

Remote Patient Monitoring

Remote patient monitoring (RPM) uses technology to monitor patients outside of typical clinical settings, such as in the home or in a remote area. This can increase access to care and help patients stay out of the hospital.

Studies tell us these programs have the following benefits:

- Improve patients' ability to manage their chronic condition to stay healthy.
- Improve patients' long term health.
- Help people stay out of the hospital.

Here's how it works:

Sign up	Your doctor or care team refers you to the program.
Get equipment	You are provided with the equipment you need for the program. This could include a tablet, blood pressure monitor and cuff, oximeter, weight scale, and thermometer.
Follow a plan	You follow a monitoring plan that you choose with your care team. This could include checking your blood pressure, answering questions about your health, or learning more about your health condition.
Results are sent	The results from your monitoring plan are sent to your care team.
Information is reviewed	Your care team reviews your health information on a regular basis.
Care team follows up	Your care team follows up with you by phone or video call if there are any questions or concerns about your health information.

Why sign up?

- Feel more secure by being monitored regularly and being more involved in your health.
- It is quick, convenient, and easy to do.
- We provide all of the equipment and training.
- You complete the program in the comfort of your own home.

For more information, visit our website at fraserhealth.ca/RPM