

Module 6 of 9 · 0/3 lessons done · Quiz: not taken · 0%

[← Family course](#)

QUIZ NOT STARTED · pass mark 80%

Family Module 6 · Care Routines · about 35 minutes · 3 lessons + 10-question quiz

Hero Routines: Health and Care

Checkups, refills and sitters, handled. Step-by-step setup for: Checkups booked around real life; Refills before the last pill; Date night, sitter included

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Download the PDF workbook

Exercises work with Grok Bot or any AI assistant. Use non-sensitive information only.
App connections marked "varies" depend on your school, team or provider and are confirmed during setup.

Lessons

Lesson 1 · Checkups booked around real life (~9 min)

Lesson 2 · Refills before the last pill (~9 min)

Lesson 3 · Date night, sitter included (~9 min)

Module quiz (10 questions, ~8 min)

Send feedback

Lesson 1 · ~9 min

Checkups booked around real life

You will be able to

- Know when checkups are due
- Book times that fit everyone's schedule after your OK

Apps involved: MyChart · NexHealth · Zocdoc. Here's what this routine does and how to turn it on. You approve anything that sends, books or buys.

Works with: Calendar: direct. MyChart, NexHealth, Zocdoc: varies by office.

Step by step

1. Tell the assistant when each person last had a checkup, cleaning or eye exam.

2. Ask it to remind you a month before each is due.
3. It checks the Family calendar for after-school gaps and suggests times.
4. You book through the office's portal or phone, or approve it to request a time where that's supported.

Example

Two kids are due for cleanings. The assistant finds back-to-back after-school slots and books them when you say yes.

Checklist

- ☐ The sources this routine needs are connected or emailing me
- ☐ I know when and how it reports to me
- ☐ I know which steps wait for my OK

Key points

- Start from the sources: calendar, email, app notifications.
- Pick a reporting time you'll actually check.

- Anything that sends, books or buys waits for your yes.

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Mark complete & next: Lesson 2 →

Lesson 2 · ~9 min

Refills before the last pill

You will be able to

- Never run out the day before a trip
- Compare prices for prescriptions

Apps involved: CVS · Walgreens · GoodRx. Here's what this routine does and how to turn it on. You approve anything that sends, books or buys.

Works with: Pharmacy reminder emails: usually work. CVS, Walgreens, GoodRx accounts: varies. Health details stay private (Module 7).

Step by step

1. List regular prescriptions and refill dates (or keep pharmacy reminder emails labeled).

2. Ask for a reminder 5 days before each refill, earlier if a trip is on the calendar.
3. Ask it to look up public discount prices for comparison (prices change; confirm at the pharmacy).
4. Add pickup to your errands list.

Example

A refill is due the day before your trip. The assistant flags it, checks the cheaper price nearby and adds pickup to Thursday's errands.

Checklist

- ☐ The sources this routine needs are connected or emailing me
- ☐ I know when and how it reports to me
- ☐ I know which steps wait for my OK

Key points

- Start from the sources: calendar, email, app notifications.
- Pick a reporting time you'll actually check.

- Anything that sends, books or buys waits for your yes.

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Mark complete & next: Lesson 3 →

Lesson 3 · ~9 min

Date night, sitter included

You will be able to

- Line up a sitter and a backup for date night
- Keep your sitter list in one place

Apps involved: Care.com · Bambino · UrbanSitter. Here's what this routine does and how to turn it on. You approve anything that sends, books or buys.

Works with: Care.com, Bambino, UrbanSitter: varies. Texts go out only after your OK.

Step by step

1. Make a short sitter list with names and how to reach them.

2. When you add a date night, ask the assistant to draft availability texts to your top two sitters.
3. Approve and send the texts yourself (or say 'send').
4. Once someone says yes, it adds them to the calendar event and notes a backup.

Example

Friday dinner reservation made. The assistant checks your regular sitters, finds one free and lines up a backup.

Checklist

- ☐ The sources this routine needs are connected or emailing me
- ☐ I know when and how it reports to me
- ☐ I know which steps wait for my OK

Key points

- Start from the sources: calendar, email, app notifications.
- Pick a reporting time you'll actually check.

- Anything that sends, books or buys waits for your yes.

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[Mark complete & next: Quiz →](#)

Hero Routines quiz

10 questions, about 8 minutes. Pass mark 80%. Your best score is saved in this browser.

1. How does the appointments routine know checkups are due?

- ☐ It guesses by age
- ☐ The dentist calls it
- ☐ You tell it when each person last had a checkup, cleaning or exam
- ☐ It reads your medical records automatically

2. How early does it remind you about a due checkup?

- ☐ Never
- ☐ About a month before
- ☐ Five years before
- ☐ The day of

3. How does it suggest appointment times?

- ☐ By picking the earliest slot
- ☐ By checking the family calendar for after-school gaps
- ☐ By asking the kids
- ☐ Random times

4. Who books the appointment?

- ☐ You, through the office's portal or phone, or by approving a request where supported (varies)
- ☐ Nobody
- ☐ The school nurse
- ☐ The assistant, automatically

5. How early does the refill routine remind you?

- ☐ After the trip
- ☐ About 5 days before, earlier if a trip is on the calendar
- ☐ Once a year

☐ The day you run out

6. Discount prices for prescriptions should be...

☐ Ignored

☐ Trusted without checking

☐ Shared publicly

☐ Confirmed at the pharmacy, since prices change

7. How should health details be handled?

☐ Emailed to friends

☐ Posted in group chats

- ☐ Ignored
- ☐ Kept private and shared only as much as a routine needs

8. What does the sitter routine draft when you add a date night?

- ☐ A payment
- ☐ A babysitting contract
- ☐ Availability texts to your top two sitters
- ☐ A restaurant review

9. When do the sitter texts go out?

- ☐ After your OK

- ☐ Never
- ☐ Immediately, automatically
- ☐ Only on weekends

10. After a sitter says yes, what does the assistant do?

- ☐ Pays the sitter
- ☐ Nothing
- ☐ Cancels other sitters by text automatically
- ☐ Adds the sitter to the calendar event and notes a backup

Check answers

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Next: Module 7 →