

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 Resident
- Experienced Doctors & Nurses
- Top Technical Talent



HELPING YOU STAY HEALTHY LONGER™

Get In Touch With Us:

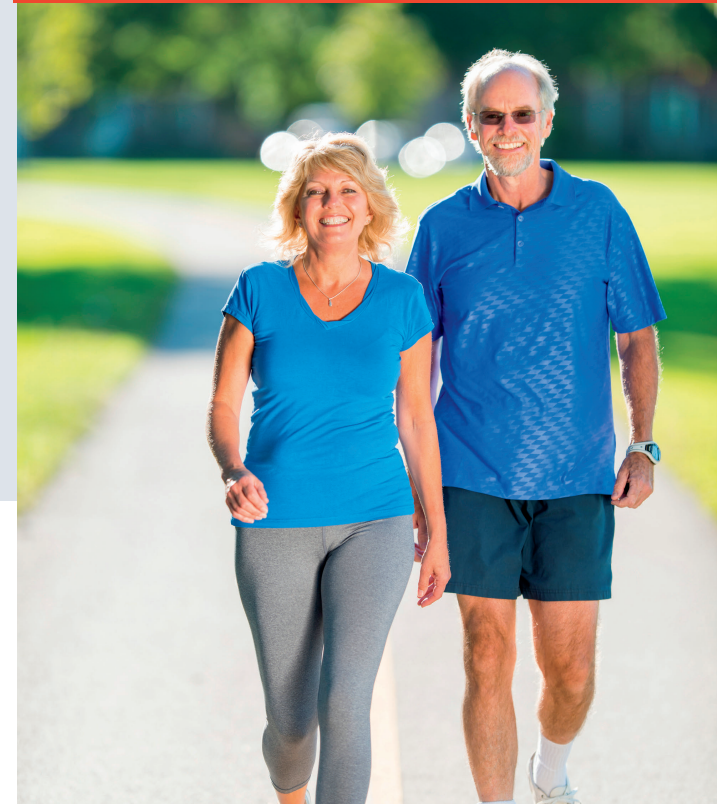
-  info@myphms.com
-  10752 Deerwood Park Blvd
#100, Jacksonville, FL 32256
-  www.myphms.com

24/7 DAY SERVICES

 **CALL US**
904-999-8826

Copyright 2022 - Personal Health Monitoring, LLC

RESIDENTS PROGRAM



SMART PHM PROGRAM

RIGHT CARE AT THE RIGHT TIME™

Our Services

What is Personal Health Monitoring?

Our app allows residents to measure their own vital signs in the privacy of their homes and securely transmit the data to the doctor. This ensures that residents 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 resident a combination of self-measurement such as:

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

Residents 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

- Leading You To Better Health - early detection of possible health issues.
- Daily measurements help to adjust medications in a timely manner.
- Can help you avoid costly visits to the ER and or being admitted into the hospital, and may also help reduce costly medications.
- Automatic measurement - no need to write it down.
- Peace of mind – your health is being monitored and supervised by a trained care team on a daily basis.
- Covered by Medicare - copay may apply.

Resident Receives

Resident 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 resident 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.