

# Better Monitoring Better Health



## Remote Monitoring of Cardiovascular Diseases

**Number of hospitalizations for heart failure is persistently high, and outcomes in preventable deaths are consistently poor.** The transition from inpatient to outpatient care is frequently fragmented, resulting in a “grey zone” characterized by discontinuity of follow-up. Concurrently, healthcare systems face a shortage of capacity across both primary and specialty care levels.

### Solution

Remote patient monitoring following hospital discharge. Patients are provided with home-based devices for measuring vital parameters such as blood pressure, heart rate, body weight, oxygen saturation and electrocardiogram (ECG).

Clinical data are transmitted in real time via the Telemon platform to a secure physician portal, enabling:

- Continuous and structured assessment of patient health status
- Early detection of clinical deterioration or destabilization
- Remote therapeutic adjustment and intervention without the need for rehospitalization

### Reference

The Telemon platform was successfully implemented in a pilot study involving 250 patients, the UNION Health Insurance Company, cardiology institutes, cardiology and internal medicine outpatient clinics.

Pilot outcomes demonstrated a **25% reduction** in readmission rates among monitored patients.

### Key Benefits

- **Decrease in** preventable deaths
- **Fewer hospital readmissions**
- **More effective healthcare** through early identification of patient clinical deterioration.
- **Improved prognosis, adherence and quality** of life
- **Fully transparent, auditable** and **GDPR compliant** patient data management



### Telemon app

Provide better care  
with Telemon  
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