CROSS-CHECK AGENT #1

Message Helper Kit — Setup in 2 minutes

Help a patient check a confusing text in 2 minutes. Free for home health teams.

Free · Works in ChatGPT, Claude, Gemini

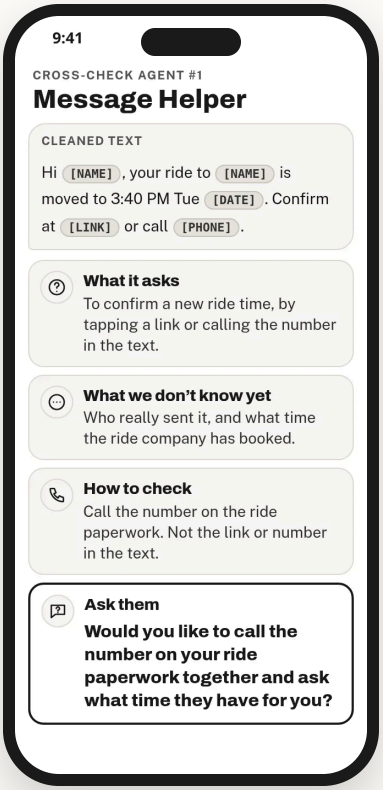
personafyr

Every time: 3 steps

1 Clean it here
Paste the text at personafyr.com/cross-check/message-helper/. We hide names, numbers and dates in your browser.

2 Copy the cleaned text
Check the gray boxes like [NAME] and [PHONE], then tap Copy cleaned text.

3 Paste into your Message Helper
Get a plain answer and one question to ask the patient.



A real answer for a made-up text: What it asks, What we don't know yet, How to check, Ask them.

Set up once: pick your chatbot

ChatGPT

1. Download the Kit. Start a new chat in your own account.
2. Attach **personafyr-message-helper-instructions.txt** (or paste it) and send: **Start Message Helper**.
3. Tip: put the file in a Project to reuse it.

Gemini

1. Download the Kit. Start a new chat in your own Google account.
2. Attach **personafyr-message-helper-instructions.txt** (or paste it) and send: **Start Message Helper**.
3. Tip: save it as a skill to reuse it.

Claude

1. Download the Kit. Start a new chat.
2. Attach **personafyr-message-helper-instructions.txt** (or paste it) and send: **Start Message Helper**.
3. Tip: put the file in a Project to reuse it.

Other chatbots

1. Start a new chat.
2. Paste the whole instruction file, add **Start Message Helper** on the last line, and send.
3. Steps: **README-paste.txt** in the Kit.

Ground rules

- **Cleaned text only.** Never paste real names, phone numbers, dates of birth, ID numbers, account numbers or medical details.
- The patient holds the phone and decides. "Not now" is a fine answer.
- Check through a number you already trust: a card, a bill or paperwork. Never the link or number in the text.
- **About medicine or care? Bring in the agency nurse.**

Already paid or clicked?

1. Stop. Don't reply or tap anything else in that text.
2. Call the company on a number you trust: a card, a bill or your paperwork.
3. If money or a card was used, call the bank the same way. Ask them to stop or check the payment.
4. Tell your supervisor, and follow your agency's steps.

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Runs in your own AI account. Personafyr doesn't see your chats.