

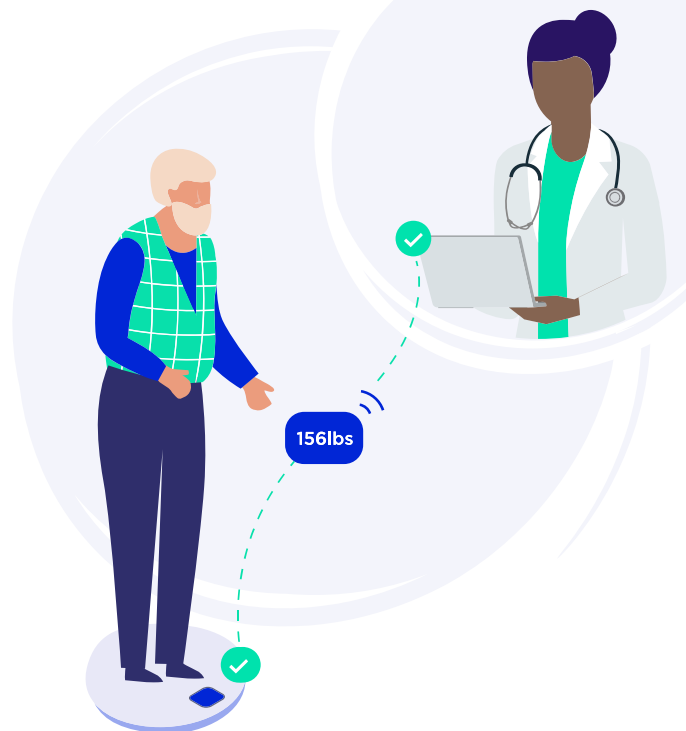
# Improve your Health

## with Remote Patient Monitoring (RPM)

### RPM can help lead to fewer visits to the doctor and the hospital.

Changes in blood pressure, weight, or other vital signs can be a sign of potential health issues. It's not practical for us to check your blood pressure or weight every day at the doctor's office. But, with remote patient monitoring, we can.

Remote patient monitoring allows you to take measurements at home and send it to your doctor with the push of a button. We can watch your health and contact you if we have concerns. This can help prevent bigger health problems. And help keep you out of the emergency room, nursing home, or hospital.



### RPM can monitor a number of conditions, including:



High blood pressure  
(Hypertension)



Heart failure



Obesity



Diabetes



COPD



Asthma

### Is it complicated? I already have enough apps on my phone that I never use.

No, in most cases you don't need a smartphone or an app. You can take a reading at home—or anywhere you want. Then, push a button and the results are sent to your doctor.

Our team can even send you reminders if you forget to take a reading.

### Is RPM secure?

Yes. Your health information is secure. We will never share this information without your permission.

### Is RPM covered by Medicare and commercial insurance?

Medicare Part B covers RPM. If you have supplemental Medicare coverage, you likely won't have to pay anything. If you don't have supplemental coverage, you may have a copay.

Coverage varies for commercial insurance. But don't worry—we can help you determine if RPM is covered before you start.

### Do I have to take a reading every day?

You should follow your doctor's instructions. This will likely be daily readings. Daily readings help us understand your health and provide the best possible care.

## **OBJECTIVE:**

As the main objective of this voluntary program is to validate a variety of data points for the providers to make decisions on medication adjustments and general health and well-being, we need to have at least 16 readings per month. We understand that sometimes certain factors play into not being able to make the time commitment. Please feel free to contact either Anabela or Oscania to let them know of any times you will not be utilizing the equipment for a period of time (for example: vacations, etc..)

## **TIP:**

Use the machine at the same time of day: if you take medications in the morning, add the time to do the machine then; at your end of the day after dinner, do it as you settle down to relax. If you can make it part of your daily routine, this will lead to the successful program.

## **DFD STAFF:**

Anabela and Oscania are the staff assigned to this program, so you will be receiving monthly calls and texts from them to follow up on your progress and make sure all is well. If you have any questions or issues with your equipment, please feel free to call Donna at 978.762.6289 and feel free to leave a message.