WHAT THIS WILL MEAN FOR YOU?

- Purchase a Bluetooth-enabled BP machine for home BP measurement
- Download the Health Discovery+ app on your smart phone
- Measure your BP at least once weekly, and share it with your care team through the app
- Receive in-app notifications and messages

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.

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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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.

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**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?**

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.

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 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.