



## HOME STAY

Help seniors live independently with privacy, peace of mind and a high standard of care.

### WHAT IS THE HOME STAY PROGRAM?

Home Stay is a personal health support tool provided by Blue Cross of Idaho. It is a remote monitoring solution designed to help you stay healthy and independent at home. The system is made up of a few small, silent devices that are placed in discreet locations inside your home. There are no cameras, microphones, beeps or buzzers to worry about.

### HOW DOES THE HOME STAY PROGRAM WORK?

The system “learns” your daily patterns of activity within your home. If there is a change in your activity pattern, it could be an early sign of illness and we will call you if we believe there is a health concern.

### WHY SHOULD I PARTICIPATE IN THIS PROGRAM?

The Home Stay program allows for early intervention when there is a health concern and as a result, you may experience:

- Less trips to the Emergency Room
- Less inpatient hospital stays
- Increased ability to remain independent and live in your own home, instead of relocating to an assisted living facility or nursing home



Many people say they like the program not only because it helps them live on their own, but it helps their family members know that they are okay, too.

**Your privacy is ensured with the Home Stay program and is offered to you free of charge by Blue Cross of Idaho.**



**If you have any questions about Home Stay, please contact Home Stay Customer Service toll free at 1-800-916-5969.**

