

# Remote health monitoring insights

Do specialized remote health monitoring devices have the potential to reduce patient burdens and healthcare costs?

## Interest

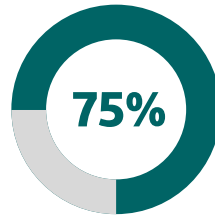
### Chronic condition management



88% of people managing chronic conditions for themselves or someone else, think a specialized remote health monitoring device would help them better manage their health.

### Consumer wearables do not measure up

Only 28% would trust a consumer health wearable device to manage their chronic condition.

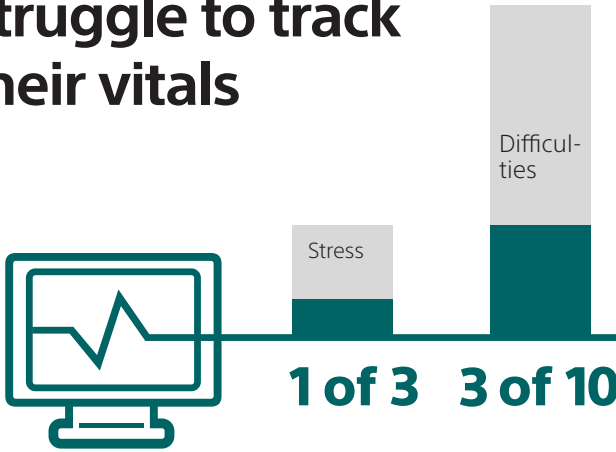


75% of people managing chronic conditions would wear a specialized remote health monitoring device if their doctor provided one.

Consumer appetite for remote monitoring technology specifically designed for managing chronic health conditions is high.

## In practice

### Struggle to track their vitals



Overall, three-in-ten people managing chronic conditions have difficulty tracking vitals and other important measurements. One-in-three are stressed about keeping up with or misreporting their vitals.

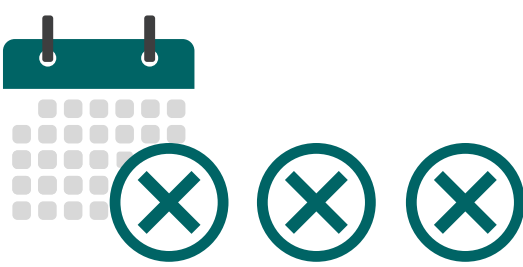
### Few have a specialized wearable today



Only 20% of people managing chronic conditions for themselves or someone they care for have been prescribed a specialized wearable to monitor their condition.

## Advantages

### Fewer doctors' visits



Approximately 50% would visit their doctors less often if they could share health data digitally, and 64% would cut out three or more annual visits.

### Avoidable health emergencies

28%



Approximately 1/4 experienced a health emergency as a result of *not* continuously tracking their measurements or medications.



45% of people managing chronic conditions regularly forget to take one of their prescription medications / treatments

## What do consumers hope to gain from specialized remote monitoring devices?

To be better informed

To feel safer

To be more confident

Chronic conditions cost the U.S. healthcare system \$3.1 trillion dollars in 2019.

### About the survey

The study, which was carried out in the run up to the American Telehealth Association (ATA2020) Virtual Conference, involved 2,005 people in the US who have a chronic condition or are caring for someone else with one. Its objective was to better understand the level of adoption and consumer interest in specialized remote health monitoring technology.

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