



bStableTM

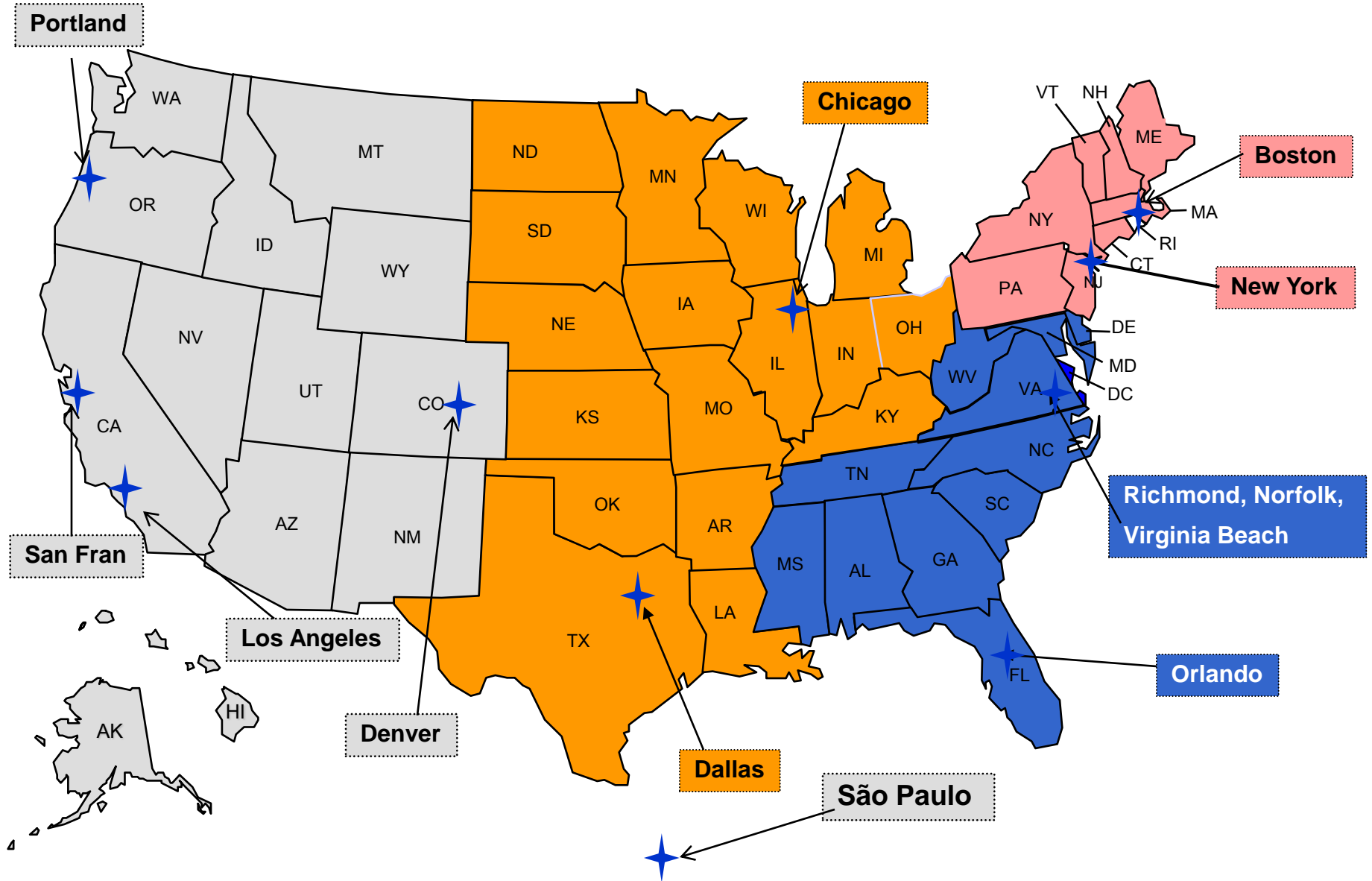
bStable - Complete Life Management System



