

Confidential Personal Information

Patient: Dean, Jaylynn Alayah
Records Provider:
Hims & Hers Health

2269 Chestnut Street, Suite 523
San Francisco, CA 94123
800 -368-0038

Records Obtained: 09/06/2025

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12 pages plus cover sheet

Confidential Personal Information



Jaylynn Dean

ID: ovZMb1L8HnE 

Sex	DOB	State
Female	 /2004 (21 yrs)	TX
Site	Phone	Email
Hers		

View in CX

[Edit Patient](#)

Allergies None

Medications None

Conditions 1 

Generalized anxiety

Hospitalizations None

Hims & Hers Managed Conditions None

Hims & Hers Prescriptions 2 

Escitalopram 20 mg
Quarterly shipping, 3 refills
NP Amber Szydelko
August 16, 2023 10:33 AM

Status: Discontinued
Prescription Status: Inactive
Subscription Status: Inactive

Escitalopram 20 mg
Quarterly shipping, 3 refills
NP Amber Szydelko
July 10, 2023 12:34 PM
Status: Discontinued
Prescription Status: Inactive
Subscription Status: Inactive

Visit History

Psychiatry 3 visits 

Treatment: Psychiatry
Created: July 10, 2023
Submitted: July 10, 2023
Processed: August 16, 2023
Status: **Prescribed**

Treatment: Psychiatry
Created: July 10, 2023
Submitted: July 10, 2023
Status: **Cancelled**

Treatment: Psychiatry
Created: July 10, 2023
Submitted: July 10, 2023
Status: **Cancelled**

ID Verification: No action required, ID verification performed on previous ID

Photos

Click an image to inspect it or reject the photo

id

selfie

Treatment plan

Current Dose

Continuing Bupropion XL, 150 mg
30 doses per month, shipped quarterly

Treatment

Continuing Bupropion XL, 150 mg
30 doses per month, shipped quarterly

Intake Forms

Over the last 2 weeks, how often have you been bothered by little interest or pleasure in doing things?

Not at all

Over the last 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless?

Several days

Over the last 2 weeks, how often have you been bothered by trouble falling or staying asleep, or sleeping too much?

Nearly every day

Over the last 2 weeks, how often have you been bothered by feeling tired or having little energy?

Not at all

Over the last 2 weeks, how often have you been bothered by poor appetite or overeating?

Several days

Over the last 2 weeks, how often have you been bothered by feeling bad about yourself, that you are a failure, or have let

Nearly every day

yourself or your family down?

Over the last 2 weeks, how often have you been bothered by trouble concentrating on things such as reading the newspaper or watching tv?

Not at all

Over the last 2 weeks, how often have you been bothered by moving or speaking so slowly that other people have noticed, OR being so fidgety or restless that you have been moving around a lot more than usual?

Not at all

Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge?

Nearly every day

Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?

Nearly every day

Over the last 2 weeks, how often have you been bothered by worrying too much about different things?

Nearly every day

Over the last 2 weeks, how often have you been bothered by trouble relaxing?

More than half the days

Over the last 2 weeks, how often have you been bothered by being so restless that it is hard to sit still?

Not at all

Over the last 2 weeks, how often have you been bothered by becoming easily annoyed or irritable?

More than half the days

Over the last 2 weeks, how often have you been bothered by feeling afraid as if something awful might happen?

Several days

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

Extremely difficult

Which of the following best describes why you are seeking service today?

Persistent or excessive worry

How have you been feeling for the past few weeks?

Emotional

Stressed

Worried

Which of these do you most relate to these days?

Can't sleep

Indicates fit for SSRI treatment

No energy or lethargic

Indicates fit for Bupropion treatment

Have you been diagnosed or have a history of any of the following mental health conditions?

Generalized anxiety

Do you currently have any desire to harm yourself or others?

No

Are you currently worried that you might harm yourself or others?	No
Do you have a family history of depression or anxiety?	Not sure
Is there a specific mental health medication you are interested in?	Yes
What medication are you interested in?	Escitalopram (Lexapro)
Is this your first time taking mental health medication?	Yes
Are you currently taking other prescription medication, over-the-counter medication, supplements or herbal remedies?	No
What is your gender?	Woman
What was your sex assigned at birth?	Female
Are you currently pregnant or trying to conceive?	No
Are you currently breastfeeding?	No
Do you have or have you ever had any of the following medical conditions?	None apply
Do you smoke, vape, or use other tobacco or nicotine products?	No

How often in the past year have you engaged in binge drinking (4 or more drinks on one occasion for females and 5 or more drinks on one occasion for males)?

