

About Our Company

Personal Health Monitoring, a Jacksonville, Florida-based company, has recently launched an innovative remote monitoring service for patients with one or more chronic diseases.

The application is very easy to use for patients and doctors.




HELPING YOU STAY HEALTHY LONGER™

FOR SELF INSURED EMPLOYERS



Get In Touch With Us:

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#100, Jacksonville, FL 32256

 www.myphms.com

24/7 DAY SERVICES



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

- Focus On The Patient
- Experienced Doctors & Nurses
- Top Technical Talent
- Medical Support Team



CALL US
904-999-8826

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SMART PHM
PROGRAM

RIGHT CARE AT THE RIGHT TIME™

Our Services

What is Personal Health Monitoring?

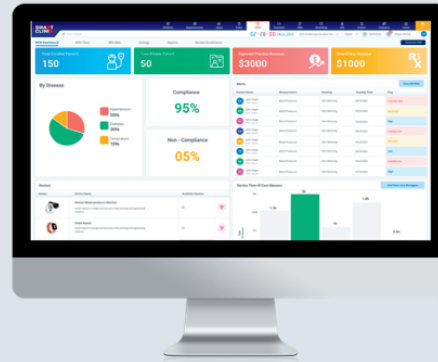
Our app allows patients to measure their own vital signs in the privacy of their homes and securely transmit the data to the doctor. This ensures that residents manage their health in accordance with their care plan. Based on the transmitted data, doctors can make timely adjustments as needed.

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

Patients 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.



Employer Benefits

- **Lower healthcare costs:** Identify and address health issues early on, self-insured employers can help to prevent more serious and costly health problems from developing.
- **Improved employee health:** PHM can help employees to better manage their health, which can lead to improved overall health and well-being.
- **Increased productivity:** By helping employees to manage their health, PHM can help to reduce absenteeism and increase productivity.
- **Enhanced employee satisfaction:** PHM can be more convenient for employees, as they can receive care remotely and do not need to take time off work to visit a clinic or hospital. This can lead to increased employee satisfaction.
- **Better data and insights:** PHM can provide self-insured employers with valuable data and insights into the health of their employees, which can be used to inform future health and wellness initiatives.
- Secure, HIPAA compliant

Employee Receives

The employee receives a measuring device (such as a blood pressure cuff, or others, as determined by their 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 their care team member or a doctor if readings are out of range.
- Monthly consultation.
- Reports can be shared with any doctor.
- No upfront cost
- 24/7 technical support on devices.