

## QUESTIONS PEOPLE OFTEN ASK...

### Will the Health Buddy appliance increase my telephone or electric bills?

No, the Health Buddy appliance dials a toll-free number, so no charges will show up on your phone bill if you have standard phone service. Your Health Buddy appliance uses less power than the light bulb in your refrigerator, so you will see no noticeable increase in your electric bill.

### Can I use my telephone while it is connected to the Health Buddy appliance?

Yes, you can use your phone as usual. If you happen to pick up the telephone while your Health Buddy appliance is using the line, it will automatically stop and reschedule its session so you can use the phone.

### Where is the best place to put my Health Buddy appliance?

You can put your Health Buddy appliance anywhere there is an electrical outlet and a working telephone jack. Many people put their Health Buddy appliance next to their favorite reading chair in the living room. Just be sure that the electrical outlet you choose is not connected to a wall switch that can be turned on and off.

### What if I accidentally press the wrong button when answering a question?

No problem. At the end of each session you will have the option to review and change your answers.

### Do I need to have a computer or know how to access the Internet?

Not at all. All you need to do is read the screen and press the buttons.

### Is the Health Buddy appliance difficult to install?

No. Installing the Health Buddy appliance is very easy. The Gardner VNA is happy to install the Health Buddy appliance for you.

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Powered By  
**Health  
Buddy**



# Gardner VNA



## Meet the newest member of

# YOUR HEALTHCARE TEAM...



## Introducing the

# HEALTH BUDDY® APPLIANCE

## THE FIRST PERSONAL, IN-HOME, DAILY INFORMATION LINK BETWEEN YOU AND YOUR HEALTHCARE PROVIDER

Daily communication means even better care for you.

The Health Buddy® appliance is a friendly, convenient, easy-to-use appliance that lets you provide your care manager with important information about your condition on a daily basis – right from the comfort of your own home.

The Health Buddy® appliance provides you with important healthcare information and useful tips to help you take better care of your own health.

Now you can take a more active role in your own well-being, and enjoy a greater peace of mind knowing that the people responsible for your continuing care have up-to-date information on the status of your health every single day.

### Here's how the Health Buddy appliance works:

The Health Buddy appliance plugs into your telephone line and an electrical outlet. You will be asked a series of simple questions about your health status. You answer by pushing one of the four buttons. The entire process takes only a few minutes.

And that's all there is to it! **Your session must be completed by 11:00 am for the results to be reviewed that day.**

After you complete your session, your Health Buddy appliance will silently and automatically dial a toll-free number to send your information to the Gardner VNA's Telehealth Nurse. It then receives new questions and helpful information for your next session. Your doctor and authorized health professionals will be able to access the information to evaluate your progress and help provide you with even better care.



## YOUR HEALTH BUDDY APPLIANCE LETS YOU BECOME AN ACTIVE MEMBER OF YOUR OWN HEALTHCARE TEAM

### EASY

The simple design of the Health Buddy appliance makes it easy and even fun to use. Just read the questions and reminders that appear on the screen, and answer by pushing one of the four buttons.

### CONVENIENT

Your Health Buddy appliance can be placed where there is a phone jack and an electrical outlet. At your convenience, your Health Buddy appliance is ready with questions and instructions specifically designed for you. The Health Buddy appliance provides medical professionals with the kind of up-to-date information they need to give you the best possible care so you can live a healthier life.

### CONFIDENTIAL

You can rest assured that the information collected during your daily Health Buddy appliance sessions is secure and confidential. No one will have access to your data unless they have been authorized by you or your healthcare provider.

### Here's what people say about using their Health Buddy appliance:

"I feel somebody is watching out for me... and I like that."

"It's become a quick little daily routine – just like brushing my teeth."

"It has raised my awareness about the things I need to do to stay in good shape."

"It gives me something to look forward to. And, it is very educational."

"At first, I thought it would be inconvenient. Now, I find myself looking forward to my telehealth sessions every day."

