


Welcome to the Atrium Health Sanger Heart & Vascular Institute Remote Patient Monitoring program! This home monitoring kit will help us take care of you while you are at home recovering from surgery. You will use the tools to track your health. This will help your care team monitor you closely and give you the best care.

How does it work?

Once you have downloaded the Carium app and connected your devices via Bluetooth, The Care Team will have access to review your weight, BP, heart rate, and steps proactively.

 Each Morning	Weekly
Use the scale to weigh yourself after you empty your bladder (pee) and before you eat or drink Try to weigh yourself at the same time every morning. Wear the same amount of clothing each time. Use the blood pressure machine (with cuff) to measure your blood pressure Wear your Fitbit activity tracker to monitor your steps as well as heart rate. You will need to sync/refresh your Fitbit once a day by opening the Fitbit app.	Scheduled video visit in the Carium app with CT Surgery Nurse Upload an image of surgical incision prior to scheduled video visit in the message center Complete weekly care assessment survey in Carium
Your care team will connect with you once a week for 30 days	

The Care Team will send you a Global Health Survey after discharge from the hospital at 30 days, 60 days, and 90 days to assess your physical, mental, and social health progress during recovery.

Questions You May Have:

1. How long do I have to complete the program?

- a. The program lasts 90 days. We ask that you wear the activity tracker daily and continue to monitor your weight and BP daily.
- b. After your post-operative visit at 30 days, we will no longer have weekly video visits and transition your care back to your Primary Care Provider and Cardiologist.
- c. After 90 days, we will no longer be able to review your information or receive messages, but you can continue to use the Carium application to track your vitals independently.

2. How do I contact my care team?

- a. The Sanger Heart and Vascular CT Surgery Office hours are Monday to Friday 8am-5pm. Please call the office directly at 704-373-0212 if you have a medical concern or issue that needs to be addressed timely.
- b. The Care Team has a provider on call after 5pm during the week as well as Saturday and Sunday to ensure your needs are addressed.
- c. Before you go to an Emergency Department, please call us at: 704-373-0212.
- d. For Non-urgent request, you may message your Care Team in the Carium application Monday – Friday 8am-430pm. Please allow 24 hours for response when messaging in Carum.

