



## Success Stories from Our Members

### *Rose Returns Home with the Help of Telehealth & Remote Patient Monitoring*

#### **Meet Rose.**

**Patient Age:** 83 Years Old

**Reason for Care:** Hypertension, asthma, diverticulitis and non-sustained ventricular tachycardia

Rose is an 83 year old eviCore member who was recently admitted to the hospital following a fall. Due to the fall, Rose required surgery on her broken leg and hip.

Prior to Rose's fall, she had been diagnosed and receiving treatment for several conditions including hypertension, asthma, diverticulitis and an irregular heartbeat. Despite, these diagnoses, Rose remained staunchly independent, living with and helping to care for her husband.

But after her fall, Rose feared she would no longer be able to maintain her independence.

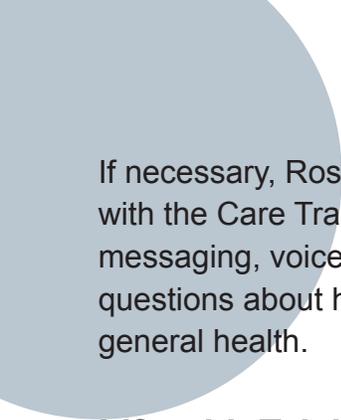
Rose began her recovery in the hospital, regaining her ability to walk but still showing signs of weakness in her leg and experiencing difficulty breathing as she walked. After more than ten days in the hospital, and with Rose eager to return home, eviCore's Care Transitions Team reviewed Rose's case and enrolled her on eviCore's Telehealth and Remote Patient Monitoring Program.

#### **Rose's 24/7 Support and Care**

Enrolling in the Telehealth and Remote Monitoring Program (RPM) allowed Rose to return home with her husband without giving up the 24/7 support she received while recovering in the hospital.

Through the Telehealth and RPM program, Rose received medication reminders, ensuring throughout the day that Rose would stop and take her medication. She also received alerts to record her vitals signs including her blood pressure and pulse ox given her history of hypertension and difficulty breathing after her surgery. Rose particularly enjoyed the educational videos and condition-specific quizzes that she could watch and complete each day to help learn about her condition.

While Rose was recovering at home and regaining her strength, the eviCore Care Transitions Team was able to monitor her health status, vital signs, symptoms, exercise.



If necessary, Rose was able to connect with the Care Transitions team through text messaging, voice calls or video calling to ask questions about her condition, medication or general health.

## **Life with Telehealth Support**

As an eviCore member, Rose was given the opportunity to continue receiving 24/7 care through the Telehealth and Remote Patient Monitoring Program after she had recovered from her surgery and hospital stay.

With the additional support and guidance provided by the Care Transitions Team and telehealth, Rose continues to live with her husband on their own and enjoy the life they had prior to her fall.