

## Health Call Healthy Weight Management

Health Call Healthy Weight Management is a remote monitoring service for patients to help them achieve and maintain a healthy weight.

Patients weigh themselves at home using bathroom scales. Weight and responses to questions regarding diet and lifestyle goals are communicated back to a clinician via text, app, automated phone call or online.

We offer patients the choice of a communication method which works for them, meaning we are inclusive of all, regardless of technical ability or access to the internet.

The service determines the patient's BMI and any weight changes and reports on whether goals are being achieved. If readings fall outside of pre-set parameters, alerts are generated to inform a clinician so contact can be made with the patient.

The information can be integrated with clinical systems such as EMIS WEB, Vision and SystmOne, meaning patient information is available in the patient record for all authorised professionals to view.

### Why Health Call Healthy Weight Management?

#### Improved quality of care

Clinicians are able to provide a flexible, pro-active and supportive service responding to patient needs in a timely manner rather than when the service dictates.

#### Increased capacity

Remote monitoring enables more patients to be monitored, using the same resources.

#### Reduced 'do not attend' appointments

Each 'do not attend' appointment costs the NHS £120. Remote monitoring removes the risk of missed appointments.

#### Convenience for patients

Patients are no longer required to routinely attend appointments, take time out from work and pay for travel. Instead they are monitored in the convenience of their own home.

#### Improved self-management

Regular self-monitoring empowers patients to achieve their diet and lifestyle goals.

#### Improved clinical outcomes

Reduces secondary care complications as a result of sustained weight loss.



**Patient information is made available to authorised health professionals through the patient record, meaning it's accessible to all that need it." –**

Catherine McShane, Lead Dietitian at County Durham and Darlington NHS Foundation Trust.

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## About Health Call

Health Call is an NHS collaboration between six NHS Foundation Trusts in the North East of England;

- County Durham and Darlington NHS Foundation Trust,
- Northumbria Healthcare NHS Foundation Trust,
- Newcastle Hospitals NHS Foundation Trust,
- North Tees and Hartlepool Hospitals NHS Foundation Trust,
- South Tees Hospitals NHS Foundation Trust
- Gateshead Health NHS Foundation Trust.

Covering two STP regions, Health Call enables best practice and diverse clinical expertise to be shared across Trusts. Health Call is the largest deployment of digital care technologies in England. Digital services designed, built and deployed by care professionals are made available to every organisation within the Health Call collaboration within hours, enabling the roll out of safe digital care at scale and low cost. Inhealthcare Limited, a UK digital health specialist, currently provides the digital infrastructure to Health Call.

