



- Blood glucose
- Blood pressure
- Oxygen levels
- Weight
- Temperature
- Heart rate

How can RPM help?

- Monitor your vital signs daily
- Take control of your own health (with back up support!)
- Show your measurements to your GP and Specialists
- Save money on travel and extra appointments
- Prevent trips to Emergency Departments
- Prevent hospital admissions
- Reduce stress

RPM helps you manage your own health



Tel: 03 5484 4421



Do you have Heart Failure, COPD or Diabetes?



RPM could be for you





What is RPM

Remote Patient Monitoring helps you to manage your health, with the back up support of your care team. You use simple devices/equipment such as a wireless blood pressure monitor, oxygen sensor, scales, thermometer or blood glucose monitor to take your measurements. The results are sent directly back to your health care team and to your smart phone or iPad/tablet.

How does it work?

When you take your measurements daily with the monitoring equipment provided, the results are automatically shown on your phone or tablet device, using an app. The readings are also sent to your health care team, via the internet. They can view the results in working hours and look for any alerts or changes in your health signs. It means you can act if something is outside your normal range. Your healthcare team set this up with you when you join up to RPM.

Who is it for?

Anyone who:

- Has a smart phone or tablet device
- Has internet access
- Has at least one of the following conditions: Diabetes, Gestational Diabetes, COPD or Heart Failure
- Is likely to benefit from the program and self-management support
- Is able to complete the monitoring requirements
- Has an email account on a smart device.

How much will it cost?

Nothing! RPM is being made available through the Loddon Mallee Health Partnership and funded by both State and Commonwealth programs.

How long is the program?

3-6 months is the usual time, although some may be longer if needed. You may wish to continue to self-monitor after this time, using the equipment provided.

What if I want to stop?

You can withdraw from the program at any time by speaking to your health care team.

Is it easy to use?

Yes, the equipment and portal have been designed to be a simple and effective way to measure and record your health. Your care team will teach you how to use it.



Is my information safe?

The Loddon Mallee RPM platform complies with Australia's strict laws on how health data is managed. Following privacy laws, only appropriate health staff can access your data. Cyber security upgrades take place routinely.

Can I keep the equipment?

This depends on how long you've been on the program and what condition you were monitoring. In many cases, you may be able to keep the equipment.

