

Impact of Remote Monitoring Programs on Hypertension Outcomes

More than 10+ years of program experience, Care Everyday, has partnered with a National Health Plan to enroll members in our Vitals Monitoring Program.

Our Study

Members received an in-home device that was monitored by our Care Center. The study included the following:

Reminders for missed readings

Triage for abnormal readings

Reports to Providers



Study Population

77% Female

Minimum Age: 22

23% Male

Maximum Age: 100

Conditions monitored: Heart Failure (HF), Diabetes, Hypertension, + COPD

80% participated for a minimum of 3 months

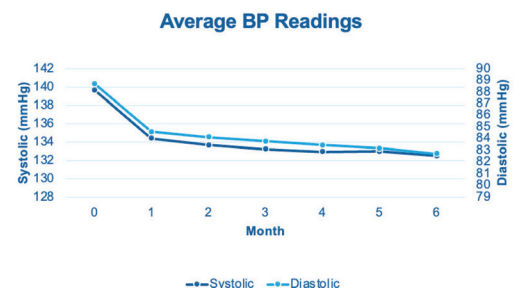
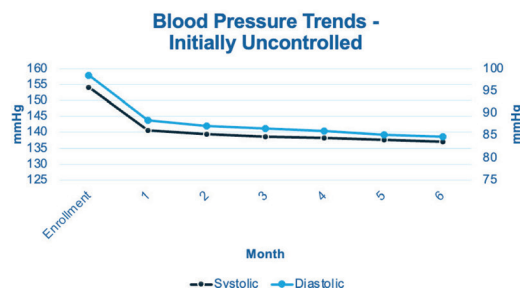


We Found

58% patients above HEDIS (Healthcare Effectiveness Data and Information Set) control at enrollment

40% patients above HEDIS control at 6 months

43% increase in population under HEDIS control



N = 469 members Average reduction in blood pressure: **Systolic:** 17 mmHg **Diastolic:** 14 mmHg

46% of all initially uncontrolled patients are brought under HEDIS control within 6 months

Source: Care Everyday, RPM Study: Impact of Remote Monitoring Programs on Hypertension Outcomes

N = 710 members Average reduction in blood pressure: **Systolic:** 7 mmHg **Diastolic:** 6 mmHg

***5 mmHg drop in systolic blood pressure reduces risk of major cardiovascular event by 10%**

Source: www.ncbi.nlm.nih.gov/pmc/articles/PMC8102467/