Your Daily Check-In Call

Everything you need to know about your check-in call

This is Ava. She calls you from:

(770) 762-6621

Save this number so you know to pick up.

Someone who cares about you has set up a short, friendly phone call to check on you each day. Here is what to expect.

Who is calling

A friendly voice named Ava, from CheckWellCall. Ava is an automated assistant, not a real person, but you can talk to her just like you would talk to anyone.

Save her number, (770) 762-6621, in your phone as "CheckWellCall", or write it on your list by the phone.

What Ava will ask

The call takes just a few minutes. There are no wrong answers. Just tell her how things really are. Ava will ask about:

- How you are feeling today
- How you would rate your day, from 1 to 10
- Whether you have eaten and had something to drink
- Whether you have taken your medicines
- How you slept
- Any pain, and how you are getting around

- Your mood, and anything else on your mind

Who hears your answers

Your answers go to the family member or friend who set up your calls. They see a short summary after each call.

If something sounds wrong, like pain, a fall, or feeling low, they get a message right away so they can check on you.

There are no cameras and no tracking. It is just a phone call.

If you miss a call

That is okay. Ava will try once more, about an hour later. If you miss that call too, your family member gets a text so they can give you a ring.

Ava will never ask for

- Money or payments
- Bank, credit card, or debit card numbers
- Your Social Security or Medicare number
- Passwords or PINs

If a caller asks for any of these, hang up. It is not us.

In an emergency, call 911

Ava is not an emergency service and cannot send help. If you are hurt or need help right away, hang up and call 911.

Questions?

Call us at 1-877-343-1891, or ask the person who set up your calls. They can change your call time or pause the calls whenever you like.

Keep this by your phone

Ava calls from	(770) 762-6621
My call time	_____
My family contact	_____
Their phone	_____
CheckWellCall help	1-877-343-1891
Emergency	**911**