Using Digital Technology to Manage Your Prenatal Health
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Welcome

Congratulations! Your team here at Ochsner Health is excited for the upcoming addition to your family and is ready to support you over the course of your pregnancy. One of the ways we are prepared to help you is through our exciting new digital program, Connected MOM.

Connected MOM stands for Connected Maternity Online Monitoring and is available at no cost to you as a way to help our expectant patients manage their pregnancy.

What to Expect

Through Connected MOM, you will be able to send weight and blood pressure readings from the comfort of home. These readings will be automatically added to your medical record, where they will be monitored by your obstetrician and their team. With these additional touch points with your provider, you may even have the opportunity for fewer visits to the office.

By participating in the Connected MOM program, you are able to:

- Stay connected with your provider and their team in between visits
- Have your readings monitored by your provider and their team, who will reach out to you if any of your readings are abnormal

Our Team

At Ochsner, your care is our first priority. To support you during your pregnancy, your Connected MOM team includes:

**Your OB Provider**
Your obstetrician is responsible for your medical care throughout the duration of your pregnancy and has enrolled you in the Connected MOM program. If you have any questions about your health or the health of your baby, you can contact them directly through your MyOchsner account.

**Your Technical Support**
Connected MOM has a dedicated technical support team available to you Monday through Friday. If anything goes wrong with your equipment or you just need some help remembering how to use the various components, call 877.378.0073, and we will be available to troubleshoot with you.

You can also visit ochsner.org/CMSupport for additional technical support
Your Connected MOM Tools

We are sending you home with tools to make your life easier and possibly keep you from needing to make extra trips to the doctor’s office.

**Digital Scale**
Your new scale works with your smartphone to send real-time weights directly to your medical record at Ochsner for your obstetrician and their team to view and track. To set up your digital scale, follow the instructions on page 6.

**Digital Blood Pressure Cuff**
Similar to your scale, your cuff works with your smartphone to send up-to-date blood pressure readings right to your Ochsner medical record, where they will be monitored by your obstetrician and their team. To set up your digital blood pressure cuff, follow the instructions on page 8.

How to Participate

You are the key player in making your participation in Connected MOM a success. Your enrollment starts once you submit your first readings! Once you’ve enrolled, there are three simple ways for you to benefit most from our program.

1. **Weigh yourself weekly**
   Over the course of your pregnancy, it’s expected that your weight will change. To ensure you are on the right track and maintaining a healthy weight for you and your baby, your obstetrician needs up-to-date information. When you step on the scale each week and send in your weight, you are helping your care team monitor your progress and keep you healthy – all while saving you the time of making an extra visit to the doctor.

2. **Take your blood pressure weekly**
   Blood pressure is a good indicator of prenatal health. By taking your blood pressure at home and sending the readings to us weekly, your care team will be able to closely monitor any changes and alert you about abnormal readings or necessary steps without requiring you to make an additional appointment.

3. **Check your MyOchsner account regularly and enable notifications**
   MyOchsner is our online patient portal and how your physician and nurses will communicate with you. During and after your pregnancy, you will receive information beneficial to your continued care through MyOchsner.
Setting Up Your Digital Devices

**Prepare Your Devices**

**BLOOD PRESSURE CUFF**
- **CHARGE** the battery.
  - Connect the charging cable to the back of the base and plug into a USB wall charger.
  - Charge until the light is solid green.
  - Disconnect from the charging cable before checking your blood pressure.
- **CONNECT** the cuff.
  - Insert the tubing into the air port on the side of the base.

**DIGITAL SCALE**
- **INSTALL** the batteries.
  - Remove the battery cover on the bottom of the scale.
  - Install the batteries that are in the package.
  - Replace the battery cover.

**DOWNLOAD & OPEN** iHealth MyVitals App in the Apple App Store (iOS - iPhone) or Google Play Store (Android phone).
- Tap Allow on all pop-ups to ensure the app functions as intended.
- Create an iHealth account or log into your existing iHealth account.

