

About Our Company

Personal Health Monitoring, a Jacksonville, Florida-based company, has recently launched an innovative personal health monitoring service for residents who want a more active lifestyle.

Our smartphone application improves the quality of life and reduces medical spending as well as hospitalizations.

The application is very easy to use for residents and care providers. It is supported by a world-class team of experienced healthcare professionals.






Our team understands how to successfully deliver high-quality remote care and improve medical outcomes.

- Focus On The Patient/Member
- Experienced Doctors & Nurses
- Top Technical Talent



HELPING YOU STAY HEALTHY LONGER™

Get In Touch With Us:

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24/7 DAY SERVICES

 **CALL US**
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EMPLOYEE PROGRAM



**SMART PHM
PROGRAM**

RIGHT CARE AT THE RIGHT TIME™

Our Services

What is Personal Health Monitoring?

Our app allows patients/members to measure their own vital signs in the privacy of their homes and securely transmit the data to the doctor. This ensures that patients/members manage their health in accordance with their care plan. Based on the transmitted data, doctors can make timely adjustments as needed.

Based on the individual health condition, a doctor will recommend to a patient/member a combination of self-measurement such as:

- Blood pressure
- Blood sugar levels
- Oxygen saturation
- Heart rate
- Weight
- Exercise activities such as walking for example

Patients/members will be provided with measuring devices as well as a smartphone application to store and review the results.

Virtual Care Platform



Our platform empowers people to understand and improve their health using technology and behavioral science.



Benefits

- Improved healthcare: PHM allows employees to receive timely and convenient healthcare, which can help to identify and address health issues early on.
- Increased convenience: Employees can receive care remotely, which can be more convenient than taking time off work to visit a clinic or hospital.
- Better management of chronic conditions: PHM can help employees to better manage chronic conditions such as diabetes, hypertension, and asthma, which can improve their overall health and well-being.
- Increased independence: Employees can use PHM to manage their own health and receive care independently, which can increase their sense of independence and control.
- Enhanced communication: PHM can facilitate better communication between employees and their healthcare providers, which can lead to better outcomes and improved satisfaction.

Employee Receives

The employee receives a free measuring device (such as a blood pressure cuff, or others, as determined by your condition).

- The device is very simple to use – it transfers your data securely to the platform with just one push of the button - no need to do manual tracking on paper.
- The employee receives an immediate call from your care team member or a doctor if readings are out of range.
- Monthly consultation.
- Reports can be shared with any doctor or family member.
- 24/7 technical support on devices.