

# Next Steps

for your doctor-prescribed home monitoring program



Already received a device from your provider? Great! You are ready to start monitoring at home with the directions below.

If you did not receive a device yet, your provider has ordered one for you.

- Your device will be ordered to the address you provided.
- You will receive shipping email notifications about your device which will include the tracking information once shipped.
- Your device will be delivered directly to your home within 5-7 business days and will be set up specifically for you – simply put in the provided batteries, or plug it in to charge, and start taking measurements.



## Frequently Asked Questions

### 1 Why was I ordered at-home monitoring?

Your doctor would like to monitor measures of your health status to ensure they remain in healthy ranges between visits.

### 2 What are the benefits?

Rather than waiting for your next in-office appointment, your doctor's office can now monitor your health changes and adjust your care from the comfort, convenience, and safety of your home.

### 3 What is being monitored?

Each individual will receive a monitoring program specific to their healthcare needs. HealthSnap makes it easy to remotely share your vitals, such as blood pressure, weight, or glucose directly with your care team.

### 4 Does my Medicare insurance cover RPM services?

All RPM programs are part of the Medicare fee schedule. They have been implemented since January 1, 2019, and continue to be expanded to broaden the reach of clinical care outside of the practice walls. See reference for more info: <https://go.cms.gov/2WB65Kh>

## Tips to stay consistent

It's easy to be forgetful. Here are a few tips that have helped patients successfully complete their remote monitoring program.

- 1** Add taking your blood pressure to your morning routine. It's the best time to take your blood pressure and it's more likely you will remember to take it.
- 2** Make your cuff visible. For the same reasons we put fruit on the counter and sugary snacks in the cupboard, making your cuff visible to you will help cue you to use it.
- 3** Talk about it. Tell a loved one about your monitoring program. Because they love you back, they may offer up some reminders if you begin to forget.
- 4** Link habits. Pair the act of taking your blood pressure with something you already do regularly, such as brushing your teeth or reading the newspaper.

## Support Contact

Thank you for adding blood pressure monitoring to your morning routine. Of course, building habits can be tricky. Your Care Navigator will help you maintain your rhythm. If you have any questions regarding your monitoring program, your measurements, or your device you can always reach out to your care navigator.

Call Or Text

**(305) 907-7553**

Email

**Care@healthsnap.io**

This is not a 24/7 call service or a medical helpline. In the event of a medical emergency, please call 911.