The bStable Value Drivers

- Disease State Management & Crisis Planning
 - As with psychotropic medication adherence, diet, exercise, and psychotherapy practices – **MONITORING** - is pivotal to maintaining proper mental health.
- Insight Into The Unknown
 - Enables patients and providers to immediately spot patterns, examine outliers and detect trends that are otherwise hidden; eliminates wasted time spent beating around the bush to determine the pressing issues impacting the patient.
- Self-Service Discovery
 - Empowers patients with the ability to analyze all aspects of their life (mental, physical, interpersonal relationships, etc.) in a quantified manner that is visually displayed for analysis.
- Optimized Patient – Provider Communication
 - Enables patients and providers to have a transparent communication flow allowing mental health providers to provide an optimal level of care for the patient and reduce and/or eliminate risk and cost for payers.

Built Using North & South America Test Groups



What People Are Saying

- “Extremely comprehensive, amazing. This is not just for tracking a few variables, it is an *entire monitoring system*. You'll have to input a lot of data to really use it, but it is data you should be tracking somehow, if not entering all the time.”
 - Jim Phelps, M.D.; Corvallis, OR, USA
- “I'm kind of in a "crisis mode" and am definitely interested in ordering it. I like the fact that everything can be tracked yet not put out there all over the web... and your product seems way more comprehensive than the others.”
 - Patient; Virginia Beach, VA, USA (ultra-ultra rapid cycling)
- “This is one of the best commercial bipolar systems I have come across so far and believe me I've seen many systems so far.”
 - Bipolar Researcher; London, U.K.

What People Are Saying

- "I want to take bStable to my therapist appointment. I REALLY like it. Thank you!!! so much for this! I just showed bStable to my friend and I think it makes the big picture so much clearer. Peace and thanks again!"
 - Patient; Orlando, FL, USA (Bipolar I)
- "I like that bStable builds into my life the daily discipline to manage all of the wide ranging aspects of my life that factor into my Bipolar Disorder diagnosis. bStable has unequivocally helped me manage my disorder in concert with my loved ones and medical providers better than any prior management method."
 - Patient; Richmond, VA, USA (Bipolar II)
- "I was doing a research on methods to manage Bipolar Disorder II on Google and ended up in a forum where they reviewed bStable as the most complete resource available. I showed my psychiatrist bStable yesterday and he was amazed!"
 - Patient; São Paulo, Brazil (Bipolar II)

What People Are Saying

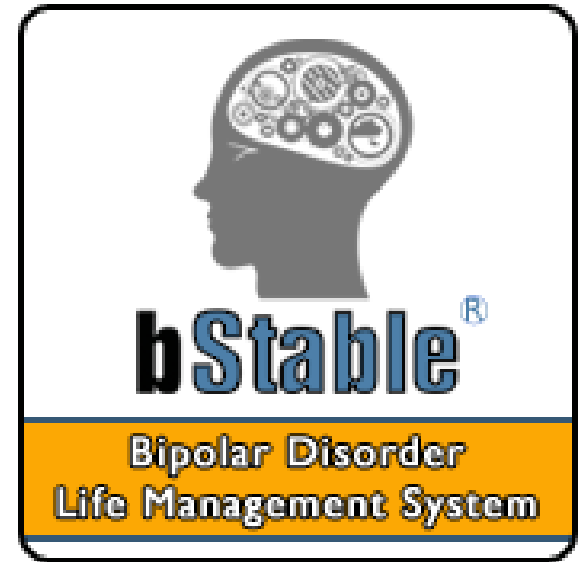
- "I have been talking to other doctors about disease state management ideas in general. Compliance is the major issue. My daughter is being responsive to the importance of bStable!"
 - Loved One; Tampa, FL, USA
- "The program is freaking awesome! It is so helpful to have everything in one place. I used to have a journal, dream journal and mood chart I was *trying* to do every day, with little success. Now, they are all in one place. I also like that the program brings my attention to other really important things that may be going on that I may not notice until it's too late. Great work!"
 - Customer; Fort Collins, CO, USA (Bipolar I)
- "I find bStable very comprehensive!"
 - Medical Doctor; Fort Washington, MD, USA

