

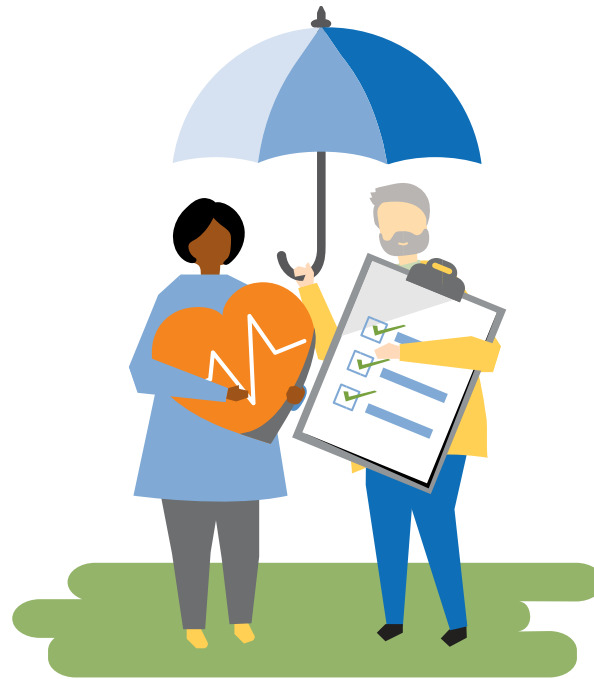
# Remote Patient Monitoring Patient Handout



**CALIFORNIA  
TELEHEALTH  
RESOURCE  
CENTER**

Part of **OCHIN**

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## Table of Contents

About CTRC	1
Remote Patient Monitoring Toolkit	2
Trusted Resources	3

## ABOUT CTRC

The California Telehealth Resource Center (CTRC) offers no-cost, unbiased training, educational resources, and technical assistance to help California providers and patients get the most from telehealth. As the federally designated telehealth resource center for the region, we offer unbiased tools and services based upon proven telehealth practices. We create lasting change and improvement by focusing on implementation, sustainability, reimbursement and policy, integration, workflows, and patient/provider adoption.

As part of the National Consortium of Telehealth Resource Centers and the OCHIN family of companies, CTRC assists thousands of providers and patients annually. We have extensive experience supporting the healthcare safety net, rural and urban providers, and patients and families throughout California who would otherwise be unable to access quality healthcare due to geographic isolation, language/cultural barriers, lack of insurance, disability, homelessness, and more.



## CTRC Remote Patient Monitoring: Patient Handout

**Remote Patient Monitoring (RPM)** allows you to share health information from home, such as blood pressure, blood sugar, weight, heart rate, or symptoms. This information is securely sent to your healthcare team so they can support you between visits and catch potential problems early.

**RPM does not replace emergency care.** It is designed to help manage ongoing health conditions and keep you connected with your care team.

### Before starting, ask your clinic:

- What health information will be monitored?
- How often should you take and send readings or is it automatic?
- How does your care team review your information?
- Who to contact if you have questions or feel worse

### Patient Checklist:

- ✓ Ask what is being monitored (blood pressure, weight, glucose, symptoms, etc.)
- ✓ Ask how often to take readings and at what time of day
- ✓ Ask who reviews your readings and how quickly you will be contacted if something looks concerning
- ✓ Understand what to do in an emergency and when to call 911
- ✓ Ask about costs for devices or services and whether insurance covers them
- ✓ Request training in your preferred language and any accessibility accommodations you may need
- ✓ Keep devices charged and use them as instructed
- ✓ Tell your clinic if you travel, lose internet access, or have trouble using the equipment



#### Tip

If anything feels urgent or unsafe, call 911 or go to the nearest emergency department. If it's not an emergency but you feel worse, contact your clinic as soon as possible.

## Trusted Resources

- HHS: [How can I use telehealth to manage chronic conditions? | Telehealth.HHS.gov](https://www.hhs.gov/telehealth/chronic-conditions/)
- HHS: [What are different types of telehealth? | Telehealth.HHS.gov](https://www.hhs.gov/telehealth/types/)



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