



Better health. At home.

Enjoy the best possible health while staying in your own home.

Easy-to-use equipment and health coaching by a Telehomecare nurse can help you manage your Chronic Obstructive Pulmonary Disease (COPD) or Congestive Heart Failure (CHF).





Gain the skills and confidence to better manage your health.

Working with a Telehomecare nurse, you'll check your vital signs with easy-to-use equipment. The nurse will be your health coach.





Who can use Telehomecare?

Telehomecare is designed for patients with COPD or CHF. It helps them stay in their own homes and become active partners in making healthy lifestyle choices. It helps patients avoid unnecessary trips to the hospital and it helps catch problems before they turn into emergencies.

How does it work?

It's easy. Each weekday, you will use special equipment to check your vital signs and answer simple questions. It takes just a few minutes.

The equipment sends the results to your Telehomecare nurse who checks them.

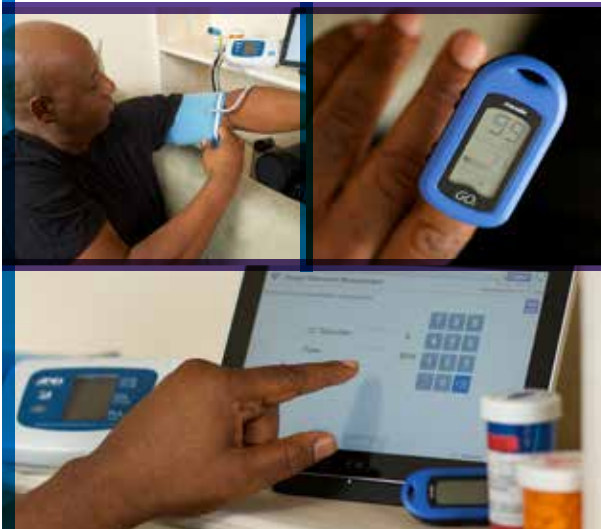
Once a week, you and your Telehomecare nurse will talk on the telephone about your health. The nurse will answer your questions and guide you in setting achievable goals so you can enjoy the best possible health.

How does the equipment work?

It's easy to use. A small computer tablet plugs into your home telephone line or the Internet and an electrical outlet. Of course, you will still be able to use your phone and Internet.

The tablet connects to a blood pressure monitor, a weight scale and there is also a device to measure the oxygen in your blood.

It's easy to set up either on your own or with the help of a Telehomecare technician or your nurse.



Will I still see my doctor?

Of course. You will continue to see your doctor and other members of your healthcare team as required.

What if my condition gets worse?

You and your Telehomecare nurse are partners, along with your doctor, in managing your health. You will learn to recognize early signs that your condition may be getting worse, so that you can better manage your daily life. If your daily results are cause for concern, the nurse will call you. If you have concerns about how you are feeling or about your test results, you can call the nurse at any time during regular weekday hours. Telehomecare is not an emergency response service.

Does Telehomecare work?

Yes, Telehomecare has been shown to reduce hospital stays and ER visits by more than 50 per cent. Telehomecare patients say they feel safe and secure and enjoy life more.

Is there a fee?

No. This program is paid for by the Government of Ontario and Canada Health Infoway. The home equipment is loaned to you while you are in the program.

Who sees my personal information?

Your privacy is important to us.

Your doctor, the Telehomecare staff and other healthcare professionals caring for you may see your personal health information. The Telehomecare program is managed by the Ontario Telemedicine Network (OTN). OTN believes that your personal health information is important and protects it according to the requirements of the Personal Health Information Protection Act, 2004. For more information about OTN's privacy practices, visit www.otn.ca/about-us/privacy



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Find out more at

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