



# Remote monitoring for maternal health

## FAQ sheet for patients

### **How does the program work?**

If your OB or MFM provider determines that you'd benefit from at-home monitoring, they'll sign you up either in office for antenatal monitoring or at discharge after delivery for postpartum monitoring. You will get an email and text inviting you to download our app and create your profile. In addition, your provider will give you a blood pressure monitor that can be connected to the app via Bluetooth. Take your blood pressure readings as instructed, and the vitals will be sent to the care team. If anything seems out the ordinary, they will reach out with the appropriate instruction.

### **How do I enroll in the program?**

If your provider has determined that you would benefit from the home monitoring program, they will enroll you at your normal visit.

Once enrolled, you'll receive an activation text to your phone inviting you to download our app and create an account. If you did not get an enrollment text, call your provider's office to have them re-enroll you or call us at [504.962.6202](tel:504.962.6202).

### **Does home monitoring cost anything?**

We will bill your insurance for services; however, patients are not charged any out-of-pocket expenses if insurance does not pay in full.

### **I'm having trouble with the app or device.**

For app and BP monitor issues, call [844.692.2297](tel:844.692.2297).

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