

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**



Home Health Monitoring for Heart Failure



islandhealth.ca/hhm



What kind of tools will be provided to me?

As a part of the program, **we will 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 Heart Failure**, and are willing to learn more about your own health through our virtual platform, give us a call! If you also have a diagnosis of COPD, CKD, diabetes, 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.

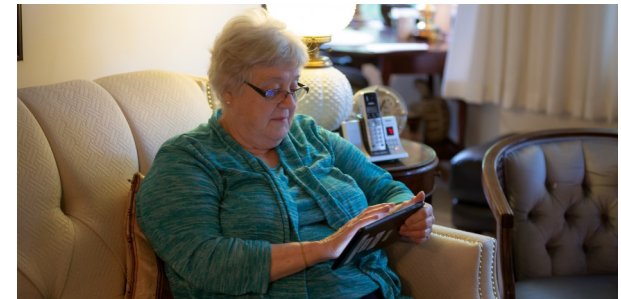
I do daily measurements such as my blood pressure and weight.

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



*“This program helped me through the first weeks post release from hospital - **when I felt scared and unsure about pain or dizziness, or something else that was unusual, I knew I could call the nurse or that she would be calling me.** I think that all people who have had heart surgery would benefit from being on this program.”*

*“This program was absolutely invaluable to us when my husband was fresh out of the hospital and very ill. **The program made us feel like part of a team to good health instead of left feeling scared and alone.** We are so grateful for this wonderful service!”*

