



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

产前保健仪器：

适当定制的密西根孕期医疗保健计划

(MiPATH)

Prenatal Care Devices:

The Michigan Plan for Appropriate and Tailored Healthcare in Pregnancy
(MiPATH) (Chinese)

我如何获得怀孕期间使用的医疗仪器？

How do I obtain medical devices to use during my pregnancy?

我们将帮助您获得用于虚拟就诊的家用仪器，以确保无论您在哪里就诊，您和您的临床医生都可以拥有相同的信息。我们随时为您提供帮助！

We will help you get home devices for your virtual visits to make sure you and your clinician have the same information, no matter where you get your care. We are here to help you every step of the way!

如果进行虚拟就诊，您在家中则需要一部血压计。您也可以选择购买多普勒胎心仪和超声用凝胶来在家测量宝宝的心率。您和您的临床医生也可以选择在家测量体重。

If you have virtual visits you will need a blood pressure cuff at home. You may also choose to purchase a fetal doppler and ultrasound gel to measure your baby's heart rate at home. You and your clinician may choose to measure weight at home too.

查看您的保险计划，了解仪器是否属于承保范围。关于如何获取仪器，我们在下表中提供了一些的基本信息。如有任何疑问，您可以联系您保险卡上的客户服务代表。计划在第一次虚拟约诊前拿到你的血压计。

Check your insurance plan for device coverage. We have provided some basic information in the table below on how you might get your devices. If you have any questions, you can contact the customer service representative on your insurance card. Plan to have your blood pressure cuff by your first scheduled virtual visit.

医疗保险的仪器承保范围: Insurance coverage for devices:

仪器承保范围	医疗保险示例	该怎么办
保险计划包括仪器	United Healthcare Community Plan, Meridian	您的血压计由您的保险支付。您的临床医生会给您开处方，然后您可以联系您的保险公司了解如何获取该仪器。 如果您有 United Healthcare Community Plan 或 Meridian，请告知您的临床医生。
不确定保险计划是否包括仪器	个人	您的血压计 可能 由您的保险支付。您的临床医生会给您开处方，然后您可以联系您的保险公司了解如何获取该仪器。如果不在承保范围内，请参阅下面“非保险承保范围”选项。
健康储蓄账户或灵活支出账户 (HSA/FSA)	个人	您也许可以使用 HSA/FSA 帐户中的资金来购买仪器。

仪器承保范围	医疗保险示例	该怎么办
非医疗保险承保范围的仪器：	个人	您可以使用下面的推荐仪器清单自行购买仪器。
非医疗保险承保范围，购买仪器成为经济负担。	个人	我们在此为您提供帮助！联系您的临床医生，他们会转介您至宾客援助计划，为您联系仪器和其他怀孕需求资源。您将需要完成 30 分钟的信息采集。

Device coverage	Example plans	What to do
Plan covers device	United Healthcare Community Plan, Meridian	Your blood pressure cuff is paid for by your insurance. Your clinician will give you a prescription, and you can contact your insurance company for how to get the device. Please let your clinician know if you have United Healthcare Community Plan or Meridian.
Unsure if plan covers device	Individual	Your blood pressure cuff may be paid for by your insurance. Your clinician will give you a prescription, and you can contact your insurance company for how to get the device. If it is not covered, see options below under “no insurance coverage”.
Health Savings Account or Flexible	Individual	You may be able to buy devices using the money in your HSA/FSA account.

Device coverage	Example plans	What to do
Spending Account (HSA/FSA)		
No insurance coverage for device	Individual	You can buy devices on your own using the recommended devices list below.
No insurance coverage, buying the device is a financial burden.	Individual	We are here to help! Contact your clinician and they will place a referral for the Guest Assistance Program to connect you with resources for devices and other pregnancy needs. You will complete a 30 minute intake interview.

