

Better Monitoring Better Health



Management of Patients with Arterial Hypertension through Remote Monitoring

Newly diagnosed patients with arterial hypertension often require a **prolonged period of antihypertensive therapy titration**, typically extending over **12 to 18 months**.

This duration leads to:

- Suboptimal patient adherence to prescribed medication regimens
- Inefficient allocation of primary care physicians' time and resources
- Lack of systematic, population-level data collection on hypertension
- Increased payer costs due to preventable hypertension-related complications

Solution

Deployment of the Telemon telemedicine platform for the management of newly diagnosed hypertensive patients in general practice.

The platform provides remote monitoring via the Telemon application, enabling the longitudinal tracking of blood pressure, body weight, and signs of fluid retention. Its features support:

- Continuous, remote assessment of the patient's clinical status
- Accelerated, evidence-based optimization of antihypertensive therapy
- Prompt, data-driven clinical interventions and real-time decision-making

Reference

The positive impact of remote monitoring on hypertension management was confirmed in a 2024 pilot project in partnership with the Slovak Society of General Practice and the Slovak Hypertension Society. The Telemon platform is now integrated into selected general practices.

Key Benefits

- **Faster achievement** of optimal blood pressure control (<1 month in 86% of patients)
- **Physician time savings** — reduction of in-person consultations from 6 to 3 per patient
- **More effective healthcare** through continuous monitoring of medication adherence
- **Reduction in treatment costs** and improvement in patient quality of life.
- **Fully transparent, auditable** and **GDPR compliant** patient data management



Telemon app

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with Telemon
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