Never

Have you taken any of the following recreational drugs in the past 6 months?

None apply

Do you have any other medical conditions?

No

Have you ever had any surgeries or hospitalizations?

No

Do you have any allergies to medications, dyes, food, or anything else?

No

In case of an emergency, is there someone we can contact?

Yes

Please provide their name, their relationship to you, and their phone number.

**Ryan Neil
boyfriend**

[REDACTED]

UID: ovZMb1L8HnE - EMR Messages

Psychiatry

This is the only treatment channel for this patient.

Jul 10, 2023

Jaylynn Dean

The patient has sent an introduction and has asked any additional questions here:

I am wanting to get a prescription to stabilize mood and to have less worrying and stresses to improve my quality of life and relationships.

Jul 10, 2023 12:23 PM

✓ Read by NP Amber Szydelko on July 10, 2023 at 12:34 PM

NP Amber Szydelko

Hi Jaylynn,

Hello, my name is Amber Szydelko. I am a board-certified family nurse practitioner in your state.

Thank you so much for providing your medical information and reaching out for help. It can be very hard to address mental health concerns so you should be proud of yourself for taking this step forward in treatment. We are glad you're here and committed to supporting you in feeling better. This message contains important medication information to help you get started - please take time to read through the details.

Your Treatment Plan

Based upon your medical information, I've developed a treatment plan that I think will be a great fit for you.

Your symptoms of mild depression and moderate anxiety make you a candidate for a medication called Escitalopram. It's taken daily, has minimal side effects that usually subside quickly, and most patients generally start showing symptom improvements in just a few weeks.

I've prescribed you Escitalopram. To help introduce your body to this new medication, **start by taking a single 10 mg tablet daily for the first 4 weeks.** After 4 weeks, most patients will begin taking 2 tablets for a total dose of 20 mg for sustained improvement. It's best that we determine how you are feeling on the 1 tablet before that happens, so it is important that you complete your first month's check-in. When the time comes, you will receive an email to complete the online check-in. It will ask about your first month's experience and help us confirm if taking 2 tablets is right for you. Until then, if you are experiencing any side effects please reach out so we can discuss and adjust your treatment plan if necessary.

Before you get started, review your [Medication Overview](#) for important tips and safety information about how to take your medication.

We're here to help

If you have questions or concerns about your treatment or if there are any important changes regarding your health that may impact your treatment, please reach out immediately so we can provide you with the right direction and care. Keep in mind that discontinuing medication for mental health requires medical guidance, so do not stop taking it unless you are directed to do so by a medical provider.

On that note, it's important that all of your healthcare providers are

aware of your current treatments. Please let your primary care provider know about your mental health diagnosis and medication, and notify your pharmacy of your new medication to ensure safety with any other medications you may be taking.

You can visit the [Help Spot](#) to learn more about your new mental health treatment.

In case of emergency

Finally, if you find yourself experiencing suicidal thoughts, please call or text 988 to access the Suicide and Crisis Lifeline or head to your nearest emergency room.

We'll follow up with you in 4 weeks for a check in to see if your symptoms are improving, and hear from you regarding anything else you are noticing with your treatment. Based on your progress, it is not unusual that we may adjust your medication as a part of your personal treatment plan. **Let's get you feeling like your best self!**

Thank you

Jul 10, 2023 12:34 PM

Jaylynn Dean

Great! Thank you so much!

Jul 10, 2023 4:32 PM

✓ Read by NP Amber Szydelko on August 16, 2023 at 10:33 AM

Aug 16, 2023

Jaylynn Dean

Psychiatry check in: Please find below my answers to the questions about my treatment experience

Have you seen an improvement in your symptoms since starting your mental health prescription?

Yes

Tell us more about how you're feeling.

Before the smallest things would absolutely ruin my day and I would refuse to get out of bed. I would often feel pits in my stomach like something bad would happen and I would be terrified to leave the house or even talk to people but now I actually go out and be comfortable and not so worried.

Are you satisfied with the progress of your medication, or would you like to increase your dose or change your medication?

I am satisfied with my current treatment

Which of the following best describes how you're taking medication? I'm currently taking:

2 pills daily

How often do you miss a dose of your medication?

