

# Remote Home Monitoring (RHM)

Your doctor has recommended you utilise our remote home monitoring (RHM) service. This information sheet outlines what the service is, how it works, what the benefits are and what you need to get started.

After you read this information sheet, you might still have questions. If you do, please contact the our team. We're here to help.

## 1. How does it work?

RHM uses technology across either wireless internet or mobile networks to send data from your cardiac device to a server and password protected website that your cardiology clinic can access.

## 2. What is RHM?

RHM is a service offered by Oceanside Cardiology that allows 'virtual checkups' of your implanted cardiac devices (such as loop recorder, pacemakers and implantable cardiac defibrillator) via the use of a small monitor or app downloaded onto your mobile.

The small monitor/mobile app will regularly 'talk' to your implanted cardiac device and provide a link from your cardiac device to the cardiology clinic allowing your cardiologist to have timely access to your device's data. The data includes the battery life of the device, collection of diagnostic data and any abnormal heart rhythms that have been recorded.

## 3. What are the benefits?

- Enables data to be reviewed by your cardiologist in the comfort of your home
- Provides earlier detection of performance issues with your cardiac device and abnormal heart rhythms (arrhythmias) that are recorded by your cardiac device
- Research has shown that early detection can lead to improved health outcomes and a reduction in hospital admissions
- Save you time and the inconvenience of attending multiple clinic appointments

## 4. How do I get started?

- On the day of your cardiac device implant procedure, the device company representative will provide you with a remote monitor or download an app on your mobile to provide you with installation instructions
- Our RHM team will contact you a few days after your procedure to assist with setting up the monitor/app and go through any questions you may have
- If you have already had your device implanted and would like to utilise this service, please contact Oceanside Cardiology.

### Our commitment to you

As a patient of Oceanside Cardiology, you can be assured we will always strive to act in your best interests to optimise your health and device performance. For any 'remote alerts' our staff will contact you directly to arrange appointments or hospital admissions requested by your cardiologist.