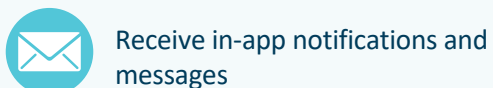
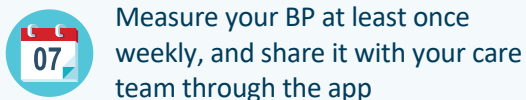
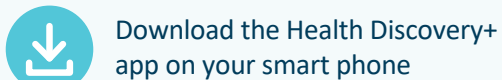
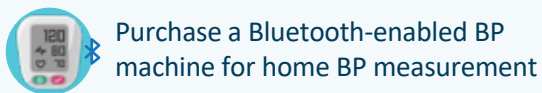


WHAT THIS WILL MEAN FOR YOU?



FREQUENTLY ASKED QUESTIONS (FAQs)

Q: What is the cost of this programme?

A: Singapore Citizens and PRs will enjoy a subsidised price of \$6.30 per year for the programme, and \$7.50 for a Bluetooth-enabled BP machine*.

Your usual consultation, medication & lab tests will be charged separately.

Q: Can I drop out of this programme halfway?

A: There will be no refund if you drop out of the programme, and you will need to return the subsidies* on the Bluetooth-enabled BP machine. We strongly encourage you to remain on this programme to better manage your condition.

**Terms and conditions apply. Please speak to your care team for more details.*

Information is correct as at date of print on August 2022. MOHT reserves the rights to update and amend the information from time to time as necessary.

CONTACT US

For general enquiries on this PTEC - Home BP Monitoring Programme, you may wish to call the **Contact Centre** of your polyclinic:

National Healthcare Group Polyclinics 6355 3000

SingHealth Polyclinics 6643 6969

National University Polyclinics 6908 2222

Contact Centre Operating Hours

Monday to Friday: 8 am to 4:30 pm

Saturday: 8 am to 12:30 pm

Not operational on Sundays and Public Holidays



For more information, scan the QR code here, or visit: <https://www.ihis.com.sg/VSM/home-bp-monitoring>

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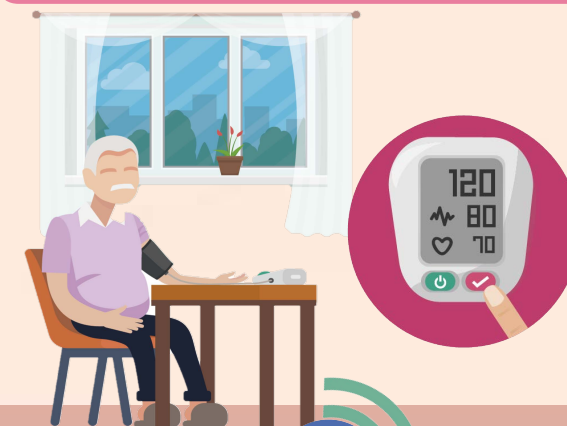
MOH OFFICE FOR HEALTHCARE TRANSFORMATION

Ver 1.5_English

Primary Tech-Enhanced Care (PTEC)

HOME BLOOD PRESSURE MONITORING PROGRAMME

Better management of your high blood pressure from the convenience of your home



JOIN OUR PROGRAMME!

This Home Blood Pressure (BP) Monitoring Programme is part of the Primary Tech-Enhanced Care (PTEC) initiative, which aims to enable you to manage your chronic conditions confidently in the comfort of your home, with the help of simple technology and tele-consultations from your polyclinic.



CONVENIENT

Enjoy the convenience of taking and sharing your readings automatically with your care team, and receive medical advice through your phone



REDUCED VISITS

Replace some of your polyclinic visits with tele-consultations



MORE SUPPORT

Receive timely reminders and advice between polyclinic visits

HOW WILL YOU GET STARTED?



MACHINE

You will download the Health Discovery+ app on your smartphone, and log in with your Singpass account. Then, you will need to pair this app with your BP machine.



CARE TEAM SUPPORT

Your care team will monitor your average BP readings on a monthly basis and contact you if your BP is not well controlled or if there is a need to adjust your medications. Your care team will schedule a tele-consultation if there is no need for a polyclinic visit.



IN-APP SUPPORT

In between tele-consultations and polyclinic visits, the app would also provide you with timely and interactive advice through helpful reminders and notifications.

YOUR CARE JOURNEY

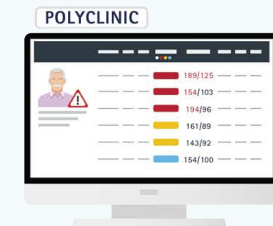
1 TELE-MONITORING



Take your BP at least once a week with the BP machine



Your reading will be sent to your care team through the Health Discovery+ app



Irregular readings are flagged to the care team

2 TELE-SUPPORT



If required, a nurse from the care team will give guidance and advice via tele-consultations



The app will advise what you should do if your BP readings are not normal



You will receive a reminder if you miss taking your BP

3 TELE-TREATMENT



Please follow the medication and lifestyle advice given by your care team during the clinic/phone consultation



You will also receive encouragement and tips to improve your BP



Now you can manage your BP more effectively!

IMPORTANT: This programme is not to be used in medical emergencies and does not support emergency calls. If you feel unwell, do seek medical assistance at the nearest facility. If you require an ambulance, please call 995 for emergencies or "1777" for non-emergency assistance.