

# Patient-Centered Specialty Care

## Cost of Care Resource: SoloHealth Station

### What

The SoloHealth Station is a consumer health and wellness kiosk that allows a patient to obtain multiple biometric measures and take any of a number of health assessment questionnaires, all of which are free of charge. With a SoloHealth account, patients can monitor and manage vital health data from any of the nearly 3,000 SoloHealth Stations located nationwide, as well as online.

SoloHealth Stations offer vision, blood pressure and pulse, weight and BMI screenings, along with health assessments that change seasonally, such as pain, cardiovascular health, and digestive health. A patient can take any combination of the assessments. On average, a patient will spend four and a half minutes using the Station.

The Station provides immediate access to assessment findings and personalized recommendations. Patients can use their SoloHealth accounts to access and record their results online. Users also have the option to e-mail their results directly to their physician.

For information on SoloHealth's HIPAA and privacy standards and other technical information, visit <https://solohealth.com/>.

### Why

While not a replacement for face-to-face visits with a primary care provider, the SoloHealth Station can be of benefit any time your patient needs to obtain these screening measurements outside of your office. Biometric screenings can be a valuable tool to encourage patients to self-manage chronic conditions. Because the SoloHealth Stations are free and conveniently located, they give patients access to valuable self-management tools beyond the primary care office

### How

<https://solohealth.com/>

Your patients can simply access this site and enter the zip code to locate the nearest SoloHealth Stations. Stations are currently located in over 2,960 Walmart, Sam's Club, Safeway and Schnuck's retail locations and its network of Stations continues to grow.

SoloHealth makes it possible for your patient to send the data from the kiosk directly to you by entering your email address into the Station at the end of their session.

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