**TELEHEALTH: Getting Started Checklist**

**What is Remote Patient Monitoring? Remote Patient Monitoring (RPM) is the use of a connected electronic tool to record personal health and medical data in one location for review by a provider in another location. This usually includes an actual electronic transfer of data.**



**Telehealth remote patient monitoring is beneficial to both providers and patients in several ways:**

* Monitoring a patient’s weight and chronic illness such as diabetes and hypertension.
* Tracking a patient’s blood pressure, heart rate, etc., and providing alerts if it’s dangerously high or low.
* Gives patients a sense of ownership of their health and wellbeing.

**Example: When their RPM equipment is programmed, patients receive a pop-up reminder to complete specific tasks:**

* + Take Measurements (weight, blood pressure, etc.)
	+ Enter Symptoms
	+ Custom Reminder
	+ Medication Reminders

**Remote patient monitoring is among the four telehealth modalities most useful. Benefits include:**

* Improved health outcomes in underserved areas and populations.
* Better relationships between healthcare providers and the communities they serve and

provide them with resources that remote patients might not otherwise be able to access.