

**David Jesse**

**MOBILITY / MONITORING HYPERTENSION ON THE GO**

*“My wife was going to kill me if I didn’t do something about my health.”*

With that consequence in mind, after seven years, 46-year-old Dave Jesse elected to go with the other option – manage his hypertension by regularly monitoring his blood pressure. His results were dramatic.

Which makes one wonder, “Dave, why wait seven years?”

Well, as it turns out, being an over-the-road truck driver makes it tough to be a good patient. “With my erratic work schedule, it was difficult to keep my appointments,” Dave said. “The only times I was really aware of my blood pressure was during my appointments with my primary care physician – which, when I was able to make them, ended up always being in the mornings.”

Unfortunately, Dave didn’t realize that the headaches and feelings of unsteadiness he was having in the afternoons were symptoms of his elevated blood pressure. He never mentioned his symptoms to his doctor who was adjusting medications based on readings taken during his sporadic morning visits. So, when Dave took his annual Department of Transportation physical (in the afternoon) his blood pressure reading put his commercial driver’s license in jeopardy.

At which point his wife, Paula, who is a nurse, insisted he take his blood pressure in the afternoon. “When we finally put two-and-two together, my wife wanted to kill me for not being more aware of my health,” Dave said.

Shortly thereafter he was referred to the Cleveland Clinic’s Department of Nephrology and Hypertension to help bring his hypertension under control while evaluating another potential condition. “Almost immediately they recommended that I use the MedApps HealthPAL because I was so mobile,” Dave recounted.

HealthPAL is a highly mobile, cell-phone-sized device that automatically records and transmits readings from patients’ personal health monitoring equipment, such as Dave’s blood pressure monitor. The data becomes immediately available to the patient’s healthcare provider, and can be forwarded to an electronic health record, such as Microsoft’s HealthVault.

“Monitoring my blood pressure takes less than five minutes and the HealthPAL part of it takes zero. It does everything automatically,” Dave said. “With my use of the HealthPAL, my doctor monitors my progress and makes needed adjustments to my medications. Paula monitors me through e-mail alerts that show my blood pressure. If I don’t send a reading, I get a call from her,” Dave noted. “So that makes me very compliant.”

“With that level of monitoring, my blood pressure has been significantly lowered and my medications are reduced to almost nothing,” Dave reported.

“HealthPAL let me stay fully on the job while I was getting my hypertension under control. I hardly ever had to set foot in my doctor’s office. In fact, the HealthPAL has sent my blood pressure readings from almost every state this past year.” Dave said. “Without it, I could have lost my license, my job and ultimately my life.”

“HealthPAL takes away every excuse for a person not to properly manage their hypertension,” Dave emphasized. “Which is important, because not everyone has the solid support of a person like my wife.”

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David Jesse, professional truck driver – and HealthPAL User – at home in Bedford, Ohio.



HealthPAL has sent Mr. Jesse’s blood pressure readings from almost every state in the union over the past year.



**“With the HealthPAL and my resulting better compliance, my doctor has been able to adjust medications and dosages without office visits. In the one year that I have been using HealthPAL my blood pressure is under control, my medications are greatly reduced and my wife is very happy.”**

