



LOUISIANA WOMEN'S
Healthcare

Ochsner

More Connected To You

Stay **more connected** with your
LWH physician through

Ochsner
connected mom



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Welcome

Congratulations!

Your team at **Louisiana Women's Healthcare**, in collaboration with Ochsner, is excited for the upcoming addition to your family and is ready to support you during your entire pregnancy journey.

We are thrilled that you have chosen to participate in our **Connected MOM program**.

Connected MOM stands for **Connected Maternity Online Monitoring** and is a way to help expecting moms, just like you, **stay more connected** with their LWH physician through the use of advanced digital tools.

The Connected MOM program is designed to support the in-person prenatal care you receive from your physician, and is available at **no cost to you**.

We are so glad to be connected, and look forward to caring for you during this special time in your life.



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 LWH physician and clinical team. These additional touchpoints will provide your physician with valuable insights into how your pregnancy is progressing.

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

- **Stay more connected** with your physician and clinical team between routine prenatal visits.
- Monitor your readings **along with your physician** and clinical team.

Our Team

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

Your Obstetrician

Your LWH physician 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 your physician through your **MyOchsner** account or by phone at **225.201.2000**.

C.A.R.E. Concierge

LWH has a dedicated expert to help answer your Connected MOM questions. Your **C.A.R.E. (Connected MOM Activation, Resource, and Education) Concierge** is available to provide one-on-one assistance over the phone 8am-5pm, Monday through Friday at **225.706.BABY (2229)**.

Technical Support

If you experience any issues with your equipment, or you just need assistance remembering how to use your digital tools, call **504.354.3762** or **866.273.0548 option 6**.



You can also visit **ochsner.org/cmsupport** for additional **Connected MOM** technical support resources 24/7.

Your Connected MOM Tools

We will be **more connected to you** through the use of these easy-to-use digital tools:



Digital Scale

Your new digital scale works with your smartphone to send real-time weights directly to your LWH medical record for your physician and clinical team to view and track.



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 LWH medical record where they will be monitored by your physician and clinical team.

*To set up your digital tools, please follow the instructions on **page 6**.*

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. 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.

2. 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 LWH physician 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.

3. Check Your Account Regularly and Enable Notifications in **MyOchsner**

MyOchsner is our online patient portal and one of the main ways your physician and clinical team will communicate with you. During and after your pregnancy, you will receive information beneficial to your continued care through MyOchsner.




Setting Up Your Digital Health Tools

You will need your **mobile device** and a **desktop computer** to complete setup.

step 1 Download and Link the Apps

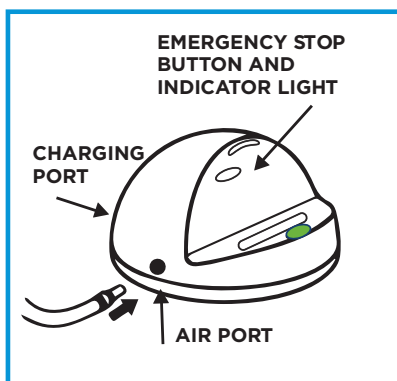
iOS (iPhone) & Android Instructions  

- From the App Store or Google Play, download the **iHealth MyVitals Pro**  and **MyOchsner** apps.
 - Open the **iHealth MyVitals Pro** app.
 - Tap **Allow** on any pop-ups to make sure the app works.
 - Create an iHealth account or log in if you already have an account.
 - **For iPhone users**, select **Yes** and **Turn On All Categories On** to connect the app to Apple Health.
- Open the **MyOchsner** app.
 - Log in using your MyOchsner account information.
- Open a web browser and go to **MyOchsner.com**.
 - Log in using your MyOchsner account information.
 - Tap **Menu** → **Track My Health** → **Connect Account** (next to iHealth logo).
 - Log in using your iHealth account information to link the MyOchsner app with the iHealth MyVitals Pro app.

step 2 Prepare Your Devices

Charge the battery in your blood pressure device


- Connect the charging cable to the back of the base and plug it into a USB port.



Install the batteries in your scale.

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

Turn on Bluetooth.

- Swipe up or down on the screen of your smartphone to open the Control Center.
- If the Bluetooth icon  is not bolded, tap it to turn it on.

