

## Blood Pressure Remote Health Monitoring Managing your health at home

My CHI No:

Registering with the NHS Scotland Inhealthcare remote monitoring service can help you manage your health and wellbeing at home. The service will automatically contact you at agreed intervals to ask about your health. This is a **FREE** service via mobile app and website or by text message or automated phone call.

STEP 1 STEP 2 STEP 3



## Mobile app or website

On initial enrollment, you will receive an email explaining how to register with Inhealthcare.

A second email will introduce you to the service and how to download the app or use the web link to the secure website.

Check your junk emails for these emails.



## Or Text message

You will receive a series of text messages from Inhealthcare with information on how to use the service.



## Or Automated call

You will receive an automated phone call asking you to use your telephone keypad to use the service.



The service will contact you at regular intervals to ask a set of simple questions about your health and clinical measurements.

The times and frequency of monitoring will be agreed with your clinician.



Your answers will be recorded in the Inhealthcare system and you may be given advice, based on your answers, which will help you stay as healthy as possible.

• What happens if my condition improves?

Even when you are feeling well, you are advised to continue until your monitoring service ends or you are advised to stop.

What happens if my condition worsens?

If your condition deteriorates between monitoring reviews; follow your management plan and seek medical advice if required. Dependent on the monitoring service you are on, if the monitoring service measures a deterioration in your condition you will be alerted and given advice.

• What if I want to stop the service?

You are advised to continue monitoring for the time agreed with your doctor or nurse.

If you do wish to stop the service you can use the opt out task/option on the web, app or automated phone call or text **STOP**.

• What happens with my health information?

Find out how NHS Scotland handles personal health information at NHS Inform.





