



Prenatal Care Devices:

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

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

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!

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.

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.

Insurance coverage for devices:

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

Device coverage	Example plans	What to do
		company for how to get the device. If it is not covered, see options below under “no insurance coverage”.
Health Savings Account or Flexible Spending Account (HSA/FSA)	Individual	You may be able to buy devices using the money in your HSA/FSA account.
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.

Recommended devices:

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) • Omron 7 Series® Wireless Upper Arm Blood Pressure Monitor (Model BP7350)

	<ul style="list-style-type: none"> • 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.

What should I do once I have my devices?

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.

How do I use my devices?

Blood pressure cuff:

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:

1. Relax for 5 minutes before taking your blood pressure.
2. Sit in a relaxed position (sitting in a chair is best).
3. Keep your legs uncrossed.
4. Remove any thick clothing from your arm.
5. 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>

Fetal doppler:

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:

1. Lie down on your back and remove your clothing to expose your stomach.
2. Turn on the device. Then put ultrasound gel on the top of the Doppler wand.
3. Place the probe on the area halfway between your belly button and your pubic bone.
4. 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.

Checking your weight:

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:

1. Put your scale on a solid and flat surface.
 2. Remove your shoes. The type of clothing you wear and time of day do not matter.
 3. 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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