	9/25	9/26	9/27	9/28	9/29	9/30	10/1	10/2	10/3	10/4	10/5	10/6	10/7
Average Mood				-1	2			-2	3	-2	-3	-2	1	-2
# of Mood Changes per day	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Other</b>	9/24	9/25	9/26	9/27	9/28	9/29	9/30	10/1	10/2	10/3	10/4	10/5	10/6	10/7
Drank or Took Drugs	No	No	No	Yes	No	No	No							No
Minutes Exercised	0	0	0	0	30	15	30			0	90	15		
Conflicts (1 = 1 or more Conflicts)		1		1	1	1	1	1	1					
Appetite Change	Down	Up	Down							Down	Down	Up	Down	Down
Physical Pain (0 None, 3 Severe)			1											
Menstrual Period	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Avg. Energy Level (-3 Low, 3 Hyper)	-1		1	-1	-1	0					0	0		-1
<b>Sleep</b>	9/24	9/25	9/26	9/27	9/28	9/29	9/30	10/1	10/2	10/3	10/4	10/5	10/6	10/7
Hours Slept	7		8		9	9	7	10	10			1	7	10
Sleep Quality (0 Great, 5 Terrible)				0	1		2							0
Total Minutes Spent Napping														
<b>Symptoms</b>	9/24	9/25	9/26	9/27	9/28	9/29	9/30	10/1	10/2	10/3	10/4	10/5	10/6	10/7
Suicidal Thoughts					4	4	5	5	4	5				
Anxiety Level	3		5	3		3		2		4			2	1
Irritability Level					3	4		4		3			4	

Comprehensive Symptom Tracking

About McGraw Systems

McGraw Systems LLC was formed in 2008 to provide information technology solutions to assist those struggling with mental health illnesses.

To order bStable, go to: [www.bStable.com](http://www.bStable.com)