**DOWNLOAD & OPEN** the MyOchsner App in the Apple App Store (iOS - iPhone) or Google Play Store (Android phone).
- Log in using your existing MyOchsner account information.
- Tap Menu ➜ In the Know to open the web version.
- Tap Menu ➜ Track My Health ➜ Manage Accounts.
- Next to the iHealth logo, tap Connect Account.
- On the iHealth sign-in page, log in using your iHealth username and password.

**Pair Your Device and Take Your First Reading**

**BLOOD PRESSURE CUFF**
- **TURN ON** your new blood pressure cuff by tapping the (||) button
  - The light will not turn on but doing so wakes the device for setup.
- **OPEN** the iHealth MyVitals app on your phone.
  - If prompted, tap Allow on all pop-ups.
  - **TAP** Select New Devices or the “+” icon in the upper right corner of your screen ➜ Blood Pressure Monitors ➜ Ease (BP3L).
  - Follow the on-screen steps to connect.
  - The indicator light will appear solid green when the connection is successful.
- **PLACE** the blood pressure cuff around your arm and **TAP** Start to take your first reading.

**DIGITAL SCALE**
- **PLACE** your scale on flat ground – not carpet if possible.
- **TURN ON** your scale by tapping on it with your foot.
- **OPEN** the iHealth MyVitals app on your phone.
  - If prompted, tap Allow on all pop-ups.
  - **TAP** Select New Devices or the “+” icon in the upper right corner of your screen ➜ Scales ➜ Fit/Nexus (HS2S).
  - Follow the on-screen steps to connect.
  - **STEP ON YOUR SCALE** to take your first weight reading.

**YOUR SETUP IS NOW COMPLETE!**
After taking your first reading, you can check that your readings are going to your MyOchsner account by returning to the MyOchsner app.
- **TAP** Menu ➜ Track My Health to see your readings.
- **IF YOUR DEVICE IS PAIRED PROPERLY, YOU WILL RECEIVE A TEXT MESSAGE FROM OCHSNER CONNECTED MOM AFTER YOUR FIRST READING.**

**NEED HELP?** Call our Connected MOM Support Team at 866-273-0548. Or visit ochsner.org/CMsupport for set up videos.
Helpful Resource – Text4baby

We also recommend that you sign up for Text4baby. Text4baby includes important health and safety information, appointment reminders, videos, mobile webpages and urgent health alerts, for FREE.

Text Message Content:
- Nutrition Information
- Safe Sleep Tips
- Baby’s Development Tracker
- Signs and Symptoms of Labor
- Well-Baby Visit and Appointment Reminders
- Breastfeeding Advice
- Car Seat Safety
- Information on Health Insurance
- Urgent Health Alerts
- Resource Hotlines

Sign up for Text4baby at t4b.org/MomsGetInvolved:
1. Text BABY (or BEBE for Spanish) to 511411
2. Enter due birthdate and zip code

Text4baby is the nation’s only free mobile information service designed to promote maternal and child health through text messaging. Women who text BABY (or BEBE for Spanish) to 511411 receive three free text messages a week, timed to their due date or their baby’s birth date, through pregnancy and up until the baby’s first birthday. A special thanks goes to founding sponsor Johnson & Johnson, and founding partners.
**Connected MOM Weekly Planner + Checklist**

The Connected MOM weekly planner helps serve as your checklist for the program to keep track of when it’s time for a reading submission or an appointment!

Please note that this is only intended to serve as a guide and does not replace any advice your physician or their team provides.

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<th>First Trimester</th>
<th>Second Trimester</th>
<th>Third Trimester and Postpartum</th>
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<th>Week 12</th>
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<td>Check your <strong>MyOchsner</strong> account for information about your upcoming labor and delivery, helpful tips about packing your hospital bag, delivery day directions and available Ochsner pediatricians in your area.</td>
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