

# SeamlessMD



Thunder Bay Regional  
Health Sciences  
Centre

## Remote Patient Monitoring with SeamlessMD



**SeamlessMD** is an interactive, step-by-step guide to help you prepare for your procedure and recover afterwards. You and/or a caregiver can access the platform on any smartphone, tablet and/or computer. SeamlessMD has a robust video library and resources to help you prepare and recover from surgery, and keeps you connected with a nurse practitioner and your surgical team while at home.

Nurse practitioner Remote Patient Monitoring via SeamlessMD operates Monday to Friday 8 a.m. to 4 p.m. EST and is not monitored 24/7 by your health care team. If you have an urgent concern outside of these hours, please contact your primary care provider or visit your local Emergency Department.

Don't have a digital device or not tech savvy? Nurse practitioner services are available over the phone as well at the same hours listed above.

### SeamlessMD will guide you through two stages of your procedure

#### Before Procedure

- Receive notifications to help you manage your procedure preparation
- To-do lists to help you prepare for your procedure
- Access to a self-care library with information related to your procedure

#### At-Home Recovery

- Receive notifications about what to expect with your recovery
- To-do lists to help you heal well at home
- Submit an online daily health checklist to the health care team with the option to submit wound photos to make sure you are recovering well at home
- Access to a nurse practitioner, who can evaluate, diagnose, and treat various post surgery medical concerns

Questions? Call the SeamlessMD team at **(807) 684-7894**. For technical support or questions, please email [support@seamless.md](mailto:support@seamless.md).