

This Thanksgiving Supporting Health with RPM&BHI

Thanksgiving reminds us of the power of gratitude in fostering emotional well-being and strengthening mental resilience in patients. Behavioral Health Integration (BHI) emphasizes how this practice positively impacts patients facing chronic illnesses. Research indicates gratitude reduces stress levels by up to [28%](#) and enhances life satisfaction by 35%, according to recent surveys. During holidays like That, gratitude becomes an anchor, improving emotional health and creating stronger social connections. However, maintaining physical health often takes a backseat amid festive distractions. This is where Remote Patient Monitoring (RPM) bridges the gap, helping patients stay mindful of their health while celebrating gratitude-filled moments.

Behavioral Health Integration and Thanksgiving: Merging Emotional and Physical Care

BHI is an approach combining emotional and physical health care to promote overall well-being. Gratitude, a key Thanksgiving theme, complements BHI strategies effectively. For instance, individuals practicing gratitude report up to a [25%](#) lower likelihood of developing anxiety or depression. While this highlights emotional wellness, physical health monitoring remains critical, especially during Thanksgiving, when indulgences and irregular routines can affect conditions like diabetes or hypertension. RPM plays an essential role by providing real-time health data, offering a reliable support system for holistic patient care during the holiday season.

RPM's Role in Health Monitoring During Festivities

Remote Patient Monitoring allows patients to track vital metrics such as glucose levels, blood pressure, or heart rate even during busy Thanksgiving schedules. Studies from [NIH](#) suggest that consistent use of RPM reduces hospitalization rates by 25%, providing stability in health management. Patients benefit from timely alerts and reminders, preventing lapses in care often caused by dietary indulgence or stress during Thanksgiving. Healthcare providers also gain the ability to monitor patients remotely, ensuring quick interventions and reinforcing patient safety throughout festive seasons.



Gratitude, Thanksgiving Health Awareness, and RPM: A Perfect Trio

This celebrations are about gratitude, yet health awareness is essential for enjoying the festivities responsibly. RPM supports this harmony by empowering patients to remain proactive about their well-being while cherishing moments with loved ones. By combining gratitude, RPM, and health awareness, individuals can prevent complications and improve overall health outcomes during Thanksgiving. Additionally, RPM equips healthcare professionals with data insights, enabling them to tailor recommendations that ensure patients' unique health requirements are met effectively. Together, these elements provide a healthier, more fulfilling Thanksgiving experience.

Why Esvyda is the Ideal RPM Solution for Institutions

Esvyda offers a dynamic RPM platform ideal for ensuring patient health continuity, especially during Thanksgiving and other festive celebrations. With advanced features, including real-time monitoring, it helps healthcare providers track vital signs effortlessly, improving patient outcomes. The platform integrates seamlessly, supporting providers in delivering personalized care while enabling patients to maintain independence in managing their health. Esvyda's commitment to health accessibility makes it the perfect choice for institutions aiming to combine patient safety with holiday well-being.



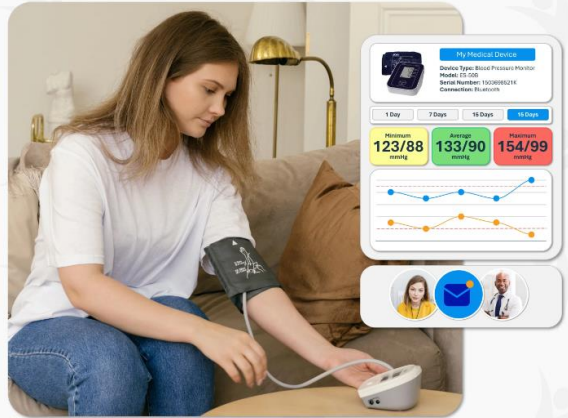
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