



BP Remote Patient Monitoring Technical Support Services **MAKING RPM A REALITY IN DC**

Remote patient monitoring (RPM) can empower patients to better manage their health and participate in their healthcare. When used by clinicians, RPM can provide a more holistic view of a patient's health over time, increase visibility into a patient's adherence to treatments, and may enable timely intervention before a costly care episode.

AmeriHealth Caritas District of Columbia (DC) works with Flexcare Health Solutions to offer RPM for hypertension to AmeriHealth Caritas DC providers. Flexcare Health Solutions provides turnkey training for providers to take the guesswork and stress out of implementing RPM for hypertension.

Flexcare Health Solutions can help you get started today.



Customized provider and patient training sessions



Seamless data transmission into EHR



Access to actionable patient data



Improve office workflow

Bluetooth BP Monitor and Remote Patient Monitoring Referral Form

P: 202.594.9994 | F: 202.600.8055
Secure Email: info@flexcarehealthsolutions.com



PATIENT INFORMATION

Patient's Last Name, First Name, Middle Gender: Male Female Date of Birth: ____/____/____

Street Address City State Zip Code

Preferred Phone Secondary Phone Emergency Contact (Name, Phone Number, Relation)

E-mail address Primary Care Provider (Name, Phone Number)

DIAGNOSIS

- Essential Hypertension
- Secondary Hypertension due to _____
- Other: _____

Briefly describe any barriers to BP Self- Management:
Include history of non-adherence, environmental barriers,
special needs, etc.

Case Management Services Information:
Program Name: _____
Contact Name: _____
Phone Number: _____ ext _____

REMOTE PATIENT MONITORING (RPM)

- One Month Three Months Six Months

PATIENT PERSONALIZED BP MANAGEMENT

Select personalized goals for each parameter:

Systolic < 130 mmHg (Standard- AHA/ACC Guidelines)
 Other: _____

Diastolic < 80 mmHg (Standard- AHA/ACC Guidelines)
 Other: _____

Emergency Outreach < 180/120 mmHg
 Other: _____

Indicate relevant comorbidities below:

- Coronary Artery Disease Hyperlipidemia
- Diabetes History of Stroke: # _____
- Vision Problems Angina
- Other: _____

Preferred blood pressure monitor cuff size:

- Small Adult 16-24 cm or 6.3-9.4 inches
- Medium Adult 24-36 cm or 9.4 - 14.2 inches
- Large Adult 24-36 cm or 9.4 - 14.2 inches
- Extra Large Adult 42-60 cm or 16.5 - 23.6 inches

Signature and NPI # _____ Date: ____/____/____

Group/Practice Name, address, and phone #: _____