**Cost:**

Not yet available – may vary across localities. Please see resources link for further information.

**Outcomes:**

The success criterion for the proportion of patients undertaking a minimum days’ texting was met for the diagnosis of hypertension (84%) and 1 of the monitoring protocols (56%).

For the remaining 2 protocols, 1 nearly reached the success criterion (47%) and the other fell short by far (15%).

Although the success criterion of 100% of patients having a diagnosis of hypertension confirmed or refuted was not met, 79% of patients ever registering on the protocol did submit sufficient readings to reach a conclusion.

Of those who finished using the monitoring protocols only 5 to 22% of patients had a BP in target.

Over 80% of responding patients agreed that they would recommend the service to their friends and family each time they were asked except for month 3, for one of the monitoring protocols, where 79% agreed with the statement.

**Project aims:**

The AIM project uses a simple telehealth system (‘Flo’) to support patients to take responsibility for the monitoring and shared management of their condition, treatment or lifestyle.

**Project title:**

Stoke-on-Trent: telehealth helps patients manage their own conditions