

# Remote Patient Monitoring

Remote patient monitoring (RPM) uses technology to monitor patients outside of usual clinical settings. It could be in the home or in a remote area. Using remote patient monitoring can increase access to care and help people stay out of the hospital.

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## Studies tell us these programs have the following benefits:

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

## Here's how it works:

<b>Sign up</b>	Your doctor or care team refers you to the program.
<b>Get equipment</b>	We provide you with the equipment you need for the program. This could include a tablet, blood pressure monitor and cuff, oximeter, weight scale, and thermometer.
<b>Follow a plan</b>	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.
<b>Results are sent</b>	We send the results from your monitoring plan to your care team.
<b>Information is reviewed</b>	Your care team reviews your health information on a regular basis.
<b>Care team follow up</b>	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 by 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.

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For more information,  
visit our website at [fraserhealth.ca/RPM](https://fraserhealth.ca/RPM)

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