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**IDEAL LIFE and University of Miami Miller School of Medicine  
Collaborate on NIH-Funded Telehealth Program**

*Remote health monitoring of rural hypertensive patients supports new national healthcare reform initiative to better manage chronic conditions with health technology*

**TORONTO, (April 27, 2010)** - [IDEAL LIFE Inc.](#), and the [University of Miami Miller School of Medicine](#), today announced their partnership on a pilot program to improve access to health technology for residents of rural Florida communities. Individuals with hypertension will use IDEAL LIFE's wireless remote health monitoring system to manage their high blood pressure, in a program operating under the direction of the Center for Research and Education on Aging and Technology Enhancement (CREATE). The project is funded by the National Institutes of Health (NIH) 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," said Sara Czaha, Ph.D., co-director of the University of Miami's Center on Aging, one of three prestigious academic centers participating in the CREATE program. "Through our partnership with IDEAL LIFE, we will better understand how access to, and interaction with this technology impacts the health, quality of life, and functional independence of older adults, no matter where they might happen to live."

In a 2009 study, 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 (millimeters of mercury). For many patients, this decrease brought them below 140 mmHg, the level traditionally defined as the threshold for "high" blood pressure. Researchers concluded that monitoring an individual's blood pressure with the IDEAL LIFE system allowed for timely adjustments and better disease management.

"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," said [Jason Goldberg](#), president and founder of IDEAL LIFE. "This partnership with the University of Miami is 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. An individual simply selects his or her preferred mode of communication and the IDEAL LIFE wireless "gateway pod" does all the rest, automatically reporting important health data to a

designated healthcare team. This allows healthcare providers to evaluate data in real time and immediately intervene if there is a problem. Unlike other remote monitoring devices, IDEAL LIFE's "plug 'n go" system is completely wireless and automated, requires no training or installation, and can transmit educational and motivational messages directly to the user. With its proven ability to improve healthcare outcomes and reduce costs by eliminating unnecessary hospitalizations and emergency room visits for [congestive heart failure](#) and [hypertension](#), the IDEAL LIFE system has gained broad support from medical experts across the country.

**About IDEAL LIFE, Inc.**

IDEAL LIFE 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, a computer, or extra steps. With an open technology platform that supports customization and seamlessly integrates with existing information based systems, IDEAL LIFE eliminates the need for new software or data reconfiguration. Products are designed for individuals with chronic conditions such as congestive heart failure, hypertension, diabetes, asthma, and obesity. More information at [www.ideallifeonline.com](http://www.ideallifeonline.com).

**About the University of Miami Miller School of Medicine**

The University of Miami Miller School of Medicine, an academic medical center founded in 1952, serves Miami, South Florida, South America, and the Caribbean in education, research, patient care, and community service. The founders of the Miller School of Medicine anticipated the tremendous need for excellent medical care within their community and set into motion a plan for the facility that now treats more than 1,000,000 patients annually. More information is at [www.med.miami.edu](http://www.med.miami.edu).

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