

are wireless, so you can place them in your home wherever is most convenient for you.

No added costs

This program is available to you at no extra cost.



“The program makes me feel well taken care of. I know they are watching me, and the experts are checking me. It feels good.”

Robert D. (telemonitoring patient)

Please note: Home monitoring is not intended as a substitute for medical care; it is available by prescription and under clinical supervision only.

If you would like more information on this program, please ask your doctor or contact:



Cedar

home health • hospice • pathfinders

Serving patients 18 and older in Washington, Ozaukee, Waukesha, Fond du Lac, Dodge and Sheboygan counties.

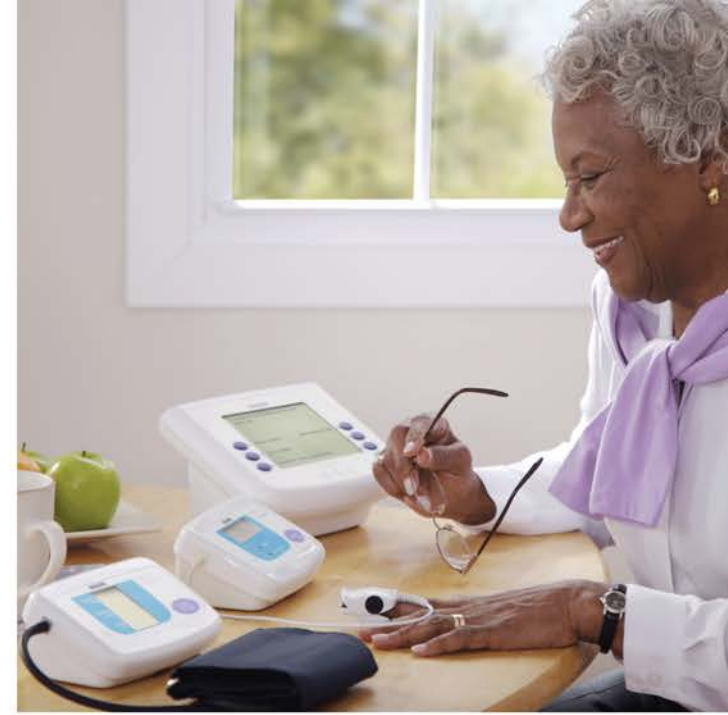
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Staying healthy at home

Daily in-home monitoring program

PHILIPS

Home monitoring helps you manage your health from where you want to be—home.

If you have heart disease, diabetes, high blood pressure, or lung disease like COPD, you may need to make lifestyle changes to stay healthy. In addition to following your doctor's instructions about diet, physical activity, and medication, it's also very helpful for your healthcare team to track your vital signs and symptoms on a regular basis. With home monitoring, your care team can do just that, while you stay at home.



Personalized care

If your physician orders telemonitoring, you will be asked to do one or more of the following each day:

- ▶ **Check your:**
 - weight
 - blood pressure
 - pulse
 - blood glucose level
 - blood oxygen level
 - heart rhythm
- ▶ **Answer questions about how you feel**

Your vital sign measurements and answers about how you are feeling are automatically sent to your nurse in a daily report.

This way, the nurse will be following your overall health, so whenever there are changes in your condition, she will call you and your doctor.

Comfort

With this level of monitoring, you can take comfort in knowing a healthcare provider will be checking on you daily—not just during scheduled in-home nurse or doctor's office visits. The system alerts your nurse before a major problem occurs—potentially helping you stay out of the hospital.

Easy-to-use

Your healthcare provider will deliver everything you need to your home and teach you how to use it.

The Philips monitoring system is very easy-to-use, so you can take measurements by yourself without a nurse. Results are sent automatically to a nurse who checks them daily.

Convenience

You take your vital signs in your home, without having to spend the time traveling to the doctor's office. The routine takes only a few minutes each day—at your leisure in the comfort of your own home. And the devices