Bluetooth connects the digital tools to your phone.

step
3

Pair Your Device and Take Your First Blood Pressure Reading

- Turn on your blood pressure monitor by tapping the button on the base.
- Connect the cuff by inserting the tubing into the air port on the side of the base.
- Open the **iHealth MyVitals Pro** app on your phone.
- Tap the **Plus Sign** in the upper right corner.
 - Tap **Blood Pressure Monitors** then choose the type of device you received.
 - Select your blood pressure monitor's serial number from the pop-up list to connect. The serial number can be found on the underside of the base or on the box.
- Place your cuff on your upper arm, then tap **Start** to take your first reading.
 - Scan the **QR code on page 3** to learn how to take a good reading.

Your Setup Is Now Complete!

After taking your first blood pressure 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 blood pressure readings.



step
4

Pair Your Scale and Take Your First Weight Reading

- 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 Pro** app on your phone.
- Tap the **Plus Sign** in the upper right corner.
 - Tap **Scales** then choose the type of device you received.
 - Select your scale's serial number from the pop-up list to connect. The serial number can be found on the underside of the scale or on the box.
- Step on your scale to take your first weight reading.

Your Setup Is Now Complete!

After taking your first weight reading, you can check that your weights are going to your **MyOchsner** account by returning to the MyOchsner app.

Tap **Menu** → **Track My Health** to see your weight readings.



Connected MOM Weekly Planner + Checklist

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

Check with your LWH physician to see if you're an appropriate candidate to consolidate select appointments.

You may also speak with your LWH physician about whether **MyOchsner® Video Visits** are right for you.

	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23
Send in your weekly weight readings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Send in your weekly blood pressure readings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attend your regularly scheduled obstetrician visit.	<input type="checkbox"/>				<input type="checkbox"/>				<input type="checkbox"/>				<input type="checkbox"/>			
Check your MyOchsner 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.																
Check your MyOchsner account. Your Postpartum Questionnaire is available.																

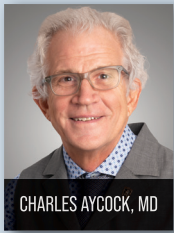
Please note that this is only intended to serve as a guide and does not replace any advice provided to you by your LWH physician.

First Trimester

Second Trimester

Third Trimester and Postpartum

	Week 24	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41	Week 42	Week 43	Week 44	Week 45	Week 46
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CHARLES AYCOCK, MD



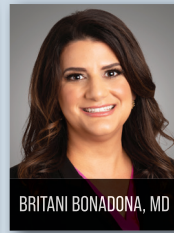
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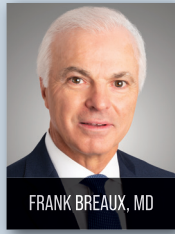
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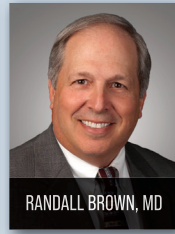
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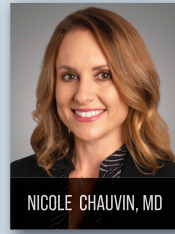
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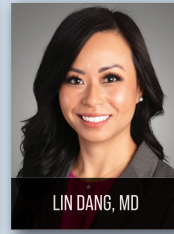
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CARING FOR OUR COMMUNITY,
One Woman At A Time.



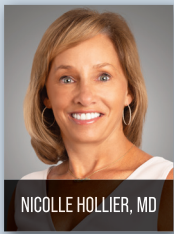
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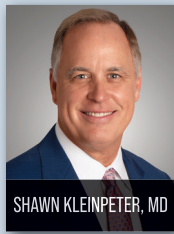
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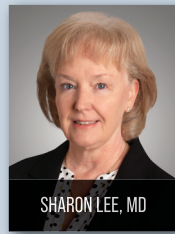
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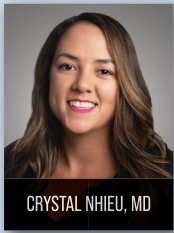
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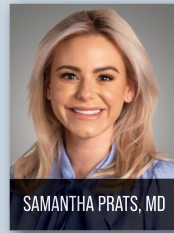
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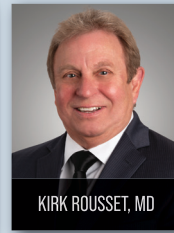
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