

Healthcare Featured Article

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IDEAL LIFE Helps to Maintain Ideal Blood Pressure



By [Mini Swamy](#), TMCnet Contributor

[IDEAL LIFE Inc.](#), a multinational company that delivers timely and accurate health information through open and collaborative solutions that are secure, reliable, mobile, and customizable, has reportedly [entered](#) into a partnership with the University of Miami Miller School of Medicine.

Residents of rural Florida communities stand to gain from this partnership, which is expected to increase access to health technology.

The Center for Research and Education on Aging and Technology Enhancement operates a program, which will help individuals with hypertension to manage their high blood pressure by using IDEAL LIFE's wireless remote health monitoring system.

This program is funded by the National Institutes of Health and the National Institute on Aging.

"IDEAL LIFE was selected for this program because it is the most flexible, affordable, and user-friendly remote monitoring system available," Sara Czaha, Ph.D., co-director of the University of Miami's Center on Aging, said.

Czaha said that the partnership with IDEAL LIFE would help them understand how interaction with this technology would impact health, quality of life and functional independence of older adults, regardless of where they lived.

A study conducted in 2009 revealed that over 900 hypertensive patients using IDEAL LIFE remote health management devices to monitor their blood pressure effectively, reduced their systolic blood pressure by an average of 10 mmHg.

For many patients, this decrease brought them below 140 mmHg, the level traditionally defined as the threshold for "high" blood pressure.

Researchers came to the conclusion that monitoring an individual's blood pressure with the IDEAL LIFE system allowed them to manage their blood pressure better.

"The Obama Administration and leaders in the discussions about U.S. healthcare reform agree that using health technology to manage chronic diseases needs to be a top priority," Jason Goldberg, president and founder of IDEAL LIFE, said.

Goldberg emphasized that the partnership with the University of Miami was an important step in validating how an easy-to-use, customizable, and affordable remote monitoring system can improve healthcare, avoid unnecessary hospitalizations, and help older adults live independently.

IDEAL LIFE is one of the largest and most widely-used systems for remote health monitoring in the U.S. The company's Bluetooth-enabled devices can be used with cell phones, phone lines, and the Internet.

By merely indicating the preferred mode of communication, an individual triggers IDEAL LIFE'S wireless "gateway pod", which automatically reports vital health data to a designated healthcare team.

Healthcare providers then evaluate data in real time and immediately intervene if there is a problem.

Unlike other remote monitoring devices, IDEAL LIFE requires no training or installation, and can transmit educational and motivational messages directly to the user.

Products are designed for individuals with chronic conditions such as congestive heart failure, hypertension, diabetes, asthma, and obesity, and used properly, they can greatly reduce healthcare costs by eliminating unnecessary ER visits and hospitalizations. Its proven ability has led to its acceptance by medical experts across the country.

IDEAL LIFE Inc. is a multinational company that delivers timely and accurate health information through collaborative solutions that are secure, reliable, and mobile. The FDA-approved products are wireless, easy-to-use and available for a fraction of the cost of competing products, requiring no extra cables, or computers.

Mini Swamy is a contributing editor for TMCnet. To read more of her articles, please visit her [columnist page](#).