

Mike Adamik

SELF COMPLIANCE / LIVING WITH CONGESTIVE HEART FAILURE

“I’m not going home and wait to die.”

These were Mike Adamik’s first words to his doctor after learning that he was dealing with Congestive Heart Failure (CHF).

True to his word, Mike has been an active volunteer, kept up with his grandchildren and been a meticulous manager of his health – with perhaps just one exception.

“About a year ago, between a Saturday and Sunday, I suddenly gained about nine pounds,” Mike said. “Being the weekend, I thought I would wait until Monday to call my doctor at the Cleveland Clinic.” When he called, the nurse became very upset that he had waited so long. For CHF patients, sudden weight gain is a deadly symptom requiring prompt attention.

“That’s when I was introduced to the HealthPAL,” Mike said. “It eliminates the guesswork. Right after I step on the scale in the morning and after I take my blood pressure in the evening it is automatically sending my readings to my cardiologist. Even though I’m now only seeing him once a year, I’m being monitored on a daily basis – even the weekends.”

HealthPAL is a highly mobile, cell-phone-sized device that automatically records measurements from retail medical monitors and transmits the data to the user’s electronic health record and healthcare provider.

Mike uses a variety of medical monitoring tools to manage his health, yet he appreciates that the HealthPAL allows him to wirelessly collect and transmit data without the constraints of landlines and daily online health data entry logs that he faces with other systems. HealthPAL uses cellular and Bluetooth technology, giving Mike the flexibility to use HealthPAL anywhere in his house, as it wirelessly receives measurements from both his scale in the bathroom and his blood pressure monitor in the living room.

And unlike Mike’s computer, his HealthPAL is portable. So, when he travels, his HealthPAL dependably sends his weight and blood pressure readings to his physician right on schedule.

Recently, Mike and his wife moved into a new home. “I had my HealthPAL up and working right away,” Mike said. “But, it took the phone company a couple of weeks before we had phone service.” Which was more than just an annoyance to the retired telecommunications engineer. In all, it caused Mike to have about a three-week span where his devices that required landlines could not send readings. However, his weight and blood pressure readings didn’t miss a day.

Yet, the new house did pose one challenge for his HealthPAL.

“The new house has a lot of ceramic tile,” Mike noted. “I was having difficulty finding a location where the HealthPAL could pick up the signals from both my scale and blood pressure monitor.”

The fix turned out to be a software upgrade away. With the HealthPAL’s “Firmware Over the Air” feature, Mike’s HealthPAL was remotely upgraded in a matter of minutes. “It has worked perfectly ever since,” Mike said.

And so, with HealthPAL, Mike faithfully manages his health and stays active – whether it’s keeping up with his grand kids or doing his volunteer work – Mike continues to stay good to his word.

“It (HealthPAL) eliminates the guesswork...”



Mike Adamik, shown with his granddaughters, appreciates how HealthPAL dependably monitors his CHF, while enabling him to have more freedom in his daily healthcare routine.



HealthPAL connects to Mike’s blood pressure monitor and scale wirelessly via Bluetooth, and sends his readings to his Electronic Health Record using cellular technology.

