Frimley Health and Care Remote Monitoring Service

Support to keep you well at home

The Digital Health Team would like to offer you remote monitoring because your GP considers you could benefit from this NHS service.

A health care professional from this service will phone you to talk you through what this means, check you are happy to be enrolled and help you get set up.

What is remote monitoring?

Remote monitoring lets you share your symptoms from the comfort of your own home and helps build a picture of what is normal for you. This supports health care professionals to provide you with the right level of care. If your health readings fall outside of expected ranges, the Digital Health Team will call to check how you are and confirm whether you need extra support, such as a call from your GP practice.

What happens next?

The Digital Health Team will work with you to understand what equipment you need and help you get set up.

You then need to share your health readings, such as your blood pressure, and answer some questions about how you are feeling and any other needs you have. This is done using an app called DOCOBOAPP™ and the team will talk you through how to do this.

Your health readings and the answers you give are sent to the Digital Health Team who will contact you if you need support.

How to contact us

Your NHS Remote Monitoring Service is provided by Berkshire Primary Care. You can contact the team by email at: frimleyicb.bpccomplexpatients@nhs.net

You can find out more about our services by visiting our page on the Frimley Health and Care website:
https://www.frimleyhealthandcare.org.uk/remotemonitoring