



### What is a Telemonitor?

Easy-to-use, portable electronic device installed in your home that provides daily prompts to measure and record your vital signs (blood pressure, heart rate, weight, blood oxygen). Information is transmitted immediately to our



Telehealth Manager, Bridget Chatterley, RN, to review. Using a co-case management model, Bridget and your visiting clinician coordinate care and develop a care plan with your doctor. Your vital signs are monitored seven days a week by a nurse.

### Meet Bridget Chatterley, RN, Telehealth Manager



Bridget reviews your vital signs daily and will call you to check in if anything needs to be addressed.

### Who Benefits?

If you have any of the following symptoms, you may benefit from the support of a Telemonitor at home.

- Chronic diseases such as Congestive Heart Failure or COPD
- Recent cardiac surgery
- Frequent hospitalizations or emergency room visits
- Poorly-controlled hypertension or diabetes

### Why use a Telemonitor?

**Engagement:** You are an active partner in your care

**Education:** You gain an understanding of your disease

**Management:** You can better manage your conditions

**Connectivity:** Regular contact with Bridget is a valuable line of communication

**Proactivity:** We catch problematic changes in your condition before a visit to the hospital or ER is required. We call patients immediately if vital signs are noticeably different from the previous reading.

