

What is Home Health Monitoring?

Home Health Monitoring is a free service to support people living with Chronic Obstructive Pulmonary Disease (COPD), Chronic Kidney Disease (CKD), diabetes, heart failure or hypertension (HTN). We help you manage your health from the comfort of your home.

By participating in this service, you will improve your knowledge of your chronic disease and your ability to self-manage your own health.

There is no cost for the Home Health Monitoring Service.

You can participate in Home Health Monitoring while receiving care from other health services.



Why Participate in Home Health Monitoring?

- Support from a registered nurse for education and coaching
- Increase your understanding of your condition, your health, and know when to seek help
- Improve your quality of life
- Access to easy-to-use equipment to help you stay connected to your nurse

Home Health Monitoring

For more information visit www.islandhealth.ca/hhm or email us at hhm@viha.ca

To enroll in the Home Health Monitoring Service, call Community Health Services or talk to your family doctor.

South Island: **1-888-533-2273**
Centre Island: **1-877-734-4101**
Oceanside: **250-951-9550**
North Island: **1-866-928-4988**



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Home Health Monitoring *for COPD*



islandhealth.ca/hhm



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What kind of tools will be provided to me?

As a part of the program, **we provide you with the equipment**, which may include:

- Blood pressure monitor
- Weight scale
- Easy to use touch screen tablet
- Daily log
- Education binder



Am I Eligible?

If you have a **confirmed diagnosis of COPD** and you are interested in learning more about managing your health through our virtual platform, give us a call! If you also have a diagnosis of CKD, diabetes, heart failure, and/or hypertension, we are able to add this to your care plan to help develop a better understanding of your health.

What does participation involve?

Participation in the service takes only a few minutes per day.

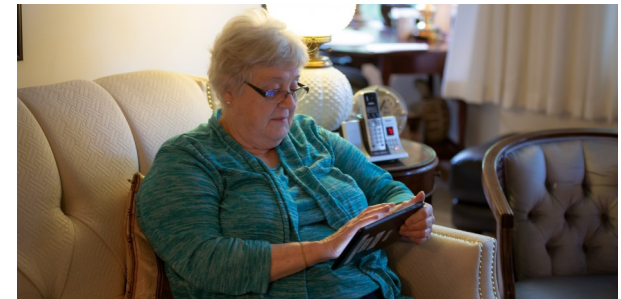
I do daily measurements, such as my blood pressure

I answer a few questions to help me evaluate my condition daily.

My results and responses are sent to my Home Health Monitoring nurse to review and monitor.

The Home Health Monitoring nurse will:

- Monitor and look for changes in your measurements Monday to Friday
- Contact you regularly to review your results and answer your questions
- Send reports and communicate concerns to your physician



"I really appreciate the Home Health Monitoring Program. It helped me get started in a new direction, modifying and managing my diet and exercise program to help my pulmonary condition. Everyone involved was so helpful. This is very needed and valuable service. It really helped me. Thank you! I am doing well now."

"I have never felt so safe since being in this program. I have a history of sleep trouble due to my condition, and must always sleep with an oxygen tank. Having somebody there to help coach helped me through and explain what I need to do made me so much more confident."

