



## Improving the Quality of Care Offered by Telemonitoring Services

The importance of telemonitoring services is increasing based on longer average life expectancy and increased health care costs. mHealthALert, from Cystelcom, is a remote health monitoring platform that uses Qualcomm Life's 2net™ Platform to provide inexpensive, 24/7 telemonitoring services for chronically ill patients in their homes. mHealthAlert offers a remote medical diagnostic solution to health care providers as they grapple with effectively managing seniors' health and the significant level of health care services they require.

The mHealthAlert cloud-based platform offers mobile phone-based and video-based health care apps to chronically ill patients and gives designated doctors and social care professionals secure access to their patient's clinical history to ensure prompt care and accurate treatment in near real-time.

*Continuous Care. Informed Interventions.*

### OPPORTUNITY

Consistent telemonitoring can reduce overall health care costs by **reducing up to 20% of readmissions** and **25% of the average length of a hospital stay**<sup>1</sup>.

Currently, health care and monitoring systems for chronically ill patients come at a high price, are used to measure results from a single monitoring device, and do not permit near real-time delivery of results to a medical professional in the case of an emergency. Applications often present barriers to adoption as they can be burdensome to set up and do not allow hospitals or insurance companies to pay per use.

### SOLUTIONS

The mHealthAlert solution leverages the 2net Platform and Hub to improve ease-of-use for patients wanting to track their measurements and alerts anytime, while offering an innovative service-based model for hospitals and insurance companies. This improvement upon the standard of care reduces the risk of patient errors in self-medication and provides a less expensive, more efficient health delivery system. mHealthAlert also offers services with no entry fee and employs the pay-per-use business model.

### BENEFITS

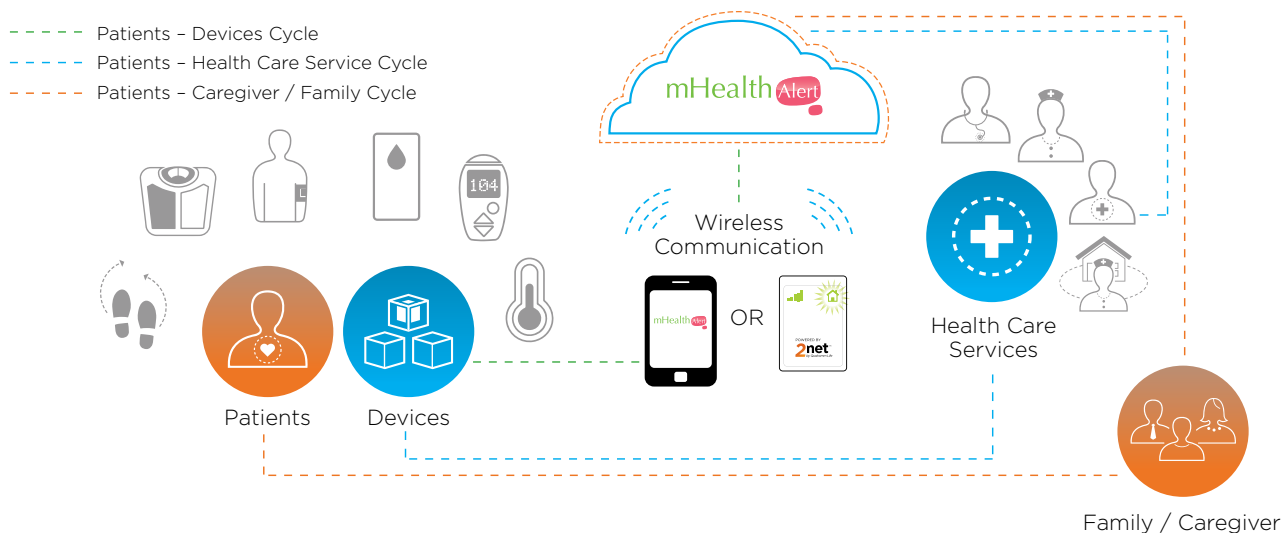
A recent study at the University Hospital of Torrejón in Madrid, Spain, used mHealthAlert with telemedicine devices to remotely monitor Chronic Obstructive Pulmonary Disease (COPD) patients. The findings show that of the 30 COPD patients, there was a **69% decrease in hospital readmission rates**, a **34% reduction in emergency room admissions** and a **30% reduction in the duration of hospital stays**<sup>2</sup>.

#### The mHealthAlert Platform:

- Provides a user-friendly, near real-time data stream to care providers for timely diagnosis and evidence-based interventions
- Allows for continuous monitoring of a patient's health through secure access to health records
- Offers an improved standard of care for patients that require remote monitoring
- Reduces overall medical costs by sharing emergency notifications so patients can remain at home

## Why Qualcomm Life?

Qualcomm Life offered mHealth Alert a device-agnostic solution that captures, aggregates and transfers biometric data from multiple telemedicine devices to an individual within their home. The 2net Hub provides a plug-and-play option for patients without a smartphone or mobile capabilities to use telemedicine devices to manage their care, and transfer their data wirelessly to the 2net Platform. By removing the burden of setup and eliminating connectivity issues, the 2net Platform enables mHealthAlert to deliver secure, accurate health data on an easy-to-use mobile health platform, to improve telemonitoring services while reducing the cost of care.



“Qualcomm Life’s 2net Platform and Hub allow mHealthAlert to create telemonitoring solutions that are user friendly and accessible to both patients and caregivers, reaching all those opportunities that require improved ease of use for elderly and chronically ill patients.”

- Manuel Cuenca, CEO and Founder, mHealthAlert

Learn more about how Qualcomm Life mobilizes health care through Continuous Care. Informed Interventions. Visit [qualcomm.life](http://qualcomm.life).

Discover more about how mHealthAlert is revolutionizing preventative care with its user-friendly platform. Visit [mhealthalert.com](http://mhealthalert.com).

<sup>1</sup><http://scienceblogs.com/thepumphandle/2010/05/27/reducing-hospital-readmissions/>

<sup>2</sup><http://www.mhealthalert.com/images/pdfs/Case-Study-Hospital-de-Torrejon-ENG-140414.pdf>