

Registering with the NHS Scotland Inhealthcare remote monitoring service can help you manage your health and symptoms at home. The service will automatically contact you at agreed intervals to ask about your health. This is a **FREE** service used via mobile app or website and - for some services - by text message or telephone call.

### STEP 1



#### Mobile app or website

On initial enrolment, you will receive an email explaining how to register with My Inhealthcare.

A second email will introduce you to the service and how to download the app or use the web link to the secure website.



#### Or Text Message

You will receive a series of text messages from Inhealthcare with information on how to use the service.



#### Or Automated call

You will receive an automated phone call asking you to use your telephone keypad to use the service.

### STEP 2



The service will contact you at regular intervals to ask a set of simple questions about your health and clinical measurements.

The times and frequency of monitoring will be agreed with your clinician.

### STEP 3



#### What happens next?

Your answers will be recorded in the Inhealthcare system and you may be given advice, based on your answers, which will help you manage your symptoms.

- **What happens if my condition improves?**

Even when you are feeling well, you are advised to continue until your monitoring service ends or you are advised to stop.

- **What happens if my condition worsens?**

If your condition deteriorates between monitoring reviews; follow your management plan and seek medical advice if required. If the monitoring service measures a deterioration in your condition you will be alerted and given advice.

- **What if I want to stop the service?**

You are advised to continue monitoring even if you feel better. If you do wish to stop the service you can Text **STOP** or you can use the opt out task on the web or app.

- **What happens with my health information?**

Find out how NHS Scotland handles personal health information at [NHS Inform](#).



## What will I need?

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

- A smartphone, tablet, laptop or PC
- A broadband or wifi internet connection
- Your written self-management asthma action plan
- A peak flow meter (optional)



Your doctor or nurse will tell you about the Inhealthcare service and discuss whether you need to use a peak flow meter for recording your peak expiratory flow measurements. They will also explain that, although they will have access to the responses you submit to Inhealthcare, they will not be monitored regularly.



## What does the service do with my results?

The Inhealthcare system reviews your responses and readings and will provide immediate feedback and advice specific to you, to help you manage your symptoms in line with the Asthma UK Action Plan. If any of your responses suggest that you need medical attention, you will be advised to seek medical attention yourself in the usual way.



Your doctor or nurse will be able to see your responses and to track them over time. If your responses are potentially a cause for concern, your doctor or nurse will be notified, but may not have the opportunity to review them for some time.



## What questions will the service ask?

At a frequency agreed between you and your respiratory team, you will be asked to complete a symptom questionnaire. First, this asks how you are feeling today and then (if you are feeling worse than usual) asks specific questions about your breathlessness, wheeze, chest tightness and use of inhalers. You may also be asked to record your peak expiratory flow each day.



Each month, you will be asked to complete an Asthma Control Test (ACT), which helps measure the impact asthma is having on your well-being and daily life. This tool will be accessed by clicking on a link to the website, then returning to the app / browser to enter your score.



Monitoring changes in your symptoms, peak expiratory flow and ACT scores over time will help to give you a better understanding of how well controlled your condition is and to discuss any changes in your management with your respiratory team.



## What else should I know?

In addition to entering your readings, you will also be sent regular hints and tips to help you self-manage your symptoms.



We hope you will find the Inhealthcare Asthma service enjoyable to use and that it will help you to understand your Asthma and best manage your symptoms. However, if you do not find the service helpful, you can opt out at any time, by using the **Opt Out** task on your app or the patient portal.

**Inhealthcare is not an emergency service. Your readings may not be viewed by a clinician for a considerable time.**

**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.**