Health Maintenance Monitoring can be used to monitor the following:

Remote monitoring of a physical health need for:

- Initial set-up and patient education on the use of equipment
- Device(s) supply with daily recording(s) or programmed alert(s) transmission
- Remote physiologic monitoring and interactive communication completed by: Clinical staff, physician, or other qualified health care professional



Health Maintenance Monitoring Services are available in the following HCBS Waivers:

- Family Support Waiver (FSW)
- Developmental Disabilities Adult Day (DDAD) Waiver
- Comprehensive Developmental Disabilities (CDD) Waiver

Remote Support Service information is in the Nebraska Administrative Code:

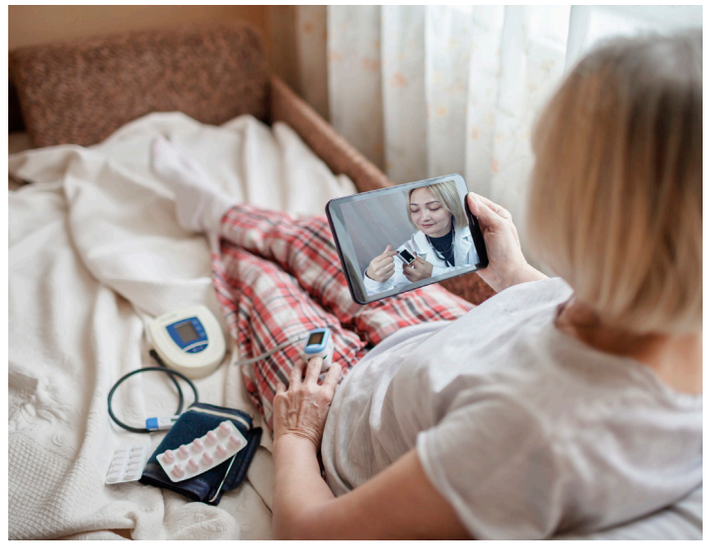
Title 403 NAC Chapters 4, 5, and 6

For more information visit:
https://dhhs.ne.gov/

Nebraska Department of
Health and Human Services
Division of Disability and Aging

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DEPT. OF HEALTH AND HUMAN SERVICES

Health Maintenance Monitoring



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Helping people live better lives

Definition

Health Maintenance Monitoring involves the monitoring of personal health and collecting medical data to improve the management, care, and support for chronic medical conditions.

This service is delivered via electronic communication technologies that remotely monitor a participant's vital signs, biometrics, or subjective data.

Participants receiving Health Maintenance Monitoring must be under the supervision of a treating physician, physician's assistant, or advanced practice nurse. This person directly provides care and treatment for their medical condition. They are not only authorizing the monitoring service.

Benefits of Health Monitoring

- **Convenience and Accessibility:** Enables participants to manage their health from anywhere.
- **Early Detection and Prevention:** Helps in identifying health issues before they become severe.
- **Cost-Effective:** Reduces hospital visits, emergency care costs, and medical expenses.
- **Enhanced Doctor-Patient Communication:** Provides real-time data for better diagnosis and treatment.
- **Empowers Participants:** Encourages self-care and proactive health management.

Key Features of Health Monitoring

- **Remote Health Monitoring**
  - Continuous tracking of vital signs (heart rate, blood pressure, glucose levels, etc.)
  - Wearable devices and mobile apps for real-time data collection
  - Alerts for abnormal health readings
- **Data Analytics**
  - Predictive analysis for early disease detection
  - Personalized health insights based on data trends
- **Telehealth and Virtual Consultations**
  - Access to healthcare professionals via virtual visits
  - Immediate medical advice without in-person visits
  - Integration with electronic health records for seamless care
- **Medication and Treatment Adherence**
  - Automated reminders for medication and therapy sessions
  - Virtual assistance for chronic disease management
  - Integration with pharmacies for prescription refills

Remote Monitoring Methods

Healthcare providers performing a telehealth or digital health service shall utilize the following modalities of communication delivered over a secure communications connection that complies with HIPAA:

- Live or real-time audio and video asynchronous telehealth technology
- Asynchronous store-and-forward telehealth technology
- Remote patient monitoring using wireless devices, wearable sensors, or health monitors, such as:
  - Heart rhythm with an electrocardiogram (EGG)
  - Respiration
  - Blood oxygen level (SpO2)
  - Non-invasive blood pressure (NIBP)
  - Glucose monitor
  - Weight
  - Apnea monitors
  - Specialized monitors for dementia
  - Temperature
- Audio-Only telecommunications systems
- Clinical text chat technology

