

Cardiac RPM at Scale: 29.1 mmHg Reduction in Highest-Risk Patients Using CoachCare Technology

Cardiac Solutions achieved measurable blood pressure improvement at scale using CoachCare-enabled RPM workflows.

The program enabled longitudinal blood pressure monitoring between visits, consistent patient self-reporting from home, and ongoing clinical oversight without increasing unnecessary staff time.

**2,738**

Patients Monitored

**6.42 mmHg**

Average Reduction

**94.8%**Stage 2 HTN
Improvement Rate

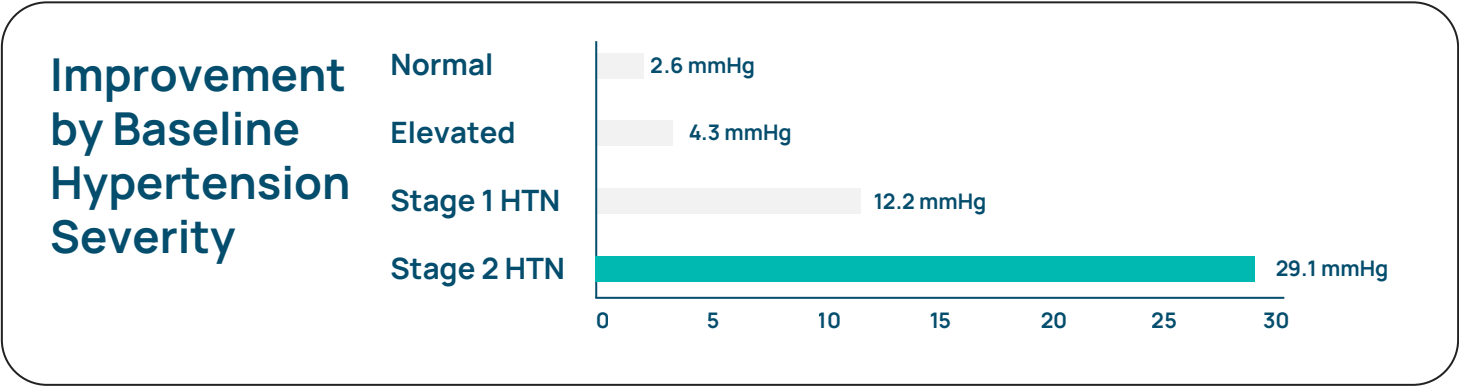
Clinical Outcomes Detail

Highest-Risk Patients Benefit Most

Patients with Stage 2 hypertension experienced the strongest improvement.

94.8%
Improved

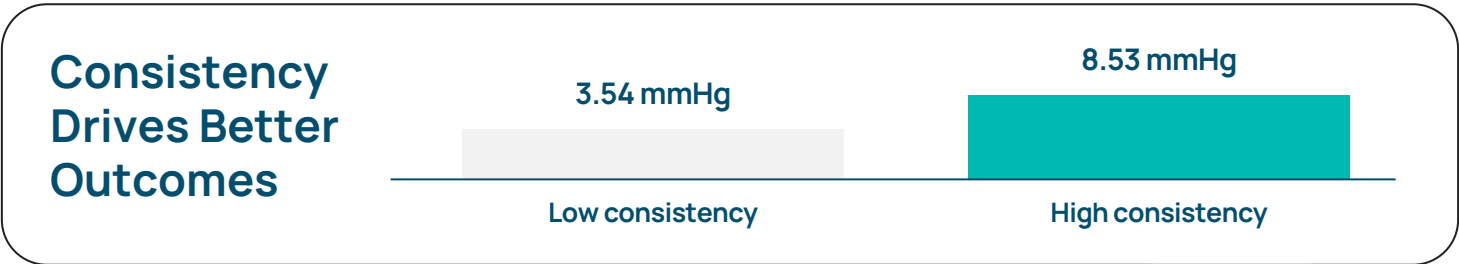
29.1mmHg
Avg Reduction



Why It Worked

The study identified a critical insight: sustained patient engagement drives outcomes.

Patients who consistently submitted blood pressure readings achieved significantly better results, while increased clinician minutes did not independently predict stronger outcomes.



What stands out in this analysis is the magnitude of improvement among the highest-risk patients. These results demonstrate how structured remote monitoring can create meaningful blood pressure reductions where clinical intervention matters most.

Teresa Sieck, MPAS, PA-C, PhD
Chief Medical Officer, CoachCare

In partnership with Cardiac Solutions. Based on observational analysis of RPM patients enrolled ≥12 months.

