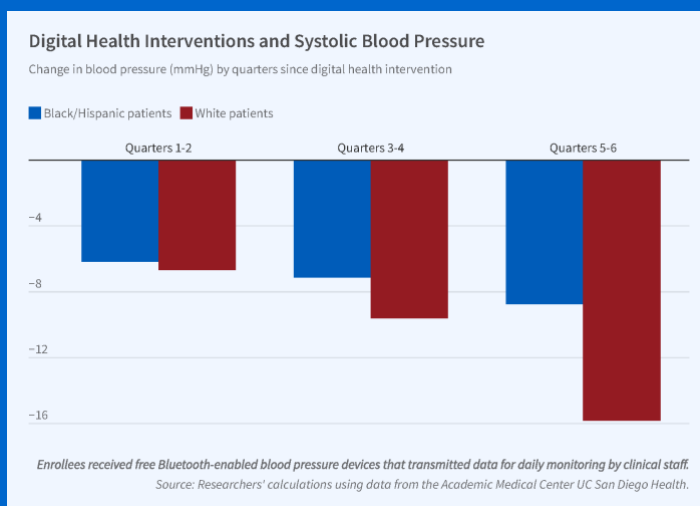


Healthy Heart ❤️

“Remote Patient Monitoring” lets patients provide continuous measurements from the comfort of their own home in their own time with minimal hassle. Our healthcare team monitors your blood pressure and makes medication adjustments and recommendations for behavioral changes.

Overview

The first generation of UCSD Health's digital program led to large improvements in blood pressure management. We studied the blood pressure of 2,512 patients who were referred to our “remote patient monitoring” program by their primary care provider. The program gave patients electronic digital blood pressure devices that automatically transmit blood pressure data via Bluetooth to the patient's electronic health records at UCSD Health. A team of clinical staff monitored the data daily and managed patients' blood pressure levels based on standardized medical protocols.



Highlights

We found clear improvements in health outcomes following the referral to the program. Patients displayed a 70% increase in the propensity to reach healthy systolic blood pressure levels. We find evidence that the program provided tailored care and that patients improved their healthy behaviors. Importantly, we found large health improvements across age, gender, race, and ethnicity.

For the full research report, see <https://www.nber.org/papers/w32992>