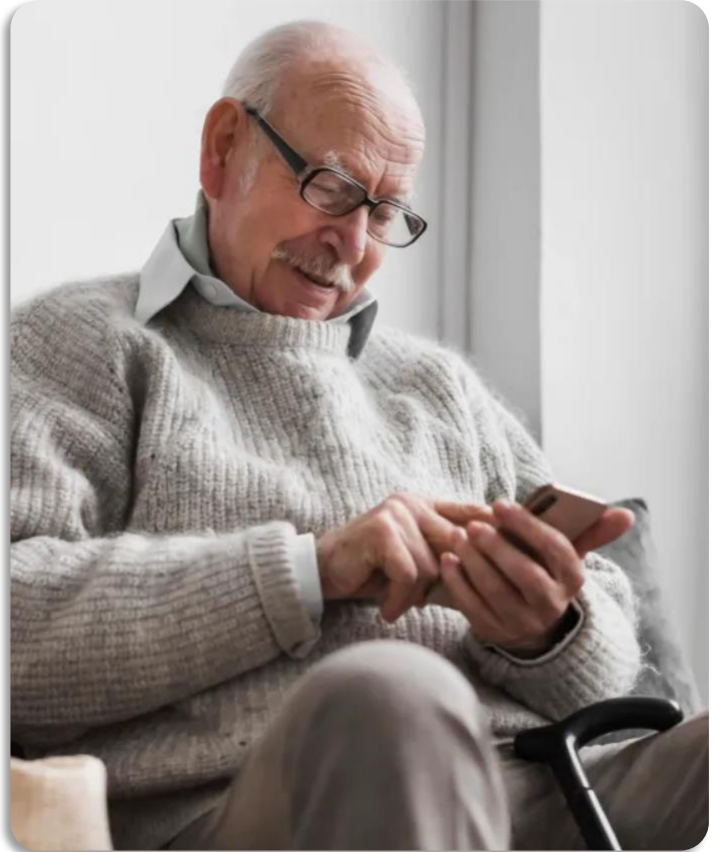


## RPM for Monitoring Your Patients' Mood

Remote Patient Monitoring (RPM) has become essential for tracking patients' health beyond physical parameters, addressing their emotional well-being. This ensures holistic care.

According to the National Alliance on Mental Illness ([NAMI](#)), nearly 21% of U.S. adults experience mental health issues annually. By integrating RPM, doctors can monitor mood patterns effectively and intervene promptly when emotional red flags appear. Some studies show that untreated emotional distress often leads to poor health outcomes, including a 34% higher risk of hospitalization for patients with chronic illnesses.

Additionally, it reduces the stigma associated with mental health monitoring by seamlessly integrating emotional assessments into routine care. With approximately 45% of patients preferring remote interactions for sensitive topics, RPM ensures a safe and private platform for mood tracking.



### Benefits of Mood Monitoring Through RPM

Mood tracking via RPM provides actionable insights into patients' emotional health, leading to tailored medical interventions. This enhances outcomes. Doctors gain real-time access to patients' mood trends, enabling early identification of [depressive](#) or anxious episodes. This reduces emergency visits by 25%, as reported by the Journal of Telemedicine and Telecare. In addition, regular monitoring helps identify triggers or patterns, such as stress spikes during workweeks, allowing for personalized guidance.

Furthermore, RPM supports chronic condition management. Patients with diabetes, for instance, benefit from consistent monitoring of stress levels, critical for maintaining glucose stability. Incorporating mood tracking improves medication adherence, with studies indicating up to a 40% increase in patients who feel supported emotionally.

## How RPM Enhances Patient-Doctor Communication

Effective doctor-patient communication improves when RPM is used to track mood, fostering trust and proactive care. Surveys reveal that 80% of patients feel more engaged in their treatment when emotional health is monitored. Mood tracking encourages open dialogue, offering doctors an opportunity to address concerns patients may not express during in-person visits. This approach promotes timely adjustments to care plans, ensuring alignment with patients' needs.

Moreover, solutions encourage patients to report their mood regularly, building a comprehensive emotional profile. This leads to better long-term health management for vulnerable populations, particularly among elderly patients. For example, mood-related RPM reduces isolation in seniors by 30%, as reported by the National Institute on Aging.



## Tackling Challenges with Mood Monitoring

Integrating RPM for mood tracking addresses key challenges in healthcare, such as undetected emotional struggles and delayed responses. For instance, 60% of individuals with mental health conditions don't seek timely treatment. Bridges this gap by alerting physicians about potential concerns, ensuring early intervention. Real-time alerts provide actionable data, enabling care teams to prioritize high-risk patients.

Additionally, care teams can use RPM data to support family members in understanding a patient's emotional state, enhancing overall caregiving efforts. By providing actionable insights, RPM helps healthcare institutions reduce mental health-related readmissions by 20%, according to a study by the [American Psychiatric Association](#).

## Why Esvyda is the Ideal Solution

[Esvyda](#) offers a survey engine allowing patients to report their mood, alerting doctors to irregularities and enabling timely follow-ups. This tool ensures doctors can monitor key signs, such as anxiety or depressive episodes, while maintaining an ongoing connection with their patients. When irregularities are detected, Esvyda facilitates immediate action, whether scheduling controls, notifying families, or initiating telehealth consultations.

Additionally, Esvyda integrates mood tracking with vital sign monitoring, creating a comprehensive health profile for each patient. This holistic approach reduces care gaps and ensures sustainable long-term health outcomes. With its user-friendly interface and advanced analytics, Esvyda is the trusted partner for the future of health innovation.

# Esvyda

## eHealth Anytime, Anywhere

Esvyda's eHealth platform's streamlined workflows empower providers to elevate patient care, maximize revenue, and promote population health outcomes.

Our virtual health services seamlessly integrate with health records, medical devices, and wearables, boosting health staff efficiency, patient engagement, and information security.

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