

# Impact of Remote Monitoring Programs on Hypertension Outcomes

More than 10+ years of program experience, VRI, a Modivcare Service, has partnered with a National Health Plan to enroll members in our Vitals Monitoring Program.

## Our Study

Members received an in-home device that was monitored by our Care Center. The study included the following:

- Reminders for missed readings
- Triage for abnormal readings
- Reports to Providers



## Study Population

77% Female      Minimum Age: 22  
 23% Male      Maximum Age: 100  
 Conditions monitored: Heart Failure (HF), Diabetes, Hypertension, + COPD  
**80% participated for a minimum of 3 months**

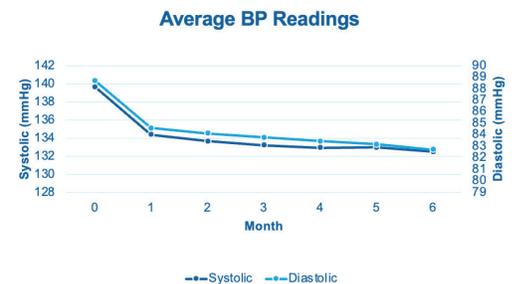
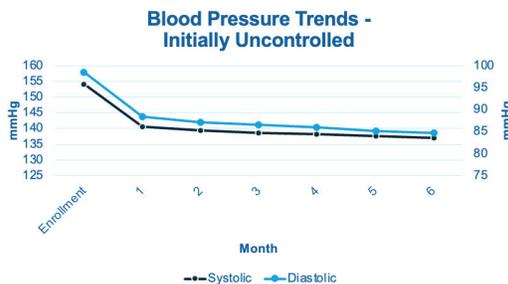


## We Found

58% patients above HEDIS (Healthcare Effectiveness Data and Information Set) control at enrollment

40% patients above HEDIS control at 6 months

43% increase in population under HEDIS control



**N = 469 members**  
 Average reduction in blood pressure:  
**Systolic: 17 mmHg Diastolic: 14 mmHg**

**46% of all initially uncontrolled patients are brought under HEDIS control within 6 months**

Source: Modivcare, RPM Study: Impact of Remote Monitoring Programs on Hypertension Outcomes

**N = 710 members**  
 Average reduction in blood pressure:  
**Systolic: 7 mmHg Diastolic: 6 mmHg**

**\*5 mmHg drop in systolic blood pressure reduces risk of major cardiovascular event by 10%**

Source: [www.ncbi.nlm.nih.gov/pmc/articles/PMC8102467/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC8102467/)