推荐仪器 : Recommended devices:

仪器类型	品牌
血压计	<p>任何型号的欧姆龙血压计都是不错的选择。 这些仪器可以在塔吉特 Target、沃尔玛 Walmart、亚马逊 Amazon 等在线零售商或仪器公司的网站上找到。</p> <p>首选:</p> <ul style="list-style-type: none"> • 欧姆龙 3 系列® Omron 3 Series® (型号 BP7100) • 欧姆龙 7 系列® 无线上臂式血压监测仪 (型号 BP7350) • 欧姆龙铂金® Omron Platinum® (型号 BP5450) • 欧姆龙银® Omron Silver® (型号 BP 5250)

	<p>更多选择包括:</p> <ul style="list-style-type: none"> • A&D 医用上臂血压监测仪, 带中号袖带 (型号 UA-611) • Withings BPM Connect 无线网络智能血压监测仪 (兼容苹果手机 iPhone 和苹果平板 iPad) •
多普勒胎心仪	<ul style="list-style-type: none"> • Sonoline B 心率监测仪 • Facelake JPD-100B/FL-100B 多普勒胎心仪
多普勒胎心仪应用程序	<ul style="list-style-type: none"> • Fetal Beats (苹果手机) • Hear My Baby Heartbeat (苹果手机) • My Baby Heart Rate Recorder (苹果手机) • Tiny Beats (苹果手机) • Babyscope (苹果手机) • Fetal Doppler Unborn Heart (苹果/安卓手机) • Baby Heartbeat Listener (安卓手机) • Baby Heartbeat Monitor (安卓手机) • Baby Heartbeats Lite (安卓手机)
体重秤	任何家庭体重秤都可接受; 我们只是建议您在整个怀孕期间使用同一部体重秤。

Device type	Brand
Blood pressure cuff	<p>Any Omron cuff is a good option. These devices can be found at online retailers such as Target, Walmart, Amazon, or the device company's website.</p> <p>Preferred:</p> <ul style="list-style-type: none"> • Omron 3 Series® (Model BP 7100)

	<ul style="list-style-type: none"> • Omron 7 Series® Wireless Upper Arm Blood Pressure Monitor (Model BP7350) • Omron Platinum® (Model BP5450) • Omron Silver® (Model BP 5250) <p>More options include:</p> <ul style="list-style-type: none"> • A&D Medical Upper Arm Blood Pressure Monitor with Medium Cuff (Model UA-611) • Withings BPM Connect Wi-Fi Smart Blood Pressure Monitor (iPhone and iPad Compatible) •
Fetal Doppler	<ul style="list-style-type: none"> • Sonoline B Heartbeat Monitor • Facelake JPD-100B/FL-100B Fetal Doppler
Fetal Doppler Apps	<ul style="list-style-type: none"> • Fetal Beats (Apple) • Hear My Baby Heartbeat (Apple) • My Baby Heart Rate Recorder (Apple) • Tiny Beats (Apple) • Babyscope (Apple) • Fetal Doppler Unborn Heart (Apple/Android) • Baby Heartbeat Listener (Android) • Baby Heartbeat Monitor (Android) • Baby Heartbeats Lite (Android)
Scale	Any home scale is acceptable; we just recommend you use the same scale throughout pregnancy.

有了这些仪器后我该做些什么？ What should I do once I have my devices?

拿到仪器后，请在下次亲临就诊时随身携带。您的保健团队将确保您知道如何使用它们，并会回答任何问题。就诊前，请将仪器从包装箱中取出，并确保它有电且运行良好。就诊前，请先查看下面的“使用家庭仪器”部分。

Once you have your devices, please bring them with you to your next in-person appointment. Your care team will make sure you know how to use them, and will answer any questions. Before your appointment, take the device out of the box and make sure it has power and is working well. Please look over the “Using home devices” section below before your appointment.

如何使用我的仪器？ How do I use my devices?

血压计 Blood pressure cuff:

您将在产前虚拟就诊**期间**检查您的血压，并将结果分享给您的临床医生。您的血压可帮助您的临床医生检查您的妊娠是否进展正常且没有问题。正确测量血压非常重要。要正确测量血压，请遵循以下步骤：

1. 测量血压前，先放松 5 分钟。
2. 采取放松的坐姿（最好坐在椅子上）。
3. 保持双腿不交叉。
4. 脱掉手臂上的厚衣服。
5. 将手臂放在平坦的表面，使其与您的心脏保持水平。
 - 如果血压的上压（**收缩压**）大于 140，或下压（**舒张压**）大于 90，静息 15 分钟，然后重新测量血压。
 - 如果数字仍然升高并且您没有产前检查约诊，您应立即致电您的临床医生办公室。

有关使用血压计的有用视频，请访问：

<https://www.youtube.com/watch?v=uRI5n6keWnI>

You will check your blood pressure **during** your virtual prenatal appointments and share the results with your clinician. Your blood pressure helps your clinician check that your pregnancy is progressing normally and without issues. It is important to get a correct blood pressure. To do so:

Relax for 5 minutes before taking your blood pressure.

