

# What is Remote Patient Monitoring?

Remote patient monitoring is a form of telehealth. Your healthcare provider monitors your health without you leaving your home.

This type of care is often used to help manage chronic conditions, such as: Asthma, Diabetes, High blood Pressure, Heart Failure, and Chronic Obstructive Pulmonary Disease, or COPD.

So how does remote monitoring work? Devices like sensors, health monitors, or even your phone are used to collect key data about your condition. That information is then sent electronically to your healthcare provider.

For example, if you have high blood pressure, you may use an at-home monitor every day to check your blood pressure level. The readings can be sent from the device to your provider. Or you may enter the readings into an app on your phone.

Based on the readings, your provider may make changes to your medicines or other treatments to better control your condition. If your provider advises remote monitoring, they will show you how to do it. Talk with your provider if you have any questions or concerns.

Remote monitoring can save you both time and money. You won't have to go as often to your healthcare provider's office. And you may not need to take time off from work.

Being able to stay home may also lower your risk for infection and other illnesses.

Remote monitoring can help you and your healthcare provider better manage your condition. It will help you see in real time how well your treatment plan is working.