WAHA Medly Program for Heart Failure Management

What is the Medly Remote Management Program?

The Medly program is designed to help you self-manage your heart failure, improve communication between you and your healthcare team, and to improve clinical management by monitoring and sharing health information. This program is **not** a replacement for the care you are currently receiving but a way to better monitor your condition and help manage your symptoms.

How does it work?

Medly uses a smartphone application that allows you to record your weight, blood pressure, heart rate, and symptoms every day. Based on your information, Medly gives you automated feedback based on personalized targets that have been set by you and your healthcare team. The feedback may tell you to contact your care team, remind you to take a medication at a dose already prescribed by your doctor, or suggest you visit the Emergency Department.

The system will also share this information with your healthcare team and a nurse may call you to check in if your measures are outside of your target range.

Who will see my health information?

The system is licensed by Health Canada and follows strict privacy and security requirements. Your health information will only be accessible by providers responsible for your heart failure management. Specifically, the information entered will be monitored by a nurse at WAHA who coordinates with University Health Network staff and other providers involved in your heart failure management.

What equipment do I need?

To use Medly, you will need a smartphone, weight scale, and blood pressure monitor. If you do not have any of these pieces of equipment, they will be provided to you. Please let your Medly coordinator know what you need.

What happens next?

Your WAHA healthcare provider will complete a referral form and send it to Medly team. After reviewing the referral form, someone will contact you to arrange for a time to explain the program in more detail and provide you with training on how to use the system.