

## HOW DO I ENROLL IN RPM?

If you would like to enroll, please contact your family physician or nurse practitioner to see if you qualify. They will complete the referral form.

Then the RPM Nurse will:

- contact you via telephone
- make plans for you to pick up a kit
- provide telephone support for the set up of the equipment in your home.



### Remote Patient Monitoring

Queens East  
Primary Care Network

199 Grafton Street  
Suite 201, Charlottetown  
Prince Edward Island

TEL: (902) 620-3260

TOLL-FREE: 1-844-402-6700

**Health PEI**  
One Island Health System

17HPE06-46158



**REMOTE PATIENT  
MONITORING**  
*for*  
**HEART FAILURE**  
*or*  
**COPD**

# What is Heart Failure/COPD Remote Patient Monitoring (RPM)?

## Do you have heart failure and/or COPD?

Would you like to:

- learn to manage your chronic disease from the comfort of your home?
- avoid unnecessary trips to the hospital?
- catch problems before they become emergencies?
- be more involved in managing your health and your quality of life?

*We Are Here  
to Help*

## REMOTE PATIENT MONITORING(RPM)

is a **FREE SERVICE** available to Islanders with heart failure/COPD.

While on the program, we provide you with a kit that allows you to take your weight, blood pressure, heart rate and oxygen levels each morning.

Through simple technology, your vital signs are sent to a nurse each morning (Monday to Friday except holidays). The RPM Nurse works with you and your family physician or nurse practitioner. The RPM Nurse will help you reach your health goals by coaching, educating and giving support.



## SUCCESS STORY!

*“This program helped to encourage my patient to become more proactive in her own health care. With the support of the program, she became more educated on heart failure, and felt more in control of her illness. It also was very helpful for me to have regular updates from the program, so that I could stay involved in her management.”*

*~ Dr. Curtis  
Family Physician*

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