

Improving Maternal Care for Providers and Patients



Maternity Populations

- ~ 30% of women in the United States were obese entering pregnancy, which increases risk of birth defects, preterm births and stillbirths
- CDC reported women developed high blood pressure (8%) and gestational diabetes (9%) during pregnancy
- COVID-19 disrupted obstetric services and negatively affected QPCQ scores
- Telehealth reduces barriers to prenatal health
- LTE home-monitoring devices reduce technology barriers for underserved populations

Nearly 4 million babies are born every year in the United States and in the vast majority of cases, mother and baby are healthy. However, pregnancy is not without risk. [Pregnancy complications](#) with preeclampsia (19%) and gestational diabetes (16.6%) are not uncommon and mothers over the age of 35 are at higher risk of complications.

Studies show patients value at-home monitoring, as it allows mothers to actively participate in their care and promotes self-efficacy. For higher risk patients, at-home monitoring of blood sugar may allow for telehealth visits in lieu of in-person visits and increase patient satisfaction. [A review of seven studies](#) found the use of telemedicine for blood sugar monitoring was as effective as standard care in achieving glucose control in pregnancy.

Caring for all Degrees of Maternal Health Risk

National guidelines recommend 12 – 14 prenatal visits. There are certain appointment activities requiring in-person visits, such as labs, ultrasounds, and physical examinations. Other appointments, which place a burden on rural and certain populations as well as saturate clinic schedules, can be conducted using telehealth visits. Furthermore, expectant mothers using home monitoring devices for weight and blood pressure give themselves and their doctors better and timely clinical data to proactively address risk.

[A 2020 study](#) “illustrate[d] that the majority of women did not want to reduce the number of medical appointments, but due to clinic factors or their own personal circumstances, the number of appointments had reduced for around a third of women.” Additionally, there is an identified “need for clearer communication [...] regarding any changes to maternity services (scheduling, cancellations, and services available), including delivery and clarity regarding the associated risks of COVID-19 for mother and baby.”

Zyter considers not only high-risk patients, but also low-risk patients. Using telehealth and RPM improves access to care, reduces stress and time spent traveling, waiting, taking a reading, and making decisions with better and more frequent information.

How Zyter Helps

<p>RPM Access & Education Engagement</p>	<p>Workflow Analysis Insights Patient-Specific Alerts</p>
<h3>Low-Risk Pregnancies: Approach & Progression</h3>	<h3>High Risk Pregnancies: What to be Aware of</h3>
<ul style="list-style-type: none"> • Identification: The right intervention and schedule for low-risk pregnancies • Engagement: Telehealth services and remote patient monitoring using a patient app • Psychological: Hormonal changes during each trimester affecting emotions, motivation, and understanding of control • Biological: Physical discomforts and body changes, social and interactive support • Operational: Increased utilization adherence and efficiency 	<ul style="list-style-type: none"> • Identification: Proactive at-home monitoring of weight and blood pressure • Care Coordination: Assignment, insights, engagement, and access to care • Observation: Biometric and compliance surveillance with patient-specific threshold • Exacerbation: Elevated blood pressure and blood sugars, quick engagement using telehealth • Social & Disparities: Care support and communication, education, and social support mechanisms

Overcoming Access to Care Challenges

The ability to provide access to maternal care can depend on multiple facets of financial, operational, and value-based influencers. A patient’s ability to access care, sustain it, and improve their quality of living is a direct outcome of those influencers.



Financial – Those who can benefit most from remote patient monitoring devices (DME, OTC, and wearables) often cannot afford them. As reimbursement may be available through Medicare, it is important for providers to understand all financial aspects of supporting a large RPM program prior to launch.



Operational – Providers understand the importance of RPM and telehealth, but care management staff is not sized to handle increased patient cohorts. Integration with the EMR is essential for treatment in a longitudinal record, but RPM data and insights are not easily actionable without requiring more time spent using technology.



Value-Based – Value-based care models are incentivized to demonstrate and sustain health outcomes. Small to large, rural to urban, health care’s mission is to foster improved health; without easy-to-use technology and devices, dismantling access disparities, and sustained patient engagement, “quick wins” are just as quickly lost.

