

## Benefits of enrollment:

- **Home Telehealth creates the link from the VA facility to the Veteran, from anywhere to anywhere.**
- **Home Telehealth partners with VA Video Connect which establish access to Specialists located all over the United States.**
- **Home Telehealth supports patient self-management of conditions to promote Veterans to be an active partner in their medical care decision making.**

Home Telehealth is not an emergency response system and it does not replace all clinic or home visits.

This program is provided at no cost to Veterans.

Please ask your Primary Care, Specialty Care, or Mental Health clinician if Home Telehealth is right for you.



# Home Telehealth

Telemedicine is a health care delivery model which allows rural and highly rural Veterans to meet with their medical and Mental Health Patient Aligned Care Team from a location which is convenient for the Veteran.

The Home Telehealth Vision is to provide the right care, in the right place, at the right time ("Telehealth Services", 2018).

**For questions about the voluntary Home Telehealth program please contact:**

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or

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**Bringing the VA facility to you!**

**VA Central Iowa Health Care System**  
<https://www.centraliowa.va.gov/>

**Connecting the Veteran, family, and provider through technology.**

## What is Home Telehealth (HT)?

Telemedicine is based on telecommunication designed to monitor patients and transmit data related to the Veteran's health status.

## How does it work?

Veterans can report real time signs and symptoms related to their health status, which is monitored remotely over a safe and secure VA approved network by VA Registered Nurses.

After discharge from acute care, outcomes are improved and substantiated as a result of supplemental care into the home.

As a result, complications can be quickly detected.

Early interventions can prevent unnecessary emergency room visits and re-hospitalizations.



## How do I qualify for Home Telehealth?

- Anxiety
- Asthma
- Bipolar
- Chronic Obstructive Pulmonary Disorder (COPD)
- Congestive Heart Failure
- Chronic Kidney Disease
- Coronary Artery Disease
- Depression
- Diabetes
- Hypertension
- Multiple Sclerosis
- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia
- Tobacco Cessation

Ask your clinician or nurse for a Home Telehealth consult if you are interested in being on the program.

## What are my responsibilities to participate in the Home Telehealth program?

- Complete daily submissions of health checks
- Converse with your RN/Case Management Specialist by phone or video
- Create Specific, Measurable, Attainable, Realistic, and Timely (SMART) goals
- Be motivated and open to support with making health care choices to achieve your individualized SMART goals
- Once SMART goals are met and self-care management is successfully taught, you will graduate from the Home Telehealth program.
- If at any time re-enrollment is needed, simply ask your provider to enter a new Home Telehealth consult.



**This program is offered by the VA at no charge and does not replace any current services you are receiving.**