

ALANATM

HEALTHCARE

REMOTE PATIENT MONITORING USING A PATIENT CENTRIC DELIVERY MODEL

Why Remote Patient Monitoring Is Right For Your Patient



trium is built on the concept of connecting a patient's health on a daily basis with those that can most impact it - the patient and their physician. By connecting these patients' daily markers with one of our qualified health coaches, the patient becomes a better educated manager of their own health.

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Value of Remote Patient Monitoring

Remote Patient Monitoring (“RPM”) allows for a patient’s management of their own health and their interaction with providers to be expanded from the traditional location-based delivery model. This expansion enables providers to routinely monitor and manage their patients with chronic conditions on a more frequent basis and to react to changes in a patient’s health as they occur. In general, RPM has been adopted to address three key hurdles to improved care:

- **Access** – Remote Patient Monitoring helps patients not only gain access to healthcare outside of the physician’s office, but also helps providers track patient data day-to-day or week-to-week. By increasing a patient’s access to healthcare, we can help providers realize more cost-effective care and allow them to treat additional patients. RPM is essential for helping providers cut down on unnecessary face-to-face office visits and hospitalizations. A recent study indicates, the use of remote patient monitoring could save more than \$8,000 annually per patient.
- **Quality** – As Remote Patient Monitoring provides clinicians with both more frequent and more timely patient metrics; clinicians are able to gain a more complete understanding of a patient’s overall health throughout time. By having access to these valuable metrics, clinicians can collaborate with physicians to provide timely interventions.
- **Timeliness** – The potential for real time reporting and interpretation of a patient’s metrics allows for a more real-time response to exacerbations and other changes to a patient’s physical health.

Why RPM is More Valuable Now than Ever Before

According to the Center of Disease Control and Prevention, around 133 million Americans—almost 1 out of every 2 adults – have at least one chronic illness. Many of these individuals with chronic conditions are self-isolating at home due to COVID-19 and may find their condition worsening over time without the essential check-ins and touchpoints with their provider. This is one example why remote patient monitoring is more valuable now than ever.

Patient Centric Delivery Model

How is *trium* different?

trium is provided by Alana Healthcare, a leader in Healthcare Management and Chronic Care Management Programs. *trium* is built on the concept of connecting a patient’s health on a daily basis with those that can most impact it - the patient and their physician. By connecting a

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patients' daily markers with one of our qualified health coaches, the patient becomes a better-educated manager of their own health. The key to *trium* is that it is focused on interacting and educating the patient, providing them with ongoing support while leveraging the relationships that they already have with their physician and other providers.

trium provides patients with the tools and education needed to monitor their health. The patient measures one or more selected health markers daily with the supplied devices. We are currently offering blood pressure monitoring, pulse oximetry, weight scales and thermometers. In addition to the devices we supply, our patients are provided with a highly qualified health coach. The health coach is not only available 24/7 to answer any questions the patient may have, but the health coach also provides monthly patient specific education.

Results from our program have proven to benefit both patients and providers. In one recent example, a patient beginning to manage congestive heart failure was enrolled in remote patient monitoring through *trium*. With the help of a health coach, the patient was able to quickly identify weight gain, activate their sick day medication pack and return to baseline. This collaboration eliminated the need for a face-to-face office visit and/or hospitalization, thus reducing the patient's risk of exposure to COVID-19 pathogens. This is just one example of how *trium* is working to help individuals all over the U.S. become better managers of their own health.

Alana Healthcare

trium is provided by Alana Healthcare, a leader in Healthcare Management and Chronic Care Management Programs.

Our coordinated and comprehensive medical care improves quality of life, streamlines provider services, and reduces overall health care cost. Alana Healthcare's personalized clinical and education-based programs have provided great results for current clients, including a 65% reduction in patient hospital utilization while improving patient quality of life by 33%. Over the last decade, Alana Healthcare's programs have been used by over 30,000 individuals across the United States.

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Sources

<https://www.cdc.gov/chronicdisease/pdf/2009-Power-of-Prevention.pdf>

<https://www.beckershospitalreview.com/quality/remote-monitoring-could-save-more-than-8-000-annually-per-patient-study-finds.html>




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