

**Registering with the NHS Ayrshire and Arran Remote Health Monitoring Service can help you manage your health and symptoms and help your GP Practice to know if you need any help or support.**

### Step 1

You will receive a text or an email explaining how to register for the service. A second text/email will explain how to use the web link in the text/email taking you to Inhealthcare secure website

### Step 2

You will be asked to complete the questionnaire on the secure website, and send a blood pressure reading if you have a device.

### Step 3

We ask that you complete the questions within 14 days but will send you a reminder if you don't. Your answers will be recorded in the remote monitoring system and you will have access to links to help you manage your condition.

### What will I need?



In order to use the COPD service, you will need access to:

- Either a mobile, smartphone, laptop or tablet device (depending on your chosen method of submitting your readings)
- Blood Pressure monitor (if required)

Your Practice will discuss with you which items you may already have at home and what devices you may need to be provided with.

### What questions will the service ask?



- When using the COPD service, you will be asked to answer simple questions about your general health and to record your height, weight, and smoking status
- You will also be asked to submit your blood pressure reading if you have a meter.
- You will be asked about your inhaler use and be shown a video on the correct inhaler technique
- Please try to answer all the questions



### What does my GP do with my results?

- A clinician within your Practice will review the answers and measurements that you have entered. The service will highlight any answers that require your GP or Practice Nurse to look at urgently.
- The measurements and responses to questions will be available to your GP/Practice Nurse who will review these and contact you should you need any further follow up.
- Follow up may be by telephone, by video consultation or an appointment in Practice, or the results may be such that the clinicians are happy with the way you are managing your condition and therefore you will be contacted the following year for the same review.

**Please note that the monitoring service is not an emergency service. Your readings may not be viewed by a clinician straight away. If you need medical assistance, you should phone your family doctor (GP) or call NHS 24 on 111. In case of an emergency, dial 999.**