bStable - Secure & Anywhere



Users of Life Management Systems

1. Patients
2. Loved Ones
3. Psychiatrists
4. Psychologists
5. Mental Hospitals
6. Support Groups
7. Private Insurance Companies
8. Medicare Psychiatric Services
9. Medicaid Psychiatric Services
10. Veterans Administration Psychiatric Services
11. State Psychiatric Services
12. County Psychiatric Services
13. City Psychiatric Services
14. National Institutes of Mental Health (NIMH)
15. Pharmaceutical Companies





Name: **Benjamin Franklin McGraw IV**

Patient Info

First Name	Middle Name	Last Name	Suffix
Benjamin	Franklin	McGraw	IV
Employer:	McGraw Systems LLC		
Home Address:	200 Boylston Street		
City/State/Zip:	Boston	MA	02116
Personal Email:	mcgraw_ben@yahoo.com		
Alternate Email:	ben@mcgrawsystems.com		
Date of Birth:	1/28/1974	Age:	35

Additional Patient Info

Work Phone:	617.416.9136
Work Alt:	617.416.9137
Cell Phone:	617.416.9138
Home:	617.338.4400
IM:	ben@aim.com
Fax:	617.423.0154
Pager:	617.532.4567
Web URL:	http://www.mcgrawsystems.com



First Name	Last Name	Work Phone	Email Address	IM Address	Currently Seeing? Type
Jennifer	Lucero	617-555-1212	jennifer@middleton.c	jen@aim.com	<input checked="" type="radio"/> Yes <input type="radio"/> No Psychiatrist
Michael	Dhanoya	781-123-4313	ddhanoya@gmail.com	dan@aim.com	<input type="radio"/> Yes <input checked="" type="radio"/> No Psychiatrist
Phillys	Gailes	617-222-9999	pglynn@tts.com	phillys@aim.com	<input checked="" type="radio"/> Yes <input type="radio"/> No Psychologist
Beatrice	Grainger	617-133-4753	bg@medcenter.org	grainger@aim.	<input type="radio"/> Yes <input checked="" type="radio"/> No Psychologist
Elizabeth	Brandt	617-452-8352	eliz@wmc.com	eliz@aim.com	<input checked="" type="radio"/> Yes <input type="radio"/> No Primary Care
Madeline	Dauphinais	781-766-4335	madeline@yahoo.com	maddie@aim.	<input checked="" type="radio"/> Yes <input type="radio"/> No Specialist

