



AT THE FOREFRONT

**UChicago  
Medicine**

Postpartum Telehealth and  
Remote Patient Monitoring

## Welcome

We are excited to have you take part in **UChicago Medicine's Postpartum Telehealth Program**. The telehealth program allows us to keep watch over your recovery and for you to be able to talk more with your doctor to prevent any possible problems.

Your doctor has asked you to take part in the telehealth program to help watch for your risk of developing postpartum preeclampsia. When you are in the telehealth program you will need to **record your blood pressure 2 times a day**, tell us of any symptoms you have and track your activity.

Our Postpartum Telehealth Team will keep watch of your responses. If we need to, we will contact you to make sure you are safe and on your way to a speedy recovery.

## Better Health in 4 Easy Steps

Every day, follow the steps below to make sure you are taking part in your care plan. Using the **PatientConnect Mobile** application, you can easily record your blood pressure, symptoms and activity.

**1** Take your blood pressure prescribed medications.

**2** Take your blood pressure at least 2 times a day. Check one time before and one time after taking your medication.

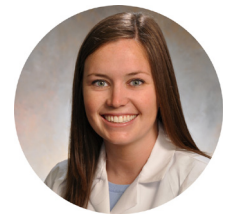
**3** Answer symptom surveys to report any symptoms you have.

**4** Track your physical activity, including walking and more.

## Meet the Team



Sarosh Rana, MD, MPH, FACOG



Emily Fess, PA-C



Colleen Duncan, RN-BSN, M.Ed.



Karie E. Stewart, MPH, MSN, APN



## Download the PatientConnect Mobile App to Get Started

Open the Apple App Store or Google Play Store on your mobile device and search the store for **PatientConnect Mobile**.

Click the **GET** button next to the app to begin downloading. When downloaded, open PatientConnect Mobile and enter the login code provided by the UCM Telehealth Team.

When you are logged in, **you are ready to begin!**

## Recording Your Blood Pressure

Following the instructions below to make sure you have the best and proper recording of your blood pressure. **Take your blood pressure 2 times a day**, one time in the morning before taking your medication and one time in the evening.

- Do not smoke, exercise, drink caffeine, or drink alcohol within 30 minutes before taking your blood pressure.
- Use the restroom before sitting down to take your blood pressure.
- Sit at a table, in a chair with a back.
- Rest in a chair for at least five minutes before taking your blood pressure.
- Do not talk, read, or listen to music when taking your blood pressure. Relax and stay still.
- Keep legs uncrossed and flat on the floor.



## How to Get Help

- For a medical emergency, **call 911**.
- If your blood pressure **top number is 160 or greater** or your **bottom number is 110 or greater**, call your doctor right away or go to Labor and Delivery.
- **Call the Postpartum Hypertension Clinic at (773) 702-6118. Comer Children's Hospital (Third Floor)** located at 5721 South Maryland Ave, Chicago, IL 60637.

## About UChicago Medicine

The University of Chicago Medicine, with a history dating to 1927, is a not-for-profit academic medical health system. UChicago Medicine brings together 5 organizations to fulfill its 3 part mission of medical education, research and patient care. These partner organizations include the: Pritzker School of Medicine, Biological Sciences Division, Medical Center, Community Health and Hospital Division, and UChicago Medicine Physicians.



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