I never miss taking my medication

Are you bothered by any side effects or other negative reactions from your treatment?

No

Since starting treatment, have you experienced any new or worsening suicidal thinking?

No

Over the last 2 weeks, how often have you been bothered by little interest or pleasure in doing things? (PHQ8_doing_things)

Not at all

Over the last 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless? (PHQ8_down)

Not at all

Over the last 2 weeks, how often have you been bothered by trouble falling or staying asleep, or sleeping too much? (PHQ8_sleep)

Several days

Over the last 2 weeks, how often have you been bothered by feeling tired or having little energy? (PHQ8_energy)

Several days

Over the last 2 weeks, how often have you been bothered by poor appetite or eating? (PHQ8_appetite)

Not at all

Over the last 2 weeks, how often have you been bothered by feeling bad about yourself, that you are a failure, or have let yourself or your family down? (PHQ8_failure)

Not at all

Over the last 2 weeks, how often have you been bothered by trouble concentrating on things such as reading the newspaper or watching tv? (PHQ8_concentration)

Not at all

Over the last 2 weeks, how often have you been bothered by moving or speaking so slowly that other people have noticed, OR being so fidgety or restless that you have been moving around a lot more than usual? (PHQ8_restless)

Not at all

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people? (PHQ8_lifestyle)

Not difficult at all

Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge? (GAD7_nervous)

Several days

Over the last 2 weeks, how often have you been bothered by not being able to control worrying? (GAD7_worrying)

Not at all

Over the last 2 weeks, how often have you been bothered by worrying too much about different things? (GAD7_worrying2)

Not at all

Over the last 2 weeks, how often have you been bothered by trouble relaxing? (GAD7_relaxing)

Not at all

Over the last 2 weeks, how often have you been bothered by being so restless that it is hard to sit still? (GAD7_restless)

Not at all

Over the last 2 weeks, how often have you been bothered by becoming easily annoyed or irritable? (GAD7_irritable)

Not at all

Over the last 2 weeks, how often have you been bothered by feeling afraid as if something awful might happen? (GAD7_afraid)

Not at all

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people? (GAD7_lifestyle)

Not difficult at all

Is there anything else your provider should know?

I absolutely love my medication! It is making my life so much easier and has made me a better person inside and out. Everyone in my life has seen such a difference.

Aug 16, 2023 10:30 AM

✓ Read by NP Amber Szydelko on August 16, 2023 at 10:33 AM

NP Amber Szydelko

Hi Jaylynn,

Hello, my name is Amber Szydelko. I am a board-certified family nurse practitioner in your state. Thank you for taking the time to complete your psychiatry check-in. I am glad to hear that the treatment is going well. Please feel free to reach out if you have any questions. You will be emailed before your prescription runs out to return for a renewal visit, where you will be evaluated for a renewal prescription. I look forward to speaking with you then.

NP Amber Szydelko

Hi Jaylynn,

Hello, my name is Amber Szydelko. I am a board-certified family nurse practitioner in your state. Thank you for taking the time to complete your psychiatry check-in. I am glad to hear that the treatment is going well. Please feel free to reach out if you have any questions. You will be emailed before your prescription runs out to return for a renewal visit, where you will be evaluated for a renewal prescription. I look forward to speaking with you then.

Thank you for trusting us with your care.

Aug 16, 2023 10:33 AM

Amber Szydelko • August 16, 2023 10:33 AM

19y/o female presents for Psychiatry.

S: Patient follow up for treatment for depression and anxiety. Good improvement of symptoms. No Side effects. Denies SI.

O: PHQ8: 2, minimal depression (improved) GAD7: 1, no anxiety (improved)

A: minimal depression with resolved anxiety

P: Escitalopram 20mg daily. Titrate in future if needed. f/u 1 year or sooner if needed

Amber Szydelko • July 10, 2023 12:34 PM

[Signed] CC: Generalized anxiety.

Past Mental Health Hx: Generalized anxiety.

Past Medical History: None.

Denies desire to harm self or others at this time.

No family history of anxiety or depression.

Previous medication trials: none

Current MH medications: none

Pregnancy or trying to conceive: no

Breastfeeding: no

Alcohol Use 4 or more drinks on one occasion: Never

PHQ: 8

GAD: 14

A:Mild Depression, Moderate Anxiety

P: Escitalopram 20mg daily. titrate as needed. f/u 1yr or sooner if needed