

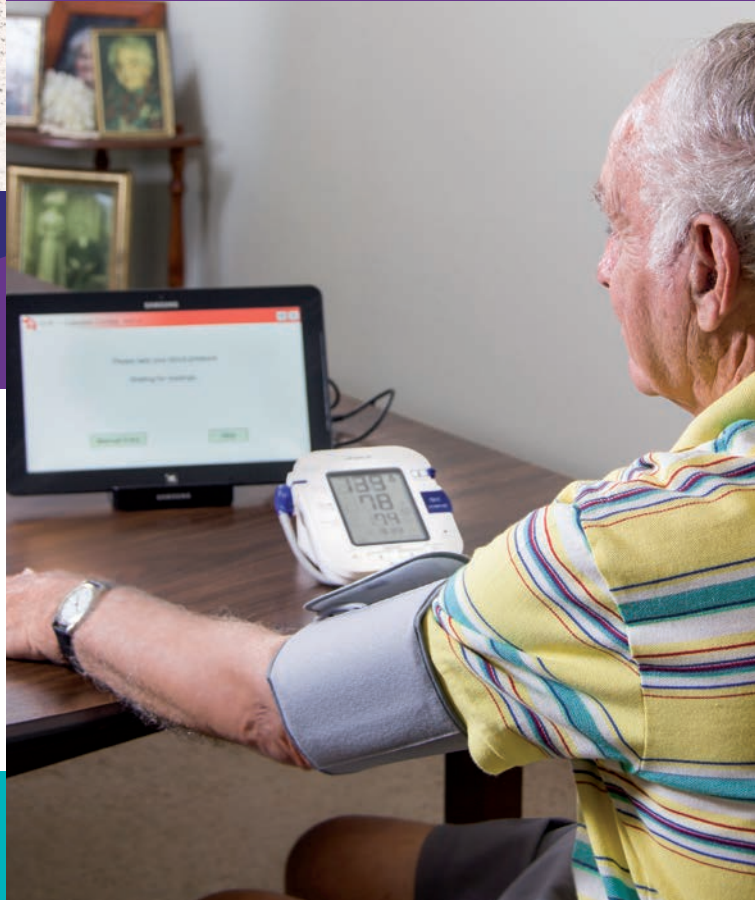


Telehealth: Keeping you safe and well in your home.

Over 65, know your 5!

Monitoring these five vital signs give an indication of your general health and wellbeing and can help you manage chronic conditions.

1. Blood Pressure
2. Pulse
3. Respiratory Rate
4. Blood Glucose (Sugar) Levels
5. Weight



For more information:
1300 782 896 | integratedliving.org.au



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How does Telehealth work?



Through our telehealth service our qualified staff will remotely monitor your health.

They monitor you:

- **Weight variations;**
- **Blood pressure;**
- **Blood sugar readings;**
- **Lung capacity;**
- **And symptoms of other chronic diseases.**

Our telehealth service can utilise your own devices, or we can have some set up in your home for you.

Our staff take you through how to use the equipment and then, in consultation with you and your doctor, monitor the data that is sent through.

Staff can act on any irregularity they notice in the data to ensure you can manage your health at home safely.

Is Telehealth for you?

- Are you 65 years or older?
- If you identify as an Aboriginal and/or Torres Strait Islander person, are you 50 years or older?
- Do you have a history of falls?
- Do you have a chronic disease such as diabetes, heart disease, COPD (chronic obstructive pulmonary disease) or high blood pressure?
- Are you recovering at home after a recent stay in hospital?

If you answered "Yes" to any or all of these questions, then you may benefit from our telehealth support.

