



# When you have a heart device Consider Remote Monitoring

Once you have a heart device, it is important to have the device checked regularly. In the past, this meant coming in to your heart doctor's office or a device clinic several times a year. Now, with technology, we can offer 'remote monitoring' as well.

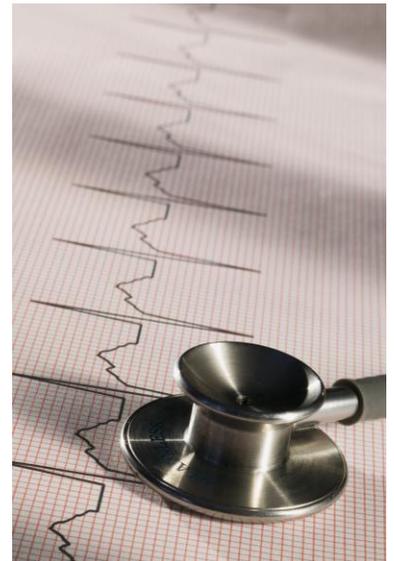
## What is 'remote monitoring'?

This means we can monitor your heart device from the comfort of your own home between office or clinic visits. Your device care team can check your heart device and your heart activity often, not just when you are in the office or clinic.

## How does remote monitoring work?

You are given a small, portable machine called a 'transmitter'. The type of transmitter you get depends on which company made your heart device. It is either mailed to you or given to you when you come to the device clinic. The transmitter can be set up to work with a standard phone line, a wireless cellular connection, or an internet connection.

When set up, the transmitter connects to your heart device wirelessly. It collects information on your heart activity and how your heart device is operating. To work properly, you need to be within range of the transmitter.



The transmitter sends the collected information at scheduled times to a special, secure website. This might be daily, weekly, monthly, or at specific times. Some transmitters need you to follow a few simple steps to send (or transmit) the information while others send information automatically.

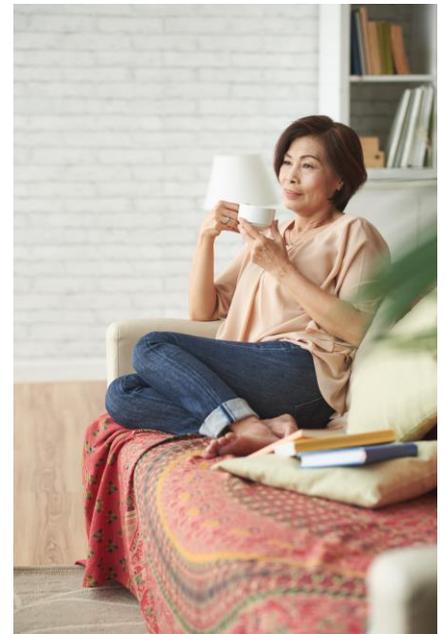
Your device care team reviews the information regularly and contacts you if there are any concerns.

**Please note:** Remote monitoring is not an emergency service. The transmitter does not call 9-1-1. If you feel unwell, you must get medical care.

## Why should I choose remote monitoring?

The benefits of choosing remote monitoring:

- ♥ Regularly sends almost the same information collected during an office or clinic visit.
- ♥ Saves you time and travel expenses by reducing the number of times you need to come in to have your device checked.
- ♥ Keeps your device care team up to date on your heart activity.
- ♥ Allows your device care team to catch problems early and make changes in your treatment, if needed.
- ♥ Tells your device care team how well your device is working, including if the device battery needs changing.
- ♥ Sends alert messages for any unusual heart activity, prompting someone to contact you and perhaps arrange for an office or clinic visit.



## Will I still need to visit my heart doctor or device clinic?

Yes. You might not need to come in as often, but you still need to come in. Certain checks and any changes in device settings can only be done during office or clinic visits. How often you need to come in depends on your health as well as the type of heart device you have. Your heart doctor or device clinic will let you know how often you should visit the office or clinic.

## Is my information safe and secure?

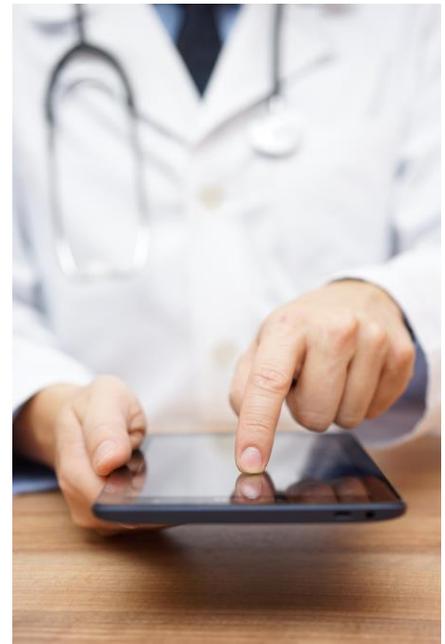
Yes. Your information is sent through a secure connection to a secure website. Your information is protected by password. Only those looking after you and your heart device are allowed to see your information.

## How can I get remote monitoring?

If you are interested in remote monitoring, talk to your heart doctor to see if it is right for you.

When you come for your first visit with your heart doctor or device clinic, they can give you more detailed information.

Once signed up for remote monitoring, your device care team will explain in detail how remote monitoring works and show you how to do it.





# Cardiac Services BC

An agency of the Provincial Health Services Authority



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