

# Remote Patient Monitoring

## Take Control of Your Health at Home

**R**emote Patient Monitoring (RPM) helps you monitor your chronic health condition in the comfort of your own home by using screening devices which check important measurements such as blood pressure, oxygen level, body temperature, weight or blood sugar level depending upon your medical condition.

VitalTech has a dedicated team of nurses, the RPM team, who help you use the tools correctly, monitor your results, and provide care coordination support throughout the time you are enrolled in the RPM program. If a change is noticed on any of the measurements being taken, your provider will be notified by the RPM team. Your measurement results are also sent to your provider regularly so they can be informed if something changes in your condition.

### Managing your health condition..

RPM monitoring tools should be used at least once a day or more often as needed, at the discretion of your provider.

The information obtained from the screening tools is transmitted to your smart phone or tablet, and then to your electronic health record in a safe secure manner to the RPM team for review. This information will help your care team make better decisions about your medical care.

Monitoring of your measurement results by the RPM team will occur during business hours (Monday to Friday, 8 a.m. to 4 p.m.), excluding federal holidays and weekends.

### How long will I be enrolled in RPM?

You will be monitored an average of 30 to 90 days with additional monitoring based on your provider's discretion.

### Your monitoring kit is personalized just for you.

RPM screening devices are ordered by your provider based on your medical condition. These devices may include:

- Blood pressure monitor
- Thermometer
- Pulse Oximeter
- Scale
- Glucometer



Talk to your doctor about the benefits of Remote Patient Monitoring.  
The VitalCare team looks forward to supporting you on your health journey!