

WELCOME TO  
**Cooper**  
**Remote Patient**  
**Monitoring**

*Now You Can  
Take Control of Your  
Health at Home*



 **Cooper**  
University Health Care

## What is Remote Patient Monitoring?

Remote Patient Monitoring (RPM) helps you monitor your chronic health condition in the comfort of your own home by using screening tools which check important measurements such as blood pressure, oxygen level, body temperature, weight or blood sugar level depending upon your medical condition.

Cooper has a dedicated team of nurses, the RPM team, who help you use the tools correctly, monitor your results, and provide care coordination support throughout the time you are enrolled in the RPM program. If a change is noticed on any of the measurements being taken, your provider will be notified by the RPM team. Your measurement results are also sent to your provider regularly so they can be informed if something changes in your condition.

### Your monitoring kit is personalized just for you.

RPM screening devices are ordered by your provider based on your medical condition. These devices include:

- ◆ Blood pressure monitor
- ◆ Thermometer
- ◆ Pulse Oximeter
- ◆ Scale
- ◆ Glucometer

### The goal is to help you – and share your vitals with your care team.

RPM monitoring tools should be used at least once a day or more often as needed, at the discretion of your provider.

The information obtained from the screening tools is transmitted to your smart phone or tablet, and then to your electronic health record in a safe secure manner to the RPM team for review. This information will help your care team make better decisions about your medical care.

**Monitoring of your measurement results by the RPM team will occur during business hours (Monday to Friday, 8 a.m. to 4 p.m.), excluding federal holidays and weekends.**



### **How long will I be monitored?**

You will be monitored an average of 30 to 90 days with additional monitoring based on your provider's discretion.

## **COOPER IS HERE TO HELP.**

**If you think you are experiencing a medical emergency, call 911 immediately.**

RPM services are not emergency services and health data will NOT be monitored at all times.

Call your primary care provider's office if you experience new or worsening symptoms.

# MY REMOTE PATIENT MONITORING TEAM

## RPM Team Hours

Monday through Friday  
8 a.m. to 4 p.m.  
*(excluding federal holidays  
and weekends)*

## Nurse Care Coordinators

Nurse Care Coordinators provide regular care coordination for you and communicate regularly with your provider.

## Clinical Care Coordinators

Clinical Coordinators monitor your results and assist you with using your measurement tools.

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### RPM Team Contact Information:

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### Your Provider Name/Contact Information:

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## Technical support

Available for general technical questions or issues regarding RPM measurement tools.

### Technical Support Contact Information:

- ◆ Phone: **833.325.5767**
- ◆ Email: **support@vitaltech.com**
- ◆ Monday through Friday | 8 a.m. to 8 p.m.  
Saturday and Sunday | 9 a.m. to 5 p.m.