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Welcome to Ochsner Connected MOM

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What to Expect

Through Connected MOM, you can send blood pressure readings to your OB team from the comfort of home. Your OB team will be able to monitor how your pregnancy is progressing on an ongoing basis - not just when you show up for a prenatal appointment.

How to Participate

Your enrollment starts once you submit your first reading.

Submit two to three blood pressure readings per week

Your OB team may ask you to submit readings more often. If so, please follow their guidance. They will monitor any changes and alert you about any abnormal readings and the steps to take. Turn the page over to see instructions on submitting readings using the Digital Medicine app.

Your Team

To support you during your pregnancy, your Connected MOM team includes:

Your OB Provider
Your obstetrician is responsible for your medical care throughout your pregnancy. If you have any questions about your health or the health of your baby, you can contact them directly through MyOchsner.

Your Technical Support
Connected MOM has a dedicated technical support team available to you Monday through Friday. Call 877-378-0073 for assistance.

Your Connected MOM Tools

Digital Blood Pressure Cuff
Your digital blood pressure cuff works with your smartphone to send readings to your medical record, where your OB team monitors them. To set up your cuff, follow the instructions on the back of this page or scan the QR code below to watch a setup video.

Ochsner Digital Medicine App
You’ll use the Ochsner Digital Medicine app with your blood pressure cuff to seamlessly submit readings to your OB team.

Scan to watch a video demonstration on taking your blood pressure at home.

Quannte A.
Connected MOM Member
Setting Up Your Blood Pressure Cuff

step 1
Download the Ochsner Digital Medicine app to set up your blood pressure cuff using the on-screen guide. There is no need to download the iHealth app.

Visit ochsner.org/DMapp or scan the QR code below

step 2
Take your first reading in the Digital Medicine app

step 3
Congratulations, you’re in the program! Please follow the prompts in the app to start participating.

Tips for Taking Your Blood Pressure

- Use correct cuff size
- Put cuff on bare arm
- Sit quietly alone
- Support arm at heart level
- Keep legs uncrossed
- Empty bladder first
- Support back/feet

A Few More Tips

- Charge your device for 8 hours weekly, and remove from the charger once fully charged to ensure accurate readings
- Avoid taking blood pressure after drinking caffeine, engaging in physical activity or if experiencing more stress than usual. If any of these are true, try to relax for about 30 minutes before taking a reading.
- For the correct cuff size, make sure you can fit 2 fingers easily inside the cuff around your arm

Hannah F.
Connected MOM Member

Need help? Call our Connected MOM Support Team at 877-378-0073