



# Remote Care Management:

## THE CONVENIENT WAY TO BETTER HEALTH

brought to you by  VitalCare.

### What is Remote Care Management?



Remote Care Management is a way for your physician to monitor your vitals (including blood pressure, temperature, oxygen levels, etc.) away from the doctor's office. You will be equipped with easy-to-use devices that you can use from home.



Your providers and care team will be receiving real-time information about your health. They will be alerted anytime anything is off, so action can be taken immediately for your health.



What's more, you'll be able to actively engage with your care through the VitalCare app on a tablet or smart phone. For instance, you'll be able to record your nutritional intake, your medications, and even have telehealth visits with your physician.

### What Do I Need To Do?

- + Very little will be required from you to make big advancements for your health!
- + Your caregiver will provide you with equipment to monitor your health, such as a blood pressure cuff, pulse oximeter, weight scale, or thermometer. You may also receive a tablet to record your nutrition and medication.
- + If you don't receive a tablet, you may also need to download an app on your smart phone or tablet that will track your health.
- + You can engage with the app to check the weather, chat with your doctor, record your medication intake or even check how many calories are in a cup of applesauce.



888-329-0120 Toll Free and SMS  
info@synergyhealthdpc.com  
www.synergyhealthdpc.com