4/5/2009 1:57:52 AM Ben McGraw

Create Crisis Plan Report

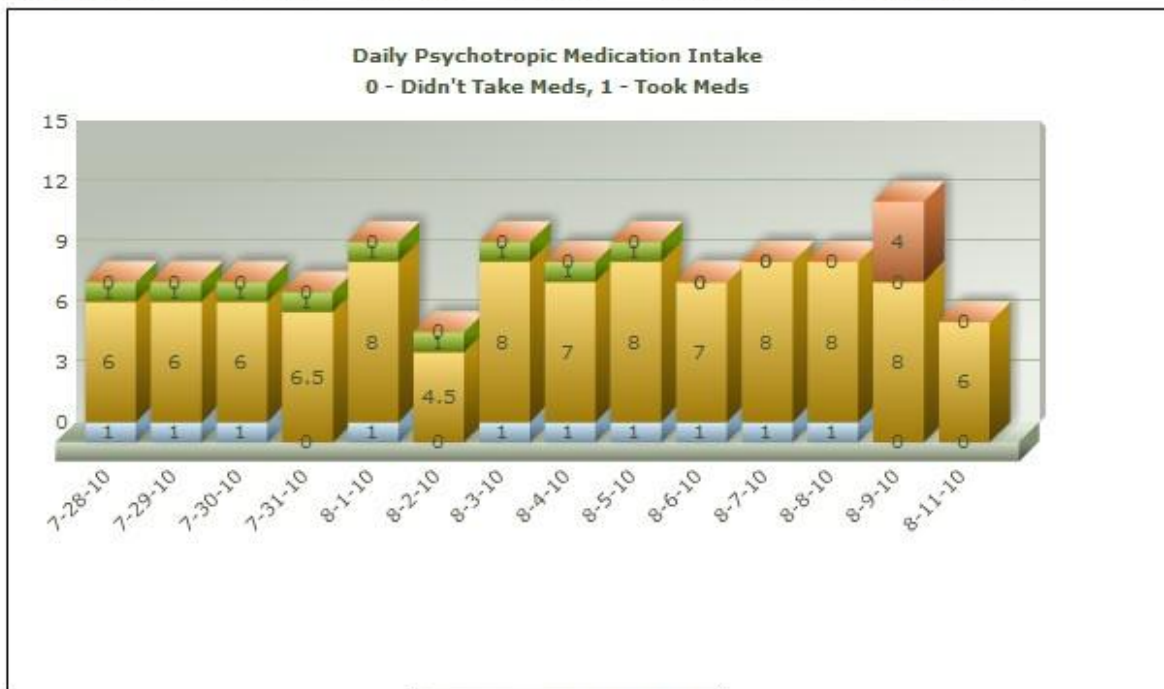


Report: BLUE Daily Psychotropic YELLOW Sleep GREEN Traveling ORANGE Anxiety Level

Chart Type: StackedColumn3D

Report Dates: DATE START 7/28/2010 to DATE END 8/11/2010 [Create One Page Report](#)

[Create Crisis Plan Report](#)



[Click Here For Chart Legend](#)

[Create Combination Report](#)

Showing: #Days:

and ending:

[Setup Combination Report](#)

[Save Chart To Desktop](#)

Note: Move bStable To Upper Left Corner of Screen To Save One Page Report and Charts



8/11/2011 6:24 PM Benjamin Franklin McGraw IV

[Export Records](#)



Journal Date: **7/22/2010**

Delete Journal Entry

Copy Journal Entry To Today

Showing 55 of 55 entries.



New Journal Entry

Notes Meds Sleep Exercise Mood Triggers Symptoms Conflicts Activities CBT Diet Adolescent or Child

