



## Remote Monitoring Service

### Support to keep you well at home



The Digital Health Team would like to offer you remote monitoring because your GP considers you could benefit from this NHS service.

A health care professional from this service will phone you to talk you through what this means, check you are happy to be enrolled and help you get set up.

### What is remote monitoring?

Remote monitoring lets you share your symptoms from the convenience of your own home and helps build a picture of what is normal for you. This supports health care professionals to provide you with the right level of care. If your health readings fall outside of expected ranges, the Digital Health Team will call to check how you are and confirm whether you need extra support, such as a call from your GP practice.

### What happens next?

The Digital Health Team will work with you to understand what equipment you need, which will be delivered to you at home. This equipment is for your use only and must be kept in a useable condition.

You will then need to share your health readings, such as your blood pressure, and answer some questions about how you are feeling and any other needs you have. This is done using an app called DOCOBOAPP™ and the team will talk you through how to do this.



Your health readings and the answers you give to these questions are then sent to the Digital Health Team who will contact you if you need support.

### How to contact us

Two organisations provide NHS Remote Monitoring Services in your area.



If your GP practice is in Ascot or Bracknell, please email  
**Berkshire Primary Care**  
[frimleyicb.bpccomplexpatients@nhs.net](mailto:frimleyicb.bpccomplexpatients@nhs.net)



For all other areas, please email  
**East Berkshire Primary Care**  
[remotemonitoring.ebpc@nhs.net](mailto:remotemonitoring.ebpc@nhs.net)

You can find out more about our services by visiting our page on the Frimley Health and Care website: <https://www.frimleyhealthandcare.org.uk/remotemonitoring>