Zyter helps solve these challenges to create access to care for mother and baby through:

- Virtual technology and services across the healthcare spectrum
- EHR integration and actionable data for the provider and care team
- Reducing the number of tools and “clicks” so staff can spend more time treating patients
- Linking value with risk mitigation, health outcomes, and decreased expense (such as reducing avoidable ED visits and readmissions)
- Supporting behavioral change in patients through educational materials and easier access to care as well as providing virtual support, alerts and reminders to physicians

“Some people don’t get the healthcare services they need because they don’t have health insurance or live too far away from providers who offer them. Interventions to increase access to healthcare services – like lowering costs, improving insurance coverage, and increasing use of telehealth can help more people get the care they need.”

Healthy People 2030

Patient Access to Care. Improved by Zyter.

Zyter ships one or more pre-configured wireless devices to the patient’s home, outfitted with a simple on/off button. The glucometers, blood pressure cuffs, and weight scales are easy to use for patients of all ages and no technical knowledge is required. As the majority of devices are LTE-enabled, there is no need to connect them to Wi-Fi. All the patient has to do is turn on the Zyter device and follow the simple instructions in the user guide.



Zyter makes condition action plans and care plans easy to access on the app for expectant moms. Understanding activity, nutritional behaviors, and psychological and biological changes are essential for mothers especially in the 2nd and 3rd trimester. Providers use custom or Zyter assessments to continue engaging patients without overwhelming them.



Zyter’s mobile app displays the most recent biometric results and date of each reading, as well as activity and nutrition from synced wearables. Patients can “Take a Health Exam” or “Schedule a Visit” from the app, and if necessary, securely chat with their physician. If the healthcare organization’s EHR is integrated with Zyter, visit summaries, medication lists, health conditions, and allergies can be displayed.



Zyter Telehealth creates access to care with secure video for patients, providers, care teams, caregivers, and support services. Along with remote patient monitoring (RPM), Zyter Telehealth provides real-time imaging, biometrics, and virtual evaluation.



Zyter is continuing to innovate with health behavior reinforcement intelligence, using badges, reminders, and motivational messaging to help each patient with their personal health experience.



Zyter makes it easier to understand every patient as a unique individual. Zyter uses personalized care plans for RPM surveillance and notifications so the provider and team can customize what patients need to know when they need to know it.



Personalized Care. Delivered by Zyter.

Zyter integrates with the provider practice, hospital, and health system EHR. This makes it easy to provide access and facilitation for referrals, patients, and provider-to-provider interactions. The Zyter app can be embedded using iFrames for in-context, actionable treatment for patients being remotely monitored or needing telehealth services.



Timely alerts, clinical notes and references, urgent care and scheduled video visit flexibility within the provider and care team workflows boosts efficiencies so care teams can spend more time with patients.



Zyter technology makes virtual health data specific to how the provider needs to treat the patient. RPM biometrics are surveilled based on patient-specific thresholds, creating a unique care plan that can be modified as treatment progresses. Results are easily accessed in the EHR and the embedded Zyter provider app for ease-of-use.



Action plans, care plans, important numbers, and medication instructions are always available for the patient on their Zyter app. Providers can easily share educational content, social support direction, activity and nutritional guidance, as well as health behavior content.



A vital component of achieving and sustaining a value-based care is system-generated insights from RPM, patient health data, assessments, and clinical protocols. Providers using Zyter RPM with care management can gain operational efficiency over any demographic of population as they expand scale, interact with a health system, and establish a greater understanding of a patient's health behavior, disparities, and support needs.



Zyter provides support in understanding virtual/telehealth reimbursement and technology to help providers maximize their financial investment through engagement metrics and analysis.



Your Clinical Partner

Zyter is your clinical partner for improving and protecting health. We understand the healthcare delivery needs of doctors, nurses, and care teams, and can help your organization deploy value-based services to improve outcomes and lower cost.

For More Information

To learn more about Zyter Telehealth and RPM or arrange a product demonstration, please contact +1 (301) 355 7760, sales@zyter.com or visit www.zyter.com/healthcare

About Zyter

Zyter delivers a wide range of cloud-based, software as a service (SaaS) digital health products for providers, payers and patients that span telehealth, home health and remote patient monitoring, as well as care, utilization and population health management. In 2021, Zyter acquired Casenet®, LLC and together the two company's products are used to manage healthcare for 11% of the U.S. population. Zyter's products improve clinical operations and patient outcomes while reducing healthcare costs by enhancing interoperability, communication and collaboration. The company's 5G-ready platform also supports IoT/smart technology and thermal imaging solutions. In 2021, the company won more than 105 awards for its products including Best Health Care and Medical Innovation; The Most Innovative Digital Health Startup; Best Product and Best Technology. Founded in 2017, the privately-held company is based in Rockville, Md. For more information, please visit www.zyter.com.