



A Digital Medicine Program

# Welcome to Ochsner Connected MOM

Congratulations! Your Ochsner Health team is excited about the upcoming addition to your family.

## 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.**



**Quanne A.**  
Connected MOM Member

## 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.



### Digital Medicine App

You'll use the 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.**

## Setting Up Your Blood Pressure Cuff

- step 1** Download the **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](https://ochsner.org/DMapp) or scan the QR code below



Download on the  
App Store



GET IT ON  
Google Play

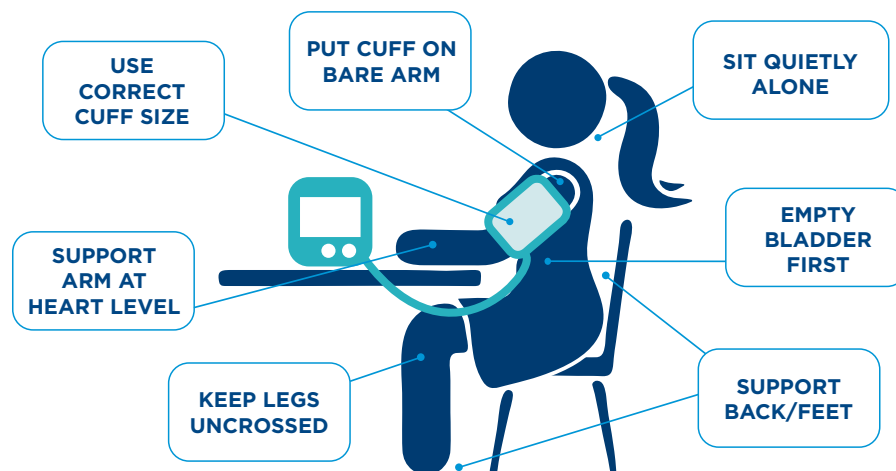
- step 2** Take your first reading in the Digital Medicine app

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



**Hannah F.**  
Connected MOM Member

## Tips for Taking Your Blood Pressure



## 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 →

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