# "What If" Plan for Patients

This is an example of "What if" documentation, which helps guide patients about how to react to the reading they see through their RPM system. We recommend positioning these types of resources to patients as an action plan, so your patients know when they're okay, when to contact their doctor, and what to do in case of emergency.

## EXAMPLE ACTION PLAN

Patient Name:                                                                  Date of Birth:

Provider Name:                                                       Phone:

### ALL IS NORMAL/NO NEED FOR CONCERN

| WHAT IF? (Set relevant readings or symptoms) | ...THEN (Detail appropriate patient actions, e.g., proceed as normal, retake reading in an hour, etc.) |
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### PROCEED WITH CAUTION

| WHAT IF? (Set relevant readings or symptoms) | ...THEN (Detail appropriate patient actions, e.g., take medication, schedule appointment within a week, etc.) |
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### REASON FOR CONCERN, SEEK MEDICAL ATTENTION

| WHAT IF? (Set relevant readings or symptoms) | ...THEN (Detail appropriate patient actions, e.g., schedule appointment within 24 hours, go to the ER, call 911) |
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