

St. Louis VA Medical Center Home Telehealth Program



Home Telehealth uses a Health Buddy to assist you in monitoring your health and managing a chronic medical or mental health condition in the comfort of your own home. The Health Buddy also provides you with information on how to manage your condition and maintain good health.

The Health Buddy is easy to set up and easy to use. The health buddy machine simply connects to an ordinary phone. Information is transmitted through the phone lines using a toll free number so there are no phone charges. There are no interruptions in phone services when you use the machine because information is transmitted automatically when the phone is in use.

The Health Buddy presents a session of questions that you answer each day. You answer questions by pushing one of four buttons on the front of the machine. Answering the questions will only take you a few minutes. Your answers to questions are important because they provide valuable information about your health. Your care coordinator will review your responses on a daily basis and will call you with advice or concerns about your condition.

Chronic conditions that can be managed include heart failure, diabetes, hypertension, pain, depression, dementia, post traumatic stress, schizophrenia, bipolar disorder, and weight management. If you have any of these conditions or believe the health buddy can help you please contact your primary care provider.

Home Telehealth Staff:

- Ann Serenko, DPN, RN - 314-652-4100 / ext55462
- Edith Jamison, MS, RN - 314-652-4100 / ext54504
- Wendy Staiert - 314-652-4100 / ext53505

Please visit the Veterans Health Administration [Office of Telehealth Services](#) for more information