

MiHealth Solutions

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Enhancing Early Detection of Hypertension in Primary Care and Community Pharmacy Settings

The Role of MiHealth Pods

Hypertension remains one of the most pervasive yet silent health challenges across the UK. Early detection is critical: timely diagnosis not only prevents avoidable cardiovascular events but also reduces long-term pressures on already stretched health services. As demand grows, primary care and community pharmacy teams are increasingly turning to technology-enabled solutions to improve access, capacity, and the quality of cardiovascular risk assessments.

One of the most promising innovations supporting this shift is the **MiHealth Pod** - part of Microtech's suite of digital health technologies designed to streamline patient monitoring and empower proactive care.⁶

MiHealth Pods: Scalable, Patient Driven Monitoring

The MiHealth Pod supports both routine and targeted case finding by giving patients the opportunity to complete measurements and validated questionnaires independently. These pods accurately record blood pressure, weight, pulse, BMI, and other health inputs before consultations, with results flowing directly into clinical systems.

Supporting Primary Care at Scale

General practices and pharmacies that use Microtech's Pods have reported:

- **Reduced face-to-face appointments** for routine hypertension monitoring.
- **Improved QOF data capture** through automated questionnaires and results logging.
- **Better chronic disease oversight**, particularly for patients with long-term cardiovascular risk factors.
- **The ability to reach Patients** who may not attend a traditional appointment.

Why Hypertension Case Finding Matters Now More Than Ever

The NHS Hypertension Case Finding Service (relaunched with an enhanced scope in December 2023), enables pharmacies to conduct blood pressure checks and ambulatory monitoring to identify undiagnosed hypertension early and support ongoing management. The service aims to improve population-wide detection and reduce health inequalities by making checks more convenient and more consistent.

But even with expanded pathways, workforce pressures remain a key barrier. Practices and pharmacies need tools that create capacity without compromising care quality—and this is where the MiHealth Pods come in.

If you'd like to find out more, please get in touch via our website [Contact | Microtech Group](#) or email Julie.Shearer@microtech-group.co.uk or James.Muirhead@microtech-group.co.uk