

Catie Bossard SELF COMPLIANCE / HYPERTENSION

“HealthPAL helped save my life.”

“When I sent my blood pressure readings to my doctor, he ordered me to stop taking the current medication immediately.”

Catie Bossard has been using MedApps' HealthPAL since it was first introduced. Having had one kidney removed and continually dealing with high blood pressure, she felt compelled to take control of her health and closely monitor changes in her body. She uses HealthPAL to automatically and wirelessly collect readings from her blood pressure monitor and pulse oximeter, which measures blood oxygen levels. Her data is transmitted to her Microsoft HealthVault personal health record, online.

“Having this data is critical,” Catie said. “So often we go to our doctor and it seems that we have to try and convince him or her – actually sell them on the fact that we’re having a serious problem.”

“My problem was that my blood pressure was out of control. It was all over the place,” Catie said. “And quite frankly, before the HealthPAL, I wasn’t really helping the situation. I would sporadically write down my monitor readings on a pad of paper. Inevitably, it was sloppy and I would usually end up re-writing it all before I went in to the doctor.”

“With all of those numbers, I’m not sure how well a doctor could really evaluate all of the information. I mean there were [time] gaps in my readings. And the readings I had were all over the place – my systolic [the top reading] ranged from 90 to more than 170,” she recounted.

“I started using the HealthPAL as an experiment and have been taking my readings twice a day ever since. Even when traveling, the HealthPAL faithfully takes and transmits my information,” she said. “With a couple of confirming ‘be-beeps,’ it lets me know that my information has been transmitted. That’s very reassuring and it makes monitoring so much easier. Now I don’t have to write everything down – and then re-write it later.”

Catie said that when she first took the data from her personal health record to her doctor he was absolutely flabbergasted. “Instead of an endless string of handwritten numbers, I presented him with a chart that clearly plotted my readings over time,” she said. “In an instant he could decipher between data trends and data aberrations. That was key in helping adjust medication dosages.”

At one point during the process, Catie said a change in blood pressure medications caused problems. “On several occasions, my blood pressure readings seemed to go very low. At times, I felt very lethargic. I couldn’t even get out of bed,” Catie recounted. “I called my doctor and when I gave him my blood pressure reading, he said, ‘It can’t be that low, or you would be dead.’ So, I downloaded the readings that the HealthPAL sent to my health record and faxed him the data.”

“As he saw it come in, he quickly reacted and said, ‘stop taking that medication immediately!’ The data collected by my HealthPAL instantly communicated the severity of my situation in a way that my generalized verbal description just couldn’t.”

“HealthPAL helped save my life! It gets the right information to the right person at the right time,” Catie said emphatically. “It is something I will be using – always!”

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A long-time user of the HealthPAL, Catie Bossard credits the HealthPAL and the data it sends to her personal health record, with helping to save her life.



Catie appreciates the simplicity of HealthPAL’s operation. “Transmitting and recording my readings is automatic – it couldn’t be easier. It’s much more accurate than writing them down. And staying on top of my health has allowed me to continue an active lifestyle.”

