

## Schematic view of the blended health care program

Intake	Physical therapist	Anamnesis and physical examination Providing information about the web-based part of the health care program
Week 1	Mental health nurse	Anamnesis according to the SCEGS
	Physical therapist	Education about therapeutic neuroscience education Providing information about the 3-day baseline self-test
Week 2	Mental health nurse	Education about perpetuating factors
	Web-based component	Module 1: Central sensitization & perpetuating factors Performance of a 3-day baseline test
Week 2	Web-based component	Module 2: Graded activity & Behavioral change
Week 3	Physical therapist	Evaluation of education week 1 Education about graded activity Evaluation results from the 3-day self-test Determining short term goal Discussing the gradual increase of the selected activity
	Mental health nurse	Patient specific inventory on perpetuating factors Education about coping strategies Starting gradually increase selected activity
Week 4	Web-based component	Module 4: Stress
Week 5	Web-based component	Module 5: Coping with physical complaints
Week 6	Physical therapist	Evaluation of graded activity Evaluation of online modules Coaching on lifestyle
	Mental health nurse	Evaluation of perpetuating factors Evaluation of the coping strategies
Week 7	Web-based component	Module 7: Relaxation
Week 8	Web-based component	Module 8: Lifestyle
Week 9	Web-based component	Module 9: Creating an exercise plan
Week 10	Web-based component	Module 10: Performing the exercise plan
Week 11	Web-based component	Module 11: Maintaining an active lifestyle and avoiding a relapse
Week 12	Physical therapist	Discussing long-term goals Support to maintain a physically active lifestyle