

# Preparing for #Momlife with Babyscripts myJourney

Your Remote Patient Monitoring (RPM) Care Plan

## What Is the Babyscripts Blood Pressure Remote Patient Monitoring Program?

Babyscripts myJourney is a mobile education application that will educate, engage and inspire you throughout your pregnancy and postpartum journey. The app gives you 24/7 access to customized, educational content to help empower YOU with your own health information.

To help keep you and your baby safe, we're offering a new model of care offered through our Blood Pressure Remote Patient Monitoring (RPM) Program, which allows your provider to monitor your blood pressure and weight outside of your scheduled office visits.

Once you've registered for the RPM program, Babyscripts will send a "Mommy Kit" to your home. Your kit includes a blood pressure cuff and instructions for use, enabling you to take your blood pressure at home throughout your pregnancy as directed by your provider.

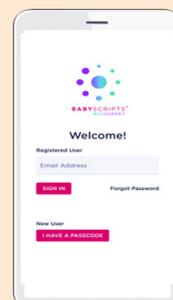
Taking your blood pressure and weight remotely allows your provider's practice to receive real-time data on your progress. It also eliminates your time off work and travel time to and from appointments. Before your next appointment, take your blood pressure and bring your Mommy Kit.

## What to Expect?

- To participate in the Babyscripts Blood Pressure Remote Patient Monitoring Program, you will need to take your blood pressure at intervals as requested by your provider. This may be once a week or as frequently as daily. You will be asked to take your readings Monday - Friday between 9:00am and 4:00pm.
- If blood pressure values are not logged, you may be contacted by Babyscripts or require additional visits.
- You will receive weekly messages from your care team reminding you to check your blood pressure.
- Your reminders will also include the Babyscripts Patient Support Team phone number, which you should call for help to resolve any technical issues.
- The Babyscripts Support Team will work with your provider's office to monitor your blood pressure readings. You can expect follow-ups after any abnormal readings.

## Getting Started is Easy

Download the Babyscripts myJourney app and enter your passcode and personal information. Once you've completed registration, you will be prompted to enter your shipping address so Babyscripts can send your Mommy Kit to your home. Your kit will arrive in 5-7 days. Once it arrives, open the app and follow the steps to pair your BP monitor with Bluetooth. You can then take your first reading!



# How To Take Your Blood Pressure

## Taking your own blood pressure is simple, so sit down and relax.

1. Rest 5-10 minutes before taking blood pressure. Don't exercise, smoke, or drink caffeinated beverages 30 minutes prior to taking your reading.
2. Sit upright in a comfortable position. Your back should be straight and supported, your legs uncrossed, and your feet flat on the floor.
3. With your palm facing up, ensure your arm is rested, supported, and at level with your heart (such as on a table or armchair, elevate with pillow if needed). Remove any clothing so that you can place the cuff directly on your arm.
4. Position the cuff on your upper arm so that the bottom of the cuff rests just above the bend of your elbow. The cuff should be snug, but comfortable, to start.
5. Push the start button and keep your arm still, do not walk or talk during reading. Once the reading is done it will display on the tablet screen.

### 1. No Action Necessary



If your BP reading has a value in the normal range, no further action is necessary.

### 3. Call Provider Immediately



If your BP reading has a value in the critical range (above 150/100) you will receive a text message and E-mail from the Babyscripts call center instructing you to call your clinic immediately.

### 2. Babyscripts Follow-Up



If your blood pressure value is elevated (between 140/90 and 149/99), you will receive a text and email from the Babyscripts call center, instructing you to retake your BP and report your symptoms.

If your BP retake is normal and you are not experiencing symptoms, you will be given an "All Clear" message.

**If you are experiencing symptoms, call your clinic immediately.**



**If you are experiencing symptoms, contact your practice or doctor immediately.**  
**If you are having a medical emergency, call 911 or the appropriate emergency service.**

For questions about your readings, call your provider at **973-383-8555** during regular office hours between 7:45am and 4:30pm ET.

For technical questions, please call the Babyscripts support line at **844-692-2297**, email Babyscripts Support at **support@babyscripts.com**, or check out our help articles at <http://bit.ly/BabyscriptsSupport>.



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