

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 Service



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
- Oximeter
- Daily log
- Education binder



Am I Eligible?

We currently offer monitoring for the following chronic diseases:

- Chronic Kidney Disease (CKD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart Failure
- Hypertension

If you have a **confirmed diagnosis** and you are willing to learn more about your chronic disease through virtual care, we'd love to hear from you.

What does participation involve?

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

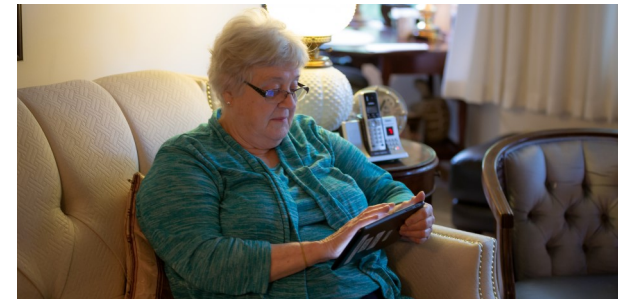
I do daily measurements such as blood pressure.

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



*"The program has taught me to pay more attention to my meds and that in turn has lead to fewer visits to emergency. I know more about my meds and can help my doctor manage the dosage because I understand how they work. Many, many thanks for having put me on this program. **I credit my nurse with saving my life.**"*

*"I never understood the gravity of my chronic condition until it was exasperated by the grief of losing my mom. **Having the help from this program changed my life for the better, I now understand, have tools and developed skills to live a comfortable life.**"*

