

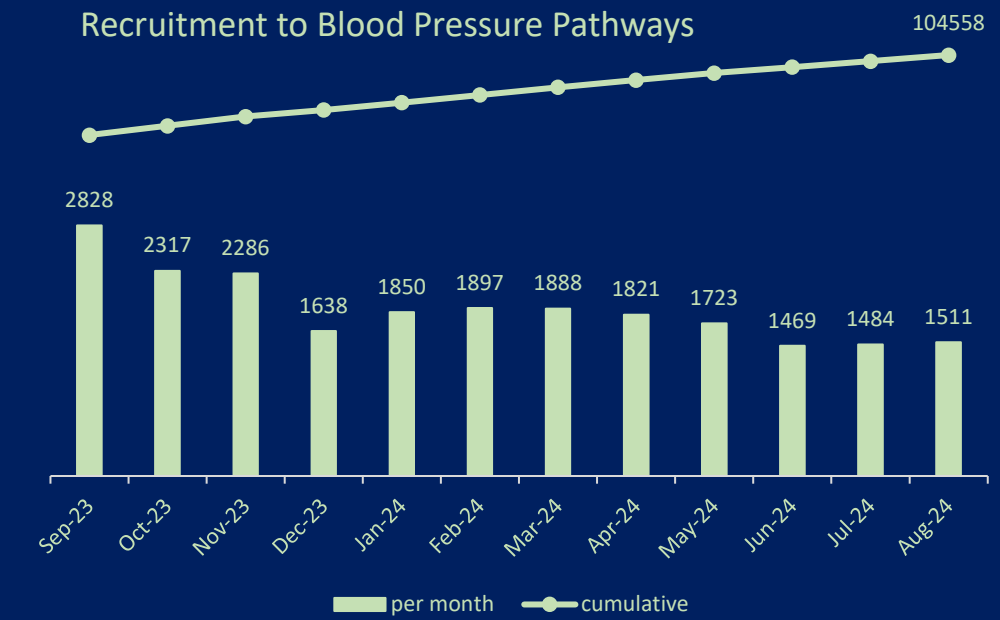
# Digital Home Blood Pressure Monitoring – as at 31 August 2024



**12 Health Boards\***

**50% GP Practice\*\***

**104,558 total recruitment**  
**22,712 in past 12 months**



## What did people think?

- 98%** Liked it or thought it was ok
- 99%** Found it easy or ok to use
- 94%** Would use it again  
*(410 responses received August 2024)*

- 29%** Of Adults in Scotland have **high blood pressure** (Scottish Govt)
- 50%** Of all Strokes and Heart Attacks are caused by **high blood pressure** (BHF)

## Impact:

- Over 400,000** Appointments saved
- £15.5m saved** Cost effect over 10 years  
*(Michael et al (2019), 2017/18 costs)*

**For every 50,000** People who routinely monitor BP, up to **745 strokes and 500 heart attacks** could be avoided over a 5-year period *(British Heart Foundation)*

- Avoided appointments
- Reduced Travel
- Convenient and saves time
- Reduced Infection Risk
- Improved access to services
- More accurate readings to aid clinical decisions

*“more patients are taking responsibility for their own health and wellbeing”*

**Notes:**  
 • All 14 Health Boards engaged With Connect Me in preparation, 12 Boards are fully onboarded and recruiting  
 \*\* GP practices have access to national platform and received training, some 'drop-off' in transition from legacy system hence reduction from previously reported 60%.  
**Data Sources:** Florence (self-reported by Health Boards, Inhealthcare, Connect Me standard patient survey, Scale-UP BP evaluation)

# Blood Pressure (Primary Care) Pathway



Connect me - Blood Pressure (Primary Care) Pathway  
Number of Activations by month & cumulative

