

# Monitor Chronic Conditions with More Insight, Ease, and Cost-Efficiency

NextGen<sup>®</sup> Remote Patient Monitoring powered by Validic

## The pressures of chronic care management

When managing patients with chronic conditions, providers face tremendous pressure to improve outcomes. In addition to an increase in the number of patients with chronic diseases, other factors such as CMS readmission penalties, limited resources, rural access, and the shift to value-based payment models make patient care for this demographic a challenge.

The cost to meet the care needs of aging baby boomers and millennials is also high.<sup>1</sup> Treatment of chronic and/or mental conditions covers 90 percent of the nation's \$3.8 trillion annual healthcare costs.<sup>2</sup>

With these clinical and financial strains, the question remains—how do you effectively monitor patients with chronic conditions who don't have the means, desire, or time to make routine office visits?

## Patient empowerment through RPM

Remote patient monitoring (RPM) helps relieve pressure for your providers who need accurate, timely data to monitor a large volume of patients with severe, chronic conditions. According to Frost & Sullivan, the chronic conditions well suited for RPM (a combined annual healthcare cost of ~\$1.19 trillion) include:

- Diabetes\*
- Hypertension\*
- Heart disease and stroke
- Obesity
- Substance abuse
- Asthma
- PTSD<sup>3</sup>

\* Initial RPM offering supports diabetes and hypertension.

## Gather real-time patient device data with flexible RPM

NextGen Healthcare has partnered with Validic to develop a flexible and modular remote patient monitoring solution—NextGen Remote Patient Monitoring. This phase one RPM solution enables your providers to invite patients with hypertension and diabetes to enroll in the RPM program. The provider sets goals for the patient and reviews home monitoring device data (e.g., blood pressure readings) through a real-time display. Specific data can be attached as a PDF to EHR encounters when needed. Patients can view goals and their device data on their smartphones via an app.

## Features

Patient's mobile app:

- **In-app enrollment**—makes it easy for patients to enroll via an emailed link from their provider
- **Bluetooth data syncing**—connects with over-the-counter glucometers, blood pressure cuffs, weight scales, and pulse oximeters
- **Real-time display**—views and tracks device data
- **Goal management**—enables patients to view goals set by their providers
- **Data sharing**—allows patients to share device data with their providers

## Features (cont.)

Provider's RPM module on virtual care platform:

- **Provider-initiated enrollment email**—invites eligible patients
- **Goal setting**—sets the patient-specific frequency and threshold goals (for example, measure blood glucose two times a day)
- **Library of devices\***—identifies devices on the market that connect with the RPM program
- **Real-time display**—provides convenient viewing to track data
- **NextGen Virtual Visits™ integration**—views patient data and supports virtual care
- **Dashboard notifications**—make it easy to set up notifications for alerts when patient data is outside of a specified threshold or if the patient has missed readings
- **EHR clinical documentation**—specifies and pushes PDF data into an EHR encounter

## Benefits

- Obtain vital data without the need for an in-person visit
- Gain more data insights to achieve better outcomes
- Use a single telehealth platform (NextGen Virtual Visits) to view RPM data and see patients virtually
- Document data to support clinical decisions in your EHR
- Empower your patients to play an active role in their care as they can gather and see data from multiple monitoring devices with a single app
- Expand device choice for your providers and patients

\* The library of device connectivity continues to evolve and grow. [Click here](#) to learn more.

## Improve patient and provider satisfaction

NextGen Remote Patient Monitoring is a flexible and convenient RPM solution that can help improve patient outcomes. With expanded capabilities to monitor more chronic care patients, your practice can fulfill obligations associated with awarded grant funds and quality organizations. As more patients use RPM, patient loyalty and engagement with virtual visits will likely rise, which will help increase telehealth offerings and grow revenue.



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<sup>1</sup> Various studies have shown millennials have worse health than previous generations. Further, a 2019 study from the Blue Cross Blue Shield Health Index found one-third of millennials have a health condition that will lower their life expectancy and quality of life. And, when compared with Generation Xers at the same age, older millennials had a significantly higher incidence of several common health conditions, including Type 2 diabetes, high cholesterol, hypertension, and major depression. <https://www.advisory.com/daily-briefing/2020/01/17/millennials-weekly-line>  
<sup>2</sup> Health and Economic Costs of Chronic Diseases, CDC, [www.cdc.gov/chronicdisease/about/costs/index.htm](http://www.cdc.gov/chronicdisease/about/costs/index.htm)  
<sup>3</sup> Growth Opportunities in the US Remote Patient Monitoring Market, Forecast to 2023, The Technology Can Improve Patient Outcomes, Reduce Readmissions, and Lower Costs, March 2019, Global Transformational Health Research Team, Frost & Sullivan

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