

# Telehealth for the Prevention and Management of Chronic Diseases

Telehealth can help people manage, and even prevent, chronic diseases.

## How does telehealth support the prevention and management of chronic diseases?

Telehealth can be used to prevent, treat, and manage a wide range of chronic diseases. Patients can use telehealth to track their health by connecting with their provider for virtual visits and using [remote monitoring](#) devices.

## How is telehealth used for chronic disease prevention?

Telehealth can help you develop and maintain healthy habits for chronic disease prevention. This is especially important for children and for those living in rural areas. You can use telehealth for:



- ▶ **Remote monitoring.** You can use digital devices, such as wearables, to remotely monitor your health. This may include monitoring blood sugar, blood pressure, physical activity, and weight.
- ▶ **Risk screenings and assessments.** Providers can help prevent chronic diseases by tracking your risk factors. These may include pre-diabetes, high cholesterol, and high blood pressure.
- ▶ **Virtual visits.** Your health care provider can discuss the data from remote monitoring devices, information from risk screening and assessments, or other health indicators with you virtually. Your provider can provide guidance on how to maintain a healthy diet and physical activity.
- ▶ **Lifestyle support education.** Mobile health apps can help you keep tabs on food choices, exercise, and your progress. Some apps include coaching tips to help you reach a healthy weight and achieve fitness goals.

## How is telehealth used for chronic disease management?

Telehealth can help you effectively manage your chronic diseases. Telehealth can help support:



- ▶ **Medication management.** Digital health tools can remind you to take your medications at a certain time of day and when to refill.
- ▶ **Care coordination.** Your health care team can use technology to share information and work together in a HIPAA compliant manner. Whether you are consulting specialists, remote monitoring your vital signs, or tracking your risk factors, your team can update your personalized care plan based on your virtual visits and health data.

## What types of chronic diseases may be prevented and managed with telehealth?

Many people have chronic diseases. Telehealth can be used to support prevention and care for:

- ▶ Arthritis and chronic joint pain
- ▶ Asthma
- ▶ [Behavioral health](#)
- ▶ [Cancer](#)
- ▶ Dementia and Alzheimer's Disease
- ▶ [Diabetes](#)
- ▶ Hypertension
- ▶ Weight management

### More resources

- [How can I use telehealth to manage chronic conditions?](#)
- [What are different types of telehealth?](#)
- [Why use telehealth?](#)
- [What can be treated through telehealth?](#)

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