

UPMC HEART AND VASCULAR INSTITUTE

Connected Care for Heart Failure
Taking Care of Your Health at Home

Heart Failure

We understand that living with heart failure adds a lot of tasks to your daily routine to make sure you stay healthy. Now there is a way for you to electronically track your daily tasks from home so that your doctor and care team can monitor your health, give you education, and help keep you out of the hospital.

WHAT IS CONNECTED CARE?

Connected Care is a UPMC program and is a way for your health care team to keep track of your health when you are not in the hospital. This program regularly “checks in” on you by sending you a text and is done through the convenience of your own smartphone or tablet. We will continue to check-in with you, monitor your care and provide you with resources that will help you along your journey.

Data charges may apply if you are not connected to Wi-Fi.

WHAT HAPPENS IF I CHOOSE TO PARTICIPATE IN THE PROGRAM?

If you choose to participate in the program, we will use your phone number or email address to register you. We will send your questions and monitor your condition right from your own device — a smartphone, tablet, or computer. Your information is monitored by your care team, and you can always request a phone call if you have questions or concerns about your health. Once you’ve completed your daily check-in, it will be sent to your nursing staff.

If your health is at risk your doctor will be notified, and you will receive a call from a nurse. He or she will be able to tell you what is being done to take care of your health issue.

WHAT DO I DO IF I HAVE A MEDICAL EMERGENCY?

This program is not an emergency response service. If you need general medical assistance, please contact your Connected Care team nurse or your doctor’s office. If you’re having a true medical emergency, please call 911.

HOW DO I ANSWER THE CHECK-IN?

The check-in process is easy, just follow these steps:

1. Click or tap the link that was sent to you in the text message.
2. Tap “Participate” to go to the next screen and enter your birth date.
3. Read and accept the user agreement to receive your check-in questions.

WHAT ARE THE BENEFITS OF CONNECTED CARE?

1. Take an active role in your own health
2. Become more educated and motivated to stay healthy
3. Stay at home instead of making multiple trips to your doctor’s office or to the hospital

FOR MORE INFORMATION

For questions about the Connected Care Program, or to speak to a nurse, call **1-888-860-2273**, option 5. The team’s monitoring hours are 8 a.m. to 7 p.m., Monday through Sunday. If your call request comes in after hours, someone will contact you the next business day.

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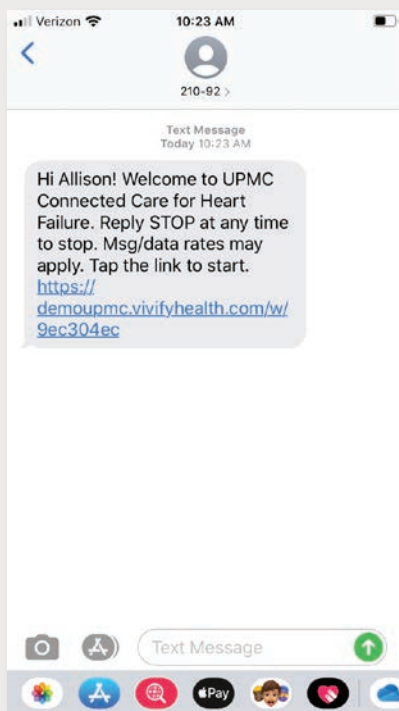
Vivify Health is a vendor utilized by UPMC, and provides the portal your care team uses to track your health at home.

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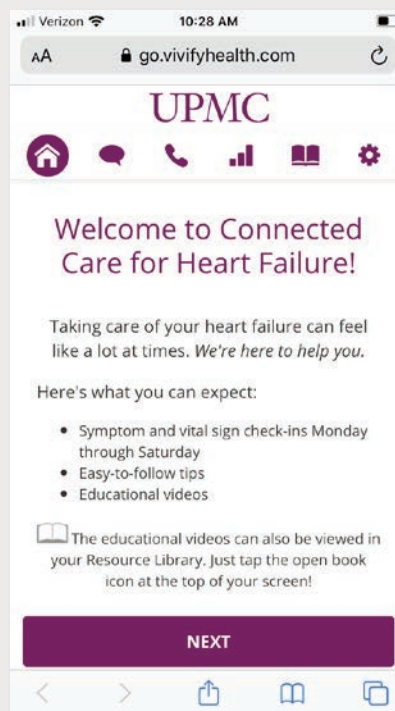
CONNECTED HOMECARE

What to Expect at Home

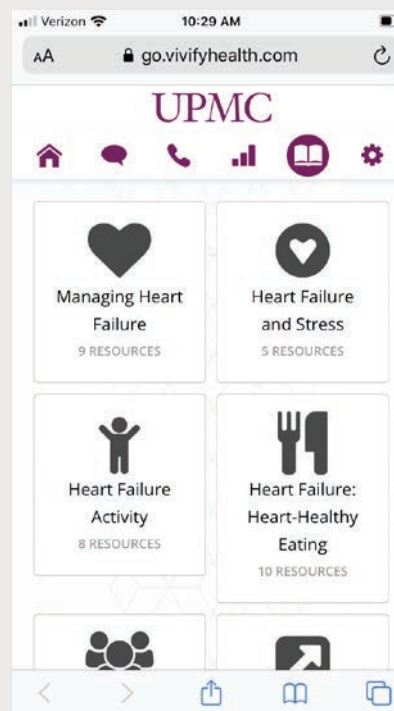
Heart Failure



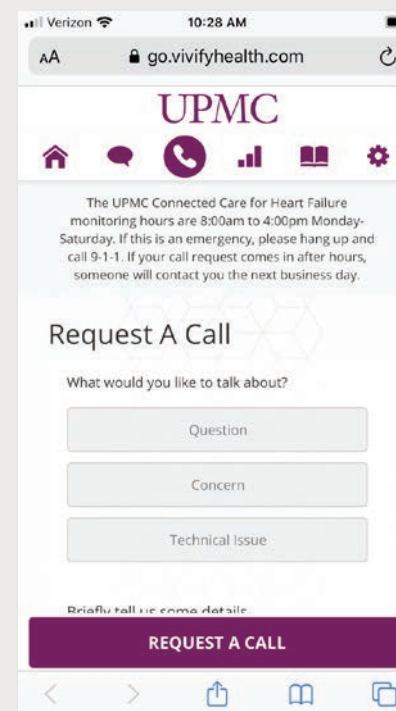
**INVITATION
TEXT MESSAGE AND
SECURE LINK**



**UNDERSTANDING
THE PROGRAM**



**HELPFUL RESOURCES
AVAILABLE TO YOU
ON DEMAND**



**EASILY STAY IN TOUCH
WITH YOUR CARE TEAM**