

A photograph of five diverse medical professionals (three women and two men) in white scrubs, gathered around a desk with two laptops. They are looking at the screens and smiling, appearing to be in a collaborative meeting. The image has a blue-to-pink gradient overlay. A white starburst graphic is in the top right corner, and a white arrow graphic is in the bottom left corner.

Turn Your Zemplex Data
into Actionable Insights

AI-Driven Analysis

Zemplex AI Prompt Playbook

Using AI Tools to Surface Long-Term Health Trends

Transform passive monitoring data into actionable, long-term clinical insights for care teams and administrators.

Introduction

This playbook is designed for care teams, administrators, and clinical staff who want to use AI tools like ChatGPT, Claude, or Microsoft Copilot to analyze Zemlee data over longer periods of time.

Many Zemlee users currently review data one day or one month at a time. AI tools can help combine multiple reports, summarize long-term trends, and surface insights that may support care planning, staffing decisions, and patient stability tracking.

What AI Can Help With:

- Combine multiple monthly reports into one spreadsheet
- Identify trends over 3–6 months
- Summarize averages and month-over-month changes
- Flag unusual changes in activity or health patterns
- Identify increasing care needs
- Generate easy-to-read summaries for care teams or families
- Highlight patient stability over time

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Before You Start

Recommended Workflow

1. **Export reports:** Download Zemplee CSV or PDF reports.
2. **Upload:** Drag files into ChatGPT, Claude, or Copilot.
3. **Prompt:** Copy and paste a prompt from this library.
4. **Iterate:** Ask follow-up questions to refine the analysis.

Privacy & Data Safety

Before uploading reports, remove personally identifiable information (PII) like Member names, DOB, Room numbers, and Facility names. The health metrics can remain for analysis.

- 1 **Delete the Information:** Open the report (Excel, CSV, Numbers) and remove columns/rows mentioning names. This works well for spreadsheets from the Overview or Health Summary pages or the Alert Summary Report.
- 2 **Take a Screenshot:** Take a screenshot of only the charts or tables, cropping out names. This is ideal for Health and Activity Summary Reports in the Reports tab.
- 3 **Use a PDF Markup Tool:** Use tools like Preview (Mac), Adobe Acrobat, or Edge to draw black boxes over names or blur info.
- 4 **Copy Data into a Spreadsheet:** Copy only the health metrics and replace the patient name with "Patient A" or "Member 1."

Prompt Library

SECTION 1 — Organizing Reports

Prompt 1 — Convert Multiple PDFs into One Spreadsheet

I am uploading multiple Zemplee monthly reports. Please extract the data from each report and organize it into one spreadsheet-style table.

Create columns for: Month, Active Hours, Wake-Up Time, Bathroom Visits, Blood Pressure, and any other available metrics. Please keep the data clean and organized so I can analyze trends over time.

Prompt 2 — Combine Multiple CSVs

I am uploading multiple CSV files from different months. Please combine them into one master table and organize the data chronologically. Identify missing days (shown by N/A), duplicate rows, and large gaps. Be sure to remove the rows that say 7-day or 14-day average.

Prompt 3 — Create a 6-Month Trend Spreadsheet

Please convert these reports into a single 6-month trend table showing: Monthly averages, Month-over-month changes, Highest and lowest readings, and Notes about significant changes.

SECTION 2 — Patient Stability & Trend Analysis

Prompt 4 — Stability Analysis

Here is a patient's data from the last 6 months. Please analyze whether the patient appears stable over time.

Focus on: Resting hours, Activity levels, Bathroom visits, Wake-up consistency, and Blood pressure trends. Highlight stable patterns, slow declines, sudden changes, and metrics that may require additional monitoring.

Prompt 5 — Month-over-Month Trend Summary

Please summarize this patient's health trends month over month. Include which metrics stayed stable, which improved, which declined, and any concerning changes.

Prompt 6 — Longitudinal Insights

Please review this patient's data over the past 3-6 months and identify long-term patterns that may not be obvious from reviewing one month at a time.

Prompt 7 — Identify Escalating Care Needs

Based on this patient's trends over time, do you see signs that additional caregiver support or care management hours may be needed? Explain which metrics support your reasoning.

Prompt 8 — Detect Changes in Resting Patterns

Please analyze resting hours over the last several months. Identify: Increasing resting time, Decreasing activity, Irregular sleep patterns, and Sudden changes from baseline.

SECTION 3 — Detecting Concerning Changes

Prompt 9 — Identify Outliers

Please identify any unusual or extreme readings in this patient's data. Focus on: Bathroom visits, Blood pressure, Wake-up time, Resting hours, and Activity levels.

Prompt 10 — Compare Recent Data to Baseline

Please compare the patient's most recent 30 days to their prior 3-month baseline. Highlight significant increases or decreases, changes in consistency, and emerging trends.

Prompt 11 — Detect Behavioral Shifts

Please identify any behavioral pattern changes over time such as: Sleeping later, Reduced activity, Increased bathroom visits, and Less consistent routines.

SECTION 4 — Summaries for Care Teams & Families

Prompt 12 — Clinical Summary

Please generate a professional clinical-style summary of this patient's trends over the past 6 months. Keep the tone objective and concise.

Prompt 13 — Family-Friendly Summary

Please summarize this patient's recent trends in simple, family-friendly language. Avoid medical jargon and focus on overall stability and routine changes.

Prompt 14 — Executive Summary

Please create a short executive summary of the patient's overall health trends over the last 6 months. Include top concerns and stable areas.

SECTION 5 — Staffing & Operational Insights

Prompt 15 — Care Manager Planning

Based on these long-term trends, which patients may benefit from: Additional check-ins, Increased monitoring, Care manager outreach, and Medication review? Explain why.

Prompt 16 — Identify Patients with Stable Trends

Which patients appear most stable over time based on: Consistent activity, Stable resting patterns, Consistent bathroom frequency, and Predictable wake-up routines?

SECTION 6 — Visualizations & Reporting

Prompt 17 — Create Trend Charts

Please create easy-to-read trend charts for: Resting hours, Activity levels, Bathroom visits, and Blood pressure. Highlight any meaningful changes over time.

Prompt 18 — Create a Monthly Comparison Table

Please generate a table comparing monthly averages across all available metrics. Include percentage changes month over month.

SECTION 7 — Follow-Up Questions

Prompt 19 — Ask the AI What It Notices

What patterns or insights stand out most in this patient's data that a care team might overlook when reviewing reports manually?

Prompt 20 — Recommended Follow-Up Questions

Based on this data, what additional questions should a caregiver or clinician ask?

Tips for Better AI Results

Ask Follow-Up Questions: Good follow-up prompts include:

- “Is this change gradual or sudden?”
- “Which metric concerns you most?”
- “What might explain this pattern?”
- “Does this patient appear stable overall?”

Keep Expectations Realistic: AI tools help summarize and identify patterns, but they do not replace clinical judgment, may occasionally misread data, and should always be reviewed by care teams.

FINAL THOUGHT

Zemlee already captures valuable passive monitoring data. AI tools can help transform that information into longer-term insights that are easier to understand, communicate, and act on—especially when analyzing trends over several months instead of one report at a time.