MAYO CLINIC

Staying connected with

Remote Patient Monitoring

Your health care team thinks you should be a part of Mayo Clinic's Remote Patient Monitoring program. What does that mean? Well, it means you'll benefit from

- Health care in your home with access to your Mayo Clinic health care team.
- Easy-to-use equipment that lets you work with your team to manage your health care.
- Wellness coaching from your nurse.

What is Remote Patient Monitoring?

It's a type of health care that connects you to your health care team through technology.

You and your team decide on the type of information needed to help you best manage your health care.

You'll be able to provide that information through the equipment in your home. It will gather and send the information to your team—easily, quickly, and without any major interruptions to your daily life.

Is Remote Patient Monitoring an emergency response system?

No. Remote patient monitoring is meant to be a method for tracking trends in your vital signs over the course of time. When you're using the devices, you still need to pay attention to changes in your condition and talk with the team. For urgent symptoms, you'll need to call 911 or go to the nearest Emergency Department.

Does this mean I won't see my doctor again?

You'll still meet with your doctor and care team. However, you may not need to go to the office as frequently since you'll have contact through the service.

You'll also talk with remote patient monitoring nurses on a regular basis. They'll call you to talk about your care goals and provide information to help you manage your health.

Phone calls from the remote patient monitoring team will come from the general Mayo Clinic phone number: 507.538.1700. To call the team, please dial 507.293.3371.



What kind of equipment will I be using?

A basic remote monitoring health kit consists of health care equipment like a blood pressure monitor or a weight scale.

You and your health care team will decide what's appropriate for your care.

How is information sent to my health care team?

All kits include either a computer tablet or phone through which information is sent to your health care team at Mayo Clinic.

These devices are easy to use. The information from your health kit is sent directly to this device, which then sends the information to your health care team.



How is the information used?

Your health care team uses the information to monitor your health and make sure that everything is going well. This helps your team work with you to manage your health.

How do I get the equipment?

The equipment will be delivered to you. To set up the equipment, use the information in the user guide that ships with the equipment.

How do I return the equipment?

Remote patient monitoring is meant to be used for a limited time. Once you and your health care team determine that you've met your wellness goals, you'll be asked to return the equipment. Specific instructions will be shared with you at that time.

Your Health Care Team wants you to know. . .

Your health and wellness are our first priority. Remote patient monitoring will help us help you manage your health while continuing your daily tasks.

Remote Patient Monitoring health care team

When you're part of Mayo Clinic's Remote Patient Monitoring program, you'll work with a team of health care professionals as you manage your health. This team consists of:

- Your current health care team—the doctors, nurses, and other medical professionals you already know. These are the people who asked you to be a part of remote patient monitoring.
- A Mayo Clinic Desk Operations Specialist who coordinates your equipment and ensures it is set up properly in your home.
- Remote Patient Monitoring Nurses who review your daily readings and talk with you about your goals and how to manage your health.

To learn more watch the Introduction to Remote Patient Monitoring video

In the hospital:
View the video in the Patient Education section on your television. From there select Adult Education and then General Internal Medicine followed by Home Care. Choose the video titled "Introduction to Remote Patient Monitoring."

On your personal device:
View the video by scanning the QR code.

www.mayoclinic.org/patient-education?mc=MC7540-01

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