

# Managing High Blood Pressure During and After Pregnancy

This program is designed to support women who have high blood pressure during or after their pregnancy. It involves taking blood pressure readings at home using a blood pressure monitoring device that allows you to send readings to your obstetrics team through your phone to MyChart.

Why is this important? Uncontrolled blood pressures can lead to poor health effects for your baby and for you. Closely monitoring and managing your blood pressure is the best way to keep you and your baby safe and healthy.

## How the program works

### Getting set up

If you don't already have a bluetooth-enabled monitoring device and cuff, you will receive one by mail.

We will send you instructions on how to link the monitoring device to your MyChart account so that your obstetrics team can see the blood pressure readings you take.

Call 415-502-1689 if you have trouble setting up your device or if it stops working. Someone on our team will help you troubleshoot.

### Taking your blood pressure



1. Take your blood pressure weekly or as recommended by your doctor



2. Upload your readings to MyChart



3. Your obstetrics team will review your readings during business hours.

**If you submit a reading that is above 160/110 you will automatically receive a MyChart message to contact obstetrics triage immediately.**

#### Emergency Disclaimer

This program is not intended for medical emergencies. If you have an emergency, please call 911.

Blood pressure results will only be reviewed during business hours. If you have an abnormal blood pressure or are having symptoms, please call the 24-hour obstetrics triage phone number.

**24 Hour Obstetrics Triage**



**(415) 353 - 1787**