

## Interested in Home Telehealth?

Contact the Home Telehealth team at your local VA Medical Center for more information.

**Albany:** 518-626-6017

**Finger Lakes:** 607-664-4502 or 607-664-4603

**Bronx:** 718-584-9000 x1442

**Hudson Valley:** Contact your PACT team

**New Jersey:** 973-676-1000 x202356

**NY Harbor:**

**Manhattan Campus:** 212-686-7500 x3552

**Brooklyn Campus:** 718-836-6600 x6449

**Northport:** 1-877-929-5090

**Syracuse:** Contact your PACT team

**Western NY:** 716-862-7377



Go to [telehealth.va.gov](https://telehealth.va.gov) for more information.

## Other VA Support Programs

### Caregiver Support

1-855-260-3274

For help with caring for a disabled Veteran

[www.caregiver.va.gov](http://www.caregiver.va.gov)

### Health Information on the Web

[www.myhealth.va.gov](http://www.myhealth.va.gov)

### Homeless Veterans Hotline

1-877-4AID-VET

1-877-424-3838

### VA Health Connect

1-800-877-6976

24/7 virtual care

### Women Veterans Call Center

1-855-VA-WOMEN

For information on eligibility, benefits and health care

*In a crisis? Contact the Veterans Crisis Line:*



**Veterans  
Crisis Line**

DIAL 988 then **PRESS 1**

**VA**



U.S. Department  
of Veterans Affairs



## Home Telehealth Remote Patient Monitoring

*"It's like having a nurse personally monitoring your health every day!"*

[www.va.gov](http://www.va.gov)

## Home Telehealth Program

The VA Home Telehealth program provides daily patient monitoring and care where you live using a small communication device in your home. All equipment is provided by the VA and shipped to your home. Home Telehealth can be set up for you even if you do not have a landline phone or internet service. Veterans on the go can choose to use a voice based program through your cell phone instead of a device in your home and best of all it is FREE!

## How Remote Patient Monitoring Works

Home Telehealth can help you manage diabetes, high blood pressure, COPD, heart failure, coronary artery disease, depression, PTSD, weight management and many other chronic illnesses.

You will receive daily sessions with questions related to your health conditions. Based on your health conditions you will be expected to report the appropriate vital signs daily. For example you might be requested to report your blood sugar reading, blood pressure or weight.

You will also receive information on how to better manage your health.

Your care coordinator may call you periodically based on the information you give. The care coordinator will contact your provider if there are any significant concerns.

To benefit from the Home Telehealth Program you must be an active participant. If you do not complete your daily sessions your care coordinator will contact you to see if they can assist. Continued failure to complete your sessions will lead to removal from the program.

You can decide to leave the program at anytime without negative impact on your VA care. You can return to the Home Telehealth program in the future if you choose.

## Goals of Home Telehealth

- ★ Help you or your loved ones manage your care, allowing you to reside in your home longer.
- ★ Provide support and education to encourage self-management of your chronic illness.
- ★ Reduce readmission to the hospital, emergency room visits, and outpatient visits.
- ★ Improve your quality of life.

## Responsibilities and Expectations of Veterans Receiving Home Telehealth

- ★ Respond daily to disease management questions and supply vital sign data requested.
- ★ Respond to the phone calls from your Care Coordinator.
- ★ Let your Care Coordinator know if you are going away and won't be able to complete the daily sessions for more than a few days.
- ★ Ask questions about any part of your care that you do not understand.
- ★ Be involved in your care and accept responsibility for self-management of your health.



*Home Telehealth Device*