



CENTER FOR INNOVATION AND WELLBEING

Health Harmony Case Study



Remote health monitoring promotes wellbeing and better care.

Remote patient monitoring (RPM) is an effective technology-based solution to proactively support one's health and wellbeing outside of conventional clinical environments. RPM allows an individual to take his or her blood pressure, weight, oxygen, glucose and other vitals readings with little or no help from a caregiver or nurse, and transmit this data to the provider who can proactively and appropriately respond to alerts before

an emergency arises.

Front Porch partnered with [Health Harmony](#), a [Care Innovations](#) solution that assists in monitoring hypertension and other chronic diseases through a Bluetooth enabled blood pressure cuff, weight scale, and other devices. These peripherals connect to an iPad mini loaded with the Health Harmony app, which communicates a patient's data to caregivers and provides the patient with real time feedback and information on their health. It also includes health and wellbeing surveys and educational content to promote disease management.

Front Porch Center for Innovation and Wellbeing (FPCIW) conducted a study using Health Harmony for resident monitoring and as part of an innovative program at [Kingsley Manor](#) and [Claremont Manor](#) called "Safe at Home." The program follows residents post-discharge from the care center to home with the goal of making sure that the resident transitions well and follows aftercare protocols, reducing the risk of additional inpatient care.

The main objectives with the Health Harmony and Safe at Home pilot are to ...

- Assess the impact of remote patient monitoring for independent residents who are not yet ready for higher levels of care, and for residents who have been recently discharged from the care center back into the community
- Evaluate the business viability of incorporating RPM monitoring in the residential community as an enhanced or additional service
- Measure the adoption rate of RPM service and satisfaction level of residents and staff
- Evaluate the RPM solutions and identify features that are beneficial and features that need improvement for users.
- Develop implementation protocols to replicate the program in other communities if the pilot produces positive results

As a result of our pilot at Kingsley Manor and Claremont Manor, resident focus group meetings revealed greater participant awareness of personal health, changes and reduction in medication, and greater communication between clinical care teams and residents. Participants reported greater health awareness and comfort knowing that a clinical team member consistently monitors health outcomes, and care staff expressed a greater understanding of and responsiveness to resident needs.

About the Front Porch Center for Innovation and Wellbeing

The Front Porch Center for Innovation and Wellbeing is part of Front Porch®, one of Southern California's largest not-for-profit providers of retirement living communities and affordable housing. The Front Porch Center for Innovation and Wellbeing strives to harness technology solutions that support and enhance wellbeing in older adults. The Front Porch Center's core initiatives focus on how technology can: assist in maintaining brain health; enhance social connectedness; promote engagement and growth; empower control over health and wellness; prevent emergencies or serious events; and increase resources and support for formal and informal caregivers. The Front Porch Center for Innovation and Wellbeing is a signature program of Front Porch's Humanly Possible® commitment to doing everything humanly possible to creatively meet the needs of those we serve today and in the future. The Front Porch Center is the winner of the Bronze Award for the Dignity category in the 2015 McKnight's Technology Awards and the Aging 2.0 Pilot Pioneers 2015 Innovation Award. More information can be found at www.fpci.org.

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