CommonSpirit
Health at Home

Improve your health in the comfort of your home with Telehealth!

CommonSpirit Health at Home offers Telehealth - an easy-to-use, modern solution that could help you develop healthy habits and manage your condition in the comfort of your own home. Telehealth has been proven to reduce emergency room visits and hospitalization, and it's as simple as using your smartphone or tablet!

Managing your condition by developing healthy habits

- You will be asked to take your daily vital signs (such as blood pressure, heart rate and weight) and then enter this information on your smartphone or tablet using a secure app. After entering vital signs, there will be a few symptom questions to be answered.
- Daily vital signs and symptom questions will assist you to identify early changes in your health before it becomes an emergency.
- Medication reminders may be used to prompt you to take medications as ordered by your doctor.
- Educational videos provided on your tablet or smartphone will teach you how to better manage your condition.
- Caregivers may also have access to the same educational information.

Avoiding emergency room visits and hospitalizations

- After entering your daily vital signs and answering a few questions, a nurse will review the results and call you to discuss any concerns related to the information you provided and notify your doctor of changes in your condition as needed.
- The home health nurse and your physician will work together to treat you in your home and avoid an emergency room visit.
- The option to do a face-to-face call with your nurse or therapist using your tablet or smartphone is available.

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