

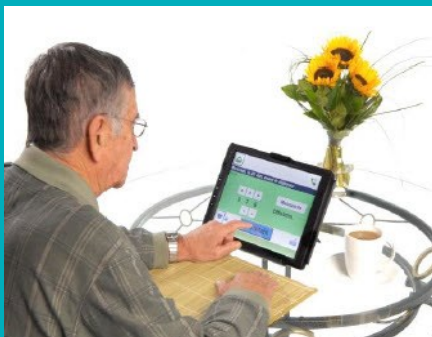
What is Home Health Monitoring?

Home Health Monitoring is a service to support people living with heart failure or COPD. We help you manage your health from the comfort of your home.

By participating in the Home Health Monitoring Service, you will improve your knowledge of your chronic disease and ability to self-manage your health. Easy to use equipment is installed in your home for the duration of the service.

There is no cost for the Home Health Monitoring Service

You can participate in Home Health Monitoring while receiving care from your designated care team.



Why Participate in Home Health Monitoring?

- Easy access to a nurse for questions and support
- Increased knowledge of your heart failure or COPD, your health and self management
- Better control over your chronic disease
- The equipment is very simple to use and help is only a phone call away



Home Health Monitoring

For more information please contact:

South Island: 250.388.2273

Centre Island: 250.739.5749

Oceanside: 250.951.9550

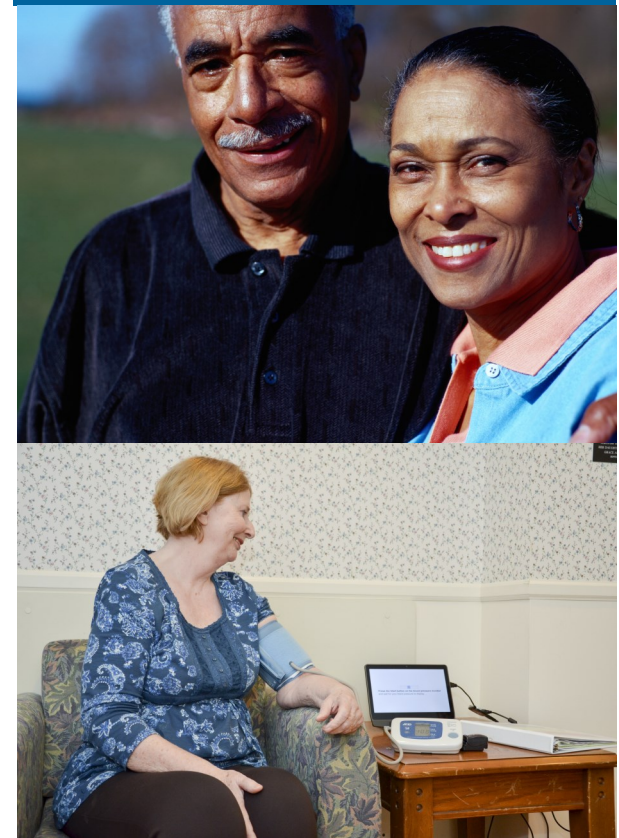
North Island: 250.331.8530

or go to our website:

http://www.viha.ca/hcc/services/home_health_monitoring.htm



Home Health Monitoring Service





Ms. P started the HHM service in 2014: “The monitoring system is a Godsend. I felt much more in control and could know each day whether or not I was in the safe zone. I knew that the result would be passed on to the HHM nurse at Victoria Health Unit. If I wasn’t in the safe zone, she would contact me ASAP.”



What will I be doing if I participate in Home Health Monitoring?

I do daily measurements such as blood pressure, weight or oxygen level.



I answer a few questions to help me evaluate my chronic disease daily.



Your results and responses are sent to the Home Health Monitoring nurse.

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



Home Health Monitoring Nurse:

- Monitors and looks for changes in your measurement Monday to Friday
- Contacts you regularly to review your results and answer your questions
- Sends reports and communicates concerns to your physician

Possible tools provided to help with chronic disease self management:



- Blood Pressure Monitor
- Weight Scale
- Pulse Oximeter
- Pedometer
- Education Binder
- Daily Log
- Access to a nurse Monday to Friday

How can I enroll in the Home Health Monitoring Service?

If you are interested in the Home Health Monitoring Service, speak with

- Your physician or nurse practitioner
- Your nurse while in hospital
- Or call your local office:

South Island: 250.388.2273
Centre Island: 250.739.5749
Oceanside: 250.951.9550