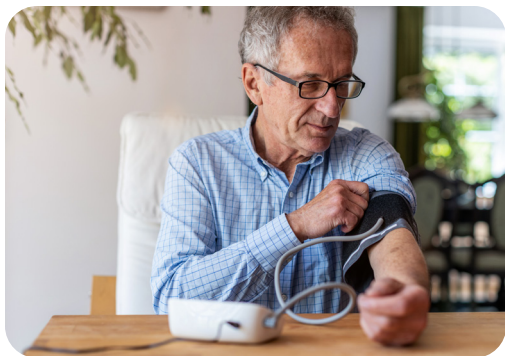




# MedStar Health



## Answers to frequently asked questions about our **Remote Patient Monitoring** program.

MedStar Health offers a Remote Patient Monitoring program for patients diagnosed with chronic hypertension. Having a chronic condition, such as hypertension and diabetes, puts you at a significantly higher risk of hospitalization or multiple visits to your primary care office. We have partnered with ChronicCareIQ to offer a solution. Our Remote Patient Monitoring program provides you with a blood pressure device and a personal care team available to assist you with your blood pressure monitoring.

### What are the benefits of the Remote Patient Monitoring program?

- **Access to your progress:** Once enrolled in the program, you can log into the ChronicCareIQ app from your smartphone (iPhone or Android), tablet, or computer to check your blood pressure trends. These trends are monitored by your personal care team.
- **Customized care plan:** Your personal care team will create a plan just for you to assist in meeting and exceeding your health goals. Your plan may include starting you on a medication or changing your current medication to find the best solution for you to manage your blood pressure. You will have a monthly call with a personal care team member updating you on your progress.
- **Personalized assistance:** Your personal care team can assist with medicine refills, finding specialists, reviewing test results, and scheduling appointments.
- **Spend less out of pocket:** Minimal program costs can help provide you savings from fewer visits to the emergency room, specialists, or hospital.
- **Virtual visits:** You and your personal care team can communicate in real time with a scheduled online appointment if a blood pressure reading is out of range, if symptoms worsen, or if you have questions about your care plan.

### Who is part of your personal care team?

- While enrolled in the program, your personal care team includes a nurse practitioner, registered nurse, and medical assistant.

### What is the role of your personal care team?

- Your personal care team will create a plan, track blood pressure trends, and answer your questions.
- Your personal care team works in partnership with your primary care provider (PCP). Your PCP stays informed about changes regarding your ongoing chronic hypertension using our electronic medical record.

### How will you be billed?

- Your insurance will be billed monthly while you are enrolled in the program. Most patients are enrolled in the program between six and eight months, or until you have reached your blood pressure goal established in your care plan.

### Is there a copay?

- Copays can differ based on your plan and where you are in your deductible. To obtain a copay estimate, call your personal care team at **443-478-1255**. For an exact copay cost, contact your health insurance provider. The insurance care provider may ask for the current procedural terminology (CPT) codes for this program, which are 99453, 99454, and 99458.

To learn more about the Remote Patient Monitoring program, call **443-478-1255**.

**It's how we treat people.**