

## Premier Health Partners & Brook Remote Care

Personalized Support for Better Health at Home

Premier Health Partners and Brook are working together to help you manage your health from the comfort of home. With Brook Remote Care, you get the tools, support, and guidance you need to get and stay healthy between in-person visits.

What Brook Remote Care Offers You:

### Daily Monitoring

Smart devices automatically send your health readings to your Brook nurse and Premier Health Partners team. No manual logging or complicated setup required.

### Ongoing Personal Support

You'll be matched with a Brook nurse and health coach who check in regularly, answer questions, and help you stay on track by text or phone.

### Fewer Disruptions

Brook can help coordinate the supplies you need, like test strips or lancets, so you can focus on feeling better, not managing logistics.

### Proactive Care

Your care team gets alerts if anything looks off. That means faster support and peace of mind knowing someone's looking out for you.

### Why Premier Health Partners Patients Choose Brook

This program is an extension of Highgate's commitment to patient-centered care. With Brook, your care team stays connected between visits, helping you stay healthier, avoid complications and hospitalizations, and feel supported every step of the way.

Talk to your doctor about whether Brook Remote Care is right for you.

Learn more on Brook's website: <https://brook.ai/patients>