Symptom Detail Other

Symptom	Scale	Symptom	Scale
Afraid	<input type="radio"/> Yes <input checked="" type="radio"/> No	Lost Interest in Pleasurable Aspects of	<input checked="" type="radio"/> Yes <input type="radio"/> No 5
Aggressive	<input type="radio"/> Yes <input checked="" type="radio"/> No	Low Self Esteem	<input type="radio"/> Yes <input checked="" type="radio"/> No
Agitated and Keep Moving Around	<input type="radio"/> Yes <input checked="" type="radio"/> No	Memory Loss	<input type="radio"/> Yes <input checked="" type="radio"/> No
Angry	<input type="radio"/> Yes <input checked="" type="radio"/> No	Nothing Bad Can Happen	<input type="radio"/> Yes <input checked="" type="radio"/> No
Anxiety Level	<input type="radio"/> Yes <input checked="" type="radio"/> No	Numbness	<input type="radio"/> Yes <input checked="" type="radio"/> No
Attention Issues	<input type="radio"/> Yes <input checked="" type="radio"/> No	Overly Optimistic	<input type="radio"/> Yes <input checked="" type="radio"/> No
Boredom	<input checked="" type="radio"/> Yes <input type="radio"/> No 5	Overly Sociable	<input type="radio"/> Yes <input checked="" type="radio"/> No
Concentration Issues	<input type="radio"/> Yes <input checked="" type="radio"/> No	Overwhelmed	<input type="radio"/> Yes <input checked="" type="radio"/> No
Dangerous Activities	<input type="radio"/> Yes <input checked="" type="radio"/> No	Panic	<input type="radio"/> Yes <input checked="" type="radio"/> No
Difficulty Making Decisions	<input type="radio"/> Yes <input checked="" type="radio"/> No	Paranoia	<input type="radio"/> Yes <input checked="" type="radio"/> No
Doing Things Slowly	<input type="radio"/> Yes <input checked="" type="radio"/> No	Peace	<input type="radio"/> Yes <input checked="" type="radio"/> No
Feel Fatigued	<input checked="" type="radio"/> Yes <input type="radio"/> No 4	Racing or Quick Thoughts	<input type="radio"/> Yes <input checked="" type="radio"/> No
Fogginess	<input checked="" type="radio"/> Yes <input type="radio"/> No 2	Reckless Driving	<input type="radio"/> Yes <input checked="" type="radio"/> No
Future Seems Hopeless	<input checked="" type="radio"/> Yes <input type="radio"/> No 2	Restless	<input type="radio"/> Yes <input checked="" type="radio"/> No
Grandiose Thoughts	<input type="radio"/> Yes <input checked="" type="radio"/> No	Sadness	<input checked="" type="radio"/> Yes <input type="radio"/> No 3
Guilty	<input type="radio"/> Yes <input checked="" type="radio"/> No	Shell Shocked	<input type="radio"/> Yes <input checked="" type="radio"/> No
Hurt	<input type="radio"/> Yes <input checked="" type="radio"/> No	Still Depressed If Good Things Happen	<input checked="" type="radio"/> Yes <input type="radio"/> No 5
Impulsive	<input type="radio"/> Yes <input checked="" type="radio"/> No	Suicidal Thoughts	<input checked="" type="radio"/> Yes <input type="radio"/> No 4
Indecisiveness	<input type="radio"/> Yes <input checked="" type="radio"/> No	Thoughts jumping from idea to idea	<input type="radio"/> Yes <input checked="" type="radio"/> No
Insecurity	<input type="radio"/> Yes <input checked="" type="radio"/> No	Too Many Projects	<input type="radio"/> Yes <input checked="" type="radio"/> No
Irritability Level	<input type="radio"/> Yes <input checked="" type="radio"/> No	Too Much Spending	<input type="radio"/> Yes <input checked="" type="radio"/> No
Lonely	<input checked="" type="radio"/> Yes <input type="radio"/> No 5	Unusually Happy	<input type="radio"/> Yes <input checked="" type="radio"/> No

Menstrual Period? Yes No N/A

Menstrual Period - Degree of Pain 1 2 3 4 5

Menstrual Period Factoring Into Mood? Yes No Maybe

Menstrual Period Regularity Regular Irregular

Save Screen To Desktop

bStable Is Everywhere!



Find
a Meetup Group

Start
a Meetup Group

Sponsor
Meetup Groups



Boston bStable User Group

Home Members Sponsors Photos Pages Discussions More



bStableTM

Change photo

Boston, MA

Founded May 18, 2009

Read more about us...

IRBD Highlights

Concerns on the management of bipolar disorders

The role of biological rhythms, genetics, neurophysiology, aetiology and computerized life management systems in bipolar depression are the subjects of the interactive sessions that take place Friday, 8th May, at 11 a.m.. Here are some of the issues explored.



Benjamin F. McGraw

Treating bipolar depressed patients with a combination of seasonally depressed bipolar patients, proceeds the specialist.



Quantified Self
Complete Guide to Self-Tracking

Bipolar Central
Devoted to Helping Those Living with Bipolar Disorder



American Foundation *for* Suicide Prevention

PsychEducation.org

Extensive Mental Health Information on Specific Topics

Jim Phelps, M.D.; Corvallis, OR, USA



For More Information

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