



BIO-MONITORING

What Is Bio-Monitoring? Who Needs It? And Why?



WHAT: Bio-monitoring is a process in which you will check your blood pressure and/or blood sugar and keep a log. This will help you and your doctor see how well your blood pressure or blood sugar is being managed.

WHO: Pregnant women who have a diagnosis or history of high blood pressure, diabetes, or previous preterm delivery. Your Maternity Care Coordinator will enroll you in Bio-monitoring.

WHY: It is important during your pregnancy to pay extra attention to your blood pressure and/or blood sugar. High blood pressure and/or blood sugar numbers may lead to problems during pregnancy.

HOW: A nurse will help you get any equipment, if needed, such as a BP monitor or glucometer. She will then call you weekly to discuss your blood pressure and/or blood sugar numbers.

WHERE: You will check your blood pressure and/or blood sugar in your home and keep a log. Take the log to your doctor visits.



Helping you achieve a safe, successful pregnancy and delivery.

Alabama Care Network Southeast

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