

What will I need?

In order to use the blood pressure (BP) service, you will need access to:

- A telephone, mobile, smartphone, laptop or tablet device (depending on your chosen method of submitting your readings).
- A mobile phone signal, or a broadband or wifi internet connection (depending on your chosen method of submitting your readings).
- A blood pressure monitor and cuff - your GP practice may be able to provide you with this equipment and show you how to use it.

Your doctor or nurse will tell you about the Inhealthcare service and how it can help you.

They will also explain how often they will review the summary of your readings sent to them at regular automated intervals for their records.



What will the Inhealthcare service ask?

At a frequency agreed between yourself and your doctor or nurse, you will be asked to submit your blood pressure readings, which consists of two numbers systolic (upper) and diastolic (lower).

You may receive messages to submit your blood pressure readings every day for two weeks or less frequently for a longer period of time.

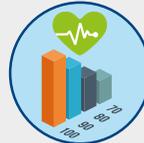
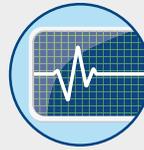


What does the service do with my results?

Your blood pressure service has been designed especially for people who need to monitor their blood pressure – whether for diagnosis, to ensure their medication is working as required, or for long term monitoring.

The blood pressure remote monitoring service will review the BP readings that you have entered. The service may respond by providing advice if your blood pressure is outwith the recommended range.

Your doctor or nurse will be able to see your responses and blood pressure readings and to track them over time. If you are using the app, you will also be able to see your own blood pressure readings and track them.

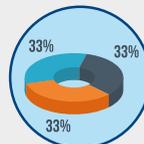


What else should I know?

When using the blood pressure service, you will simply be asked for your BP readings – nothing more.

Monitoring your blood pressure readings over time will help to give you a better understanding of how well controlled your blood pressure is and help you to discuss any changes in your management with your doctor or nurse.

We hope you find the Inhealthcare Blood Pressure service enjoyable and helpful to use. However, if you do not want to continue using the service, you can opt out at any time. If you use the app or patient portal you can use the opt out task, if you use text messaging you can text **STOP** at any time and if you use the automated phone call version you can select **9** on your keypad to opt out.



Please note that Inhealthcare 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.