

# Remote Monitoring



## What is Remote Monitoring?

Remote Monitoring is a service that allows the Veteran's physician or nurse to monitor the Veteran's medical condition remotely using home monitoring equipment.

Veterans can be referred to a care coordinator for enrollment in Remote Monitoring services by any member of their care team. Enrollment is approved by a VA provider for Veterans who meet the clinical need for the service.

A care coordinator gets health information that each Veteran provides through personalized questions answered either on special equipment, by a Veteran's computer or their phone. If any of the Veteran's health measurements do not seem normal, the care coordinator talks with the Veteran's primary care team and then gets back to the Veteran with next steps.

To find out more about Remote Monitoring, visit [www.telehealth.va.gov](http://www.telehealth.va.gov)

## Am I eligible for Remote Monitoring?

Since Remote Monitoring is part of the VHA Standard Medical Benefits Package, all *enrolled Veterans* are eligible **IF they meet the clinical need for the service. Services may vary by location.**

Remote Monitoring can be used in combination with other Home and Community Services.

There is no copay for Remote Monitoring services. However, there may be a copay charge when in-home video visits are provided in addition to standard Remote Monitoring services.

## What services can I get?

Remote Monitoring services are based on your care needs. Remote Monitoring equipment may be used to track your:

- Blood pressure
- Blood sugar level
- Pulse
- Weight
- Blood oxygen level
- Heart and lung sounds, or
- Other chronic diseases

Remote Monitoring can connect a Veteran to a VA hospital from home using regular telephone lines, cellular modems (these act as doors for transmission of information) and cell phones (using an interactive voice response system).



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## How do I decide if it is right for me?

You can use a [Veteran Decision Aid for Care at Home or in the Community](#) to help you figure out what home care service or long term care services may best meet your needs now or in the future.

There's also a [Caregiver Self-Assessment](#). It can help your caregiver identify their own needs and decide how much support they can offer to you. Having this information from your caregiver, along with the involvement of your care team and social worker, will help you reach short-term and long-term care decisions.

Ask your social worker for these Worksheets or download copies from the [Making Decisions and Advance Care Planning](#) section at [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics).

If Remote Monitoring services seem right for you, talk with a member of your care team and then a care coordinator can help you to arrange for services.



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