



**If It's Tuesday, This Must Be Tai Chi:
92-Year Old Fitness Buff Beats High Blood Pressure with IDEAL LIFE®**

You won't find Bandie Wheeler wiling away her retirement years in her Irvine, California home. She's an active (very active) 92-year old with places to go and things to do -- such as hitting the weight room for some upper body strength training. A bona fide fitness buff, Bandie does free weights and cardio on Mondays, Wednesdays and Fridays, and Tai Chi on Tuesdays and Thursdays. She sometimes tosses in a weekend water aerobics class, too, if she can manage to squeeze it into her schedule.

"I like to keep busy," Bandie explains, laughing.

Clearly, Bandie is someone with little time to worry about things like high blood pressure. And these days, she doesn't need to; she keeps her hypertension under control with the help of an innovative blood pressure monitor created by IDEAL LIFE.

IDEAL LIFE is the first affordable system for remote health monitoring that is wireless, works over multiple channels, and is so easy to use that Bandie - who is legally blind - was able to order the system by mail, hook it up, and start using it without any outside assistance.

Every morning before breakfast, Bandie takes a quick reading with her IDEAL LIFE BP Manager™. The remote monitoring device allows her to wirelessly and automatically capture, store, and send her blood pressure information to a central database with secure online access. Later, her son prints out her reports and faxes them directly to her physician prior to her monthly appointment, providing her doctor with a truly accurate picture of her current health.

Recent studies indicate that the "white coat effect" is a very real phenomenon, where patients experience artificially high blood pressure readings in the physician's office. As a result, a substantial number of hypertensive patients are over-medicated, which is costly and can cause uncomfortable side effects. Home blood pressure monitoring can be more reliable and more predictive of risk than readings taken in the physician's office, but only if the measurements are done correctly and consistently. Individuals need to keep careful daily records, which can be difficult and inconvenient -- especially for seniors.

IDEAL LIFE offers a better solution. Its fully automated remote monitoring devices were designed with the consumer in mind: simple, convenient, and easy to use with any mode of communication, including phone lines, cell phones, and the Internet.

IDEAL LIFE provides patients and their physicians with an accurate look at their current health status without interrupting their active lives outside the doctors' office.

Bandie's physician reports that he is thrilled with the real-time reports, which allow him to titrate her medication in a fraction of the time it would normally take. He also appreciates having multiple readings to evaluate, instead of solely depending on the single reading taken in his office.

IDEAL LIFE also offers busy healthcare providers other options for obtaining this vital information. Doctors can log on to see a patient's results whenever they wish, or receive automatic alerts by e-mail, text message, fax or phone if blood pressure readings go too high or too low. This feature allows for immediate communication between providers and patients, potentially avoiding the need for expensive clinical interventions, such as visits to the emergency room or even hospitalizations.

In a recent study, 900 hypertensive patients using IDEAL LIFE BP Managers effectively reduced their systolic blood pressure enough to bring them below 140 mmHg, the level traditionally defined as the threshold for "high" blood pressure. Healthcare teams using IDEAL LIFE report a 40-60 percent reduction in the number of hospitalizations for patients using the system.

For Bandie, the only thing that really matters is that her health is good, she's active, and having fun.

"IDEAL LIFE is so quick and easy, there's nothing to it," Bandie says.

Next stop: a session with her favorite yoga instructor. Bandie has no intention of missing out on that, or anything else life has to offer. She's living the IDEAL LIFE - anytime, anywhere!