



# NEPHROLOGY

## ASSOCIATES OF SYRACUSE, P.C.

### **Remote Patient Monitoring (RPM) Program for Blood Pressure Management**

Uncontrolled hypertension is the leading cause of strokes and a common reason for chronic kidney disease. Regular blood pressure monitoring allows your nephrology care team to identify changes early—often before you feel unwell. Tracking your blood pressure consistently helps us recognize trends that may signal developing illness, medication concerns, or fluid-related changes. Early detection can reduce the risk of **unexpected complications, emergency room visits, and hospitalizations.**

Remote patient monitoring of blood pressure is available so you can easily and accurately monitor your blood pressure from home. We have set up a system to provide each RPM enrolled patient with a cuff that securely transmits readings to our clinical team, allowing us to better guide your care between visits.

This device belongs to NEPHROLOGY ASSOCIATES OF SYRACUSE and is on loan to you. The length of time you'll keep this device will be determined by your provider, based on your needs. Please keep the original packaging; you'll return the device to our office in this packaging when it is determined you longer need to transmit data remotely.

Your role in this program is essential. We ask you:

- Measure your blood pressure as instructed
- Use the provided device consistently
- Continue to follow your care plan and medication instructions

Please note that the blood pressure monitor remains the property of the practice. If you choose to **disenroll from the Remote Patient Monitoring program at any time**, the blood pressure monitor must be **returned to our office**.

If you have questions about the program, the device, or your readings, our team is here to help. Thank you for taking an active role in your health—we are honored to support you.

Disclaimer – If at any time you are not feeling well and believe you are having a medical emergency, please call 911 as soon as possible. Thank you.