



ICP myMobile®

What is it?

The Tunstall ICP myMobile® Connected Health app enables patients to capture their vital signs and symptoms at home and gives clinicians the ability to view this data remotely and be alerted to urgent medical events at an early stage. It connects patients and clinicians, providing insight which enables more proactive and preventative care and empowers patients to take an active role in managing their own health.

myMobile® is part of Tunstall's Integrated Care Platform (ICP), which combines software, hardware and devices to enable patients with long term conditions to be effectively supported in the community. ICP triagemanager® software integrates with myMobile which allows clinicians to view the health status of multiple patients remotely and prioritise their care.

Who is it for?

myMobile® has been created specifically for those who have a health condition where regular collection of health data is essential, or at least beneficial to their condition, but the app can be used by anyone. The app is designed to work on both Android and iOS smartphones and tablet devices (that meet minimum requirement guidelines).

The app has proven to be particularly effective for people with long term conditions such as COPD, Cardiovascular Disease, type 2 Diabetes, Hypertension and complex co-morbidities (Whole Systems Demonstrators, Kings Fund, 2013).

How does it work?

Each patient follows their own monitoring plan, created in conjunction with their clinician. The myMobile® app provides the patient with a notification when scheduled interviews are due to be completed. Patients use their individual secure log in to access the app on their Android or iOS device. They can then use the medical grade peripheral devices specified by their clinician as part of their monitoring plan to take their vital signs readings. These readings are transmitted via Bluetooth to their mobile device. The myMobile® app will then guide the patient through individualised health questionnaires, which asks them questions relating to their current symptoms.

This information is then securely transmitted to a monitoring centre where trained operators view the data on-screen using Tunstall's ICP triagemanager® patient management software. Results which breach the parameters set for that patient will raise an alert on the system, prioritising them on the triage screen using colour coding relating to the level of risk. Either the clinician will directly monitor their patients or an operator will follow local protocol, alerting a clinician if appropriate. They can then contact the patient by phone or video conferencing to offer advice, schedule a visit or take other action such as prescribing emergency medication. Vital sign readings that are outside the patient's limits can also be configured to generate an SMS or email alert to the care team.

Clinicians can also access data remotely at any time to gain valuable insight into trends, for example when titrating medicine, helping to inform ongoing care plans. Patients can use the app to view their monitoring plan, and review their vital sign and activity trends, encouraging self-management. myMobile® also allows the integration of Fitbit activity monitors, and supports video conferencing and secure messaging.

Key features

- **CE marked and quality assured:** Complies with European Medical Devices Directive, and was developed under ISO 13485 quality system
- **Secure:** SSL communication to ICP ensuring secure patient information management. Bluetooth connectivity to automatically transmit results from peripheral devices
- **Proactive:** Supports self-management, with automated alerts and activity reminders, as part of a health management plan. Access to Tunstall's myCare patient portal and video education library
- **Multifaceted:** Supports activity management using Fitbit, including trending and activity alerting

Why Tunstall?

We focus on using the latest digital and mobile technology to enable people to feel safe, secure and independent, giving them the freedom to live the life they choose. Our products combine secure digital connectivity and mobile platforms.

We help you provide...

- **Intelligent, person-centred care**
- **Personalised, proactive and predictive services to improve quality of life**
- **Integrated health, housing and social care**

For more information please visit:

tunstallhealthcare.com.au

Benefits

Efficient: Remote monitoring and video conferencing may reduce the requirement for face-to-face consultations, reducing travel time for patients and clinicians and enabling efficient case-load management. Chronic Disease monitoring enables early interventions, avoiding the need for more complex care.

User friendly: Intuitive interface makes remote monitoring simple. Displays the patient's clinically defined monitoring plan and latest results in a user-friendly format, including trend graphs.

Patient-centred: Individual care plans created, including unique parameters and customisable question tree templates.

Insightful: Enables data-driven clinical decision-making with regular, objective information.

Integrated: Enables patients and clinicians to work together to manage health.

Specification

Technical overview

Platforms:

Android app supported on Android OS 6.0 and greater
iOS app supported iOS11.3 and greater.

Communications:

3G, 4G and Wi-Fi connectivity.

Bluetooth:

Bluetooth 4 and Bluetooth Low Energy (LE), depending on the connected peripheral device.

Network bandwidth:

Up to approximately 500 megabytes per month if using video conferencing for four hours per month.

Network access:

Required to sync data to Tunstall's triagemanager®.

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