

MiHeart Program

What is the MiHeart program?

Welcome to the Michigan Medicine MiHeart program. Your provider recommended this program for you to help you manage your high blood pressure or heart condition in the postpartum period. As you transition from the hospital to home after giving birth, our MiHeart program offers a way to safely monitor your blood pressure. We'll also help you watch for any concerning signs or symptoms where you may need medication, follow-up appointments or testing, or a return to the hospital.

Who can join the MiHeart program?

To be part of the MiHeart program, you must:

- Have been diagnosed with hypertension (high blood pressure) during pregnancy or after giving birth, or have one or more heart condition
- Have access to a phone that can send and receive text messages

What can I expect from the MiHeart program?

- Our MiHeart program is staffed from 7:00 AM - 7:00 PM by both Certified Nurse-Midwives (CNMs) and Obstetrician-Gynecologist (OBGYN) consultants. You will get a text message confirming your registration in the program before you leave the hospital. If you don't get a welcome text before leaving the hospital, please let your nurse know.
- If you do not have a blood pressure cuff to take measurements at home, we will give you one and teach you to use it before you leave the hospital.
- After leaving the hospital, you will get texts every day at 8:00 AM and 4:00 PM asking you to send your blood pressure measurements. If you do

not get these texts once you are home, please call OB triage at (734) 764-8134 and ask them to page the MiHeart coordinator to help you.

- After you send a text with your blood pressure measurements, your MiHeart team will review them. If they have any concerns, they will reach out to talk with you as needed. Some concerns may include a blood pressure measurement equal to or higher than 150/100 mmHg, headache, changes in your vision, or right-sided stomach pain.

How long does the MiHeart program last?

The MiHeart program lasts for 10 days after you leave the hospital.

- If you are prescribed medication, you will have a virtual visit scheduled to review your medication and create a plan for blood pressure management after the MiHeart program ends.
- If you are not taking medications, you will receive a summary letter through the online patient portal (MyUofMHealth.org) after the program ends.
- You will follow up with your OB provider for routine care around 4-6 weeks after giving birth.

What are some other resources related to postpartum hypertension or heart conditions?

- If you have any urgent concerns, call OB triage anytime day or night at (734) 764-8134.
- You can read patient information about hypertensive disorders in pregnancy from the American College of Obstetricians and Gynecologists (ACOG) online.
 - Preeclampsia and High Blood Pressure During Pregnancy:
www.acog.org/womens-health/faqs/preeclampsia-and-high-blood-pressure-during-pregnancy

- 3 Conditions to Watch for After Childbirth: www.acog.org/womens-health/experts-and-stories/the-latest/3-conditions-to-watch-for-after-childbirth

Table for Normal vs. High Blood Pressure Measurements

Blood pressure range	Measurement range
Normal	Less than or equal to 120/80 mmHg
Mildly elevated (high)	140/90 mmHg or higher
High, may require medication or changes to medication plans	150/100 mmHg or higher

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