Sit in a relaxed position (sitting in a chair is best).

Keep your legs uncrossed.

Remove any thick clothing from your arm.

Rest your arm on a flat surface, keeping it level with your heart.

- If the top number (**systolic**) is greater than 140, or the bottom number (**diastolic**) is greater than 90, rest quietly for 15 minutes, and retake the blood pressure.
- If the number is still elevated and you do not have a prenatal visit planned, you should call your clinician's office right away.

For a helpful video about using your blood pressure cuff, visit:

<https://www.youtube.com/watch?v=uRl5n6keWnI>

多普勒胎心仪 Fetal doppler:

产前虚拟就诊**期间**，您可使用多普勒胎心仪检查您宝宝的心跳。在 16 周之前很难找到宝宝的心跳，因此我们不建议在怀孕早期尝试去找心跳。如果您和您的临床医生决定在虚拟就诊时使用多普勒胎心仪检查宝宝的心跳，请遵循以下步骤：

1. 仰卧，拉开衣服，露出腹部。
2. 打开仪器开关。然后将超声凝胶涂在多普勒探头顶端。
3. 将探头放在肚脐和耻骨中点的区域。
4. 用一定力度并缓慢移动探头以找到心跳。如果找不到心跳，请尝试更改探头的角度。

由于宝宝会四处移动并改变姿势，因此可能需要几分钟时间才能找到。

- 16 周时，宝宝的心跳应该在 110 到 160 之间。

如果您找不到婴儿的心跳，请确保探头涂有凝胶，并尝试改变探头的角度。还要确保多普勒仪有电池并且音量已调高。如果仍然找不到心跳，请致电您的临床医生办公室寻求帮助。

You may check your baby's heartbeat with a fetal doppler **during** your virtual prenatal appointments. It can be hard to find the baby's heartbeat before 16 weeks, so we do not recommend trying to find it early in pregnancy. If you and your clinician have decided to check the baby's heartbeat with a doppler for your virtual visits, use the steps below:

Lie down on your back and remove your clothing to expose your stomach. Turn on the device. Then put ultrasound gel on the top of the Doppler wand. Place the probe on the area halfway between your belly button and your pubic bone.

Use firm pressure and move the probe around slowly to find the heartbeat. Try changing the angle of the probe if you can't find the heartbeat. Since your baby will move around and change positions, it may take several minutes.

- The baby's heartbeat should be between 110 and 160 by 16 weeks.

If you cannot find the baby's heartbeat make sure you have gel on the wand and try changing the angle of the probe. Then make sure the doppler has batteries and the volume is turned up. If you still cannot find the heartbeat, call your clinician's office for help.

称体重: Checking your weight:

在怀孕期间记录您的体重可以告诉您的临床医生您和宝宝是否得到您所需要的营养。如果您和您的临床医生决定虚拟就诊时测量记录体重，请遵循以下提示：

1. 将体重秤放在坚实平坦的表面上。
2. 脱鞋。你所穿的衣服类型和一天中的时间并不重要。
3. 在踏上称量体重之前，请确保您的秤显示为 0。

- 如果发现您的体重发生突然改变（1-2 天内体重超过 5 磅）而您没有产前检查预约，请致电您的临床医生办公室。

Recording your weight during your pregnancy can tell your clinician if you and your baby are getting the nutrition you need. If you and your clinician have decided to record weight with your virtual visits use the tips below:

Put your scale on a solid and flat surface.

Remove your shoes. The type of clothing you wear and time of day do not matter.

Make sure your scale shows a 0 before stepping on it to weigh yourself.

- If you notice a sudden change in your weight (greater than 5 pounds over 1-2 days) and you do not have a prenatal appointment planned, please call your clinician's office.

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