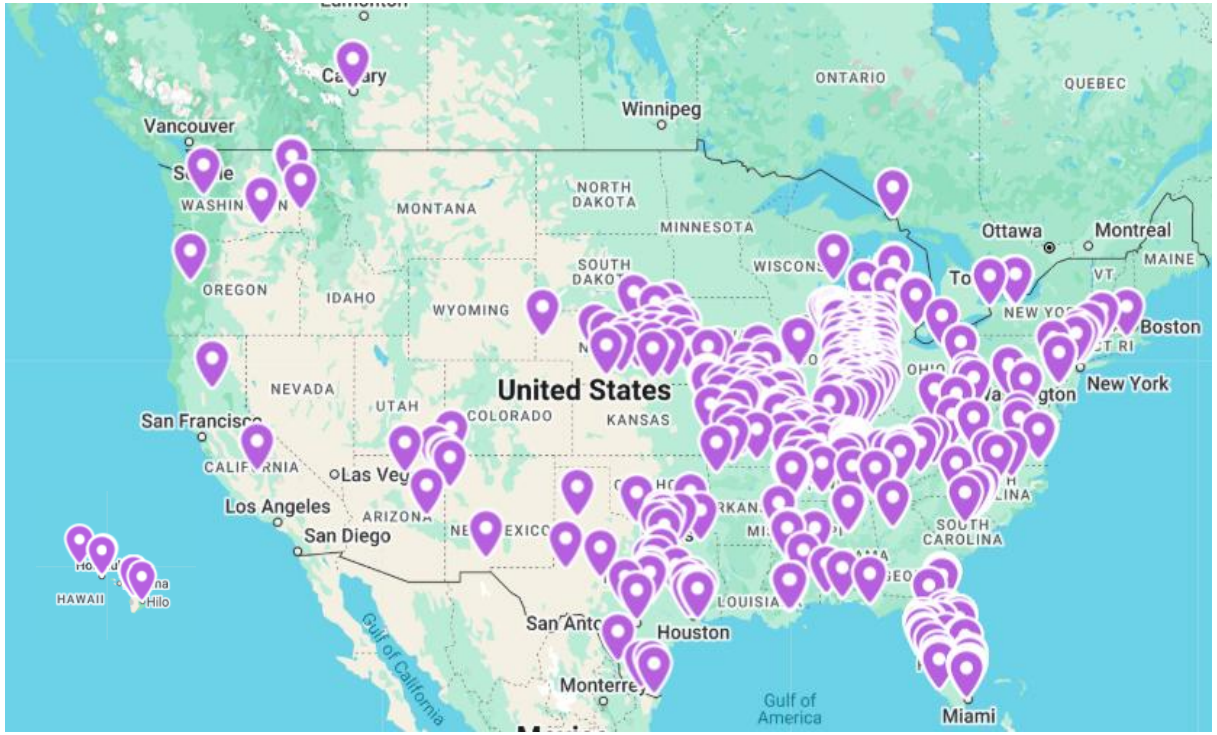
The Cuff Kit®

Randy Fillmore, Senior Program Coordinator
The Cuff Kit® Program

PREECLAMPSIA™ FOUNDATION

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The Cuff Kit® Program Background





60,0013
The Cuff Kits® shipped as of 4/15/2025

738
healthcare providers



32
states

- Initiated in 2020 (during COVID) to assist mechanism for at-home SMBP measuring between clinic visits.
- Growth in program allows for determinates of care data gathering.

Scan here for website info on The Cuff Kit®

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The Cuff Kit® Contents

- iHealth Track BP monitor
  - Standard cuff (8.6” - 16.4”) Light blue
  - XL cuff (16.5” – 18.9”) Dark blue
- Welcome Letter with QR code for instructional videos and surveys*
- Check – Know – Share Blood Pressure log and instruction form*
- Preeclampsia Signs & Symptoms*
- Postpartum Signs & Symptoms*
- “Signs of Preeclampsia” magnet
- “Still At Risk” wristband



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* - Printed in both English & Spanish

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Welcome Letter



PREECLAMPSIA FOUNDATION

Congratulations on taking charge of your health! We are so happy to help you by providing the Cuff Kit™ for home blood pressure monitoring.

Your blood pressure is important to you and your baby's well-being during and after pregnancy. Preeclampsia is a serious problem related to high blood pressure that can occur any time after 20 weeks in pregnancy or up to six weeks after you deliver.

Here is what you will find in your kit:

- An automated blood pressure monitor with batteries
- Information on how to properly take your blood pressure with a log for recording readings
- Signs and symptoms of preeclampsia teamsheet and magnet
- After birth (postpartum) signs and symptoms of preeclampsia
- Still-At-Risk Bracelet - even after you deliver, you may have high blood pressure or be at risk for preeclampsia. Wear this bracelet to remind healthcare providers and yourself that you should be alert to signs and symptoms for 6 weeks after delivery.

Please visit www.preeclampsia.org/blood-pressure or scan this code for a video tutorial, to download additional logs, and learn more about blood pressure and pregnancy. You are starting habits that will set you on a life-long path of good health practices.

SCAN ME

We are happy to be on this journey with you. Please consider us a resource now and for your future.

Preeclampsia Foundation
www.preeclampsia.org
info@preeclampsia.org
(800) 665-9341

TELL US WHAT YOU THINK!

Did you find these materials helpful? Tell us about it! Scan the QR code to access a survey to tell us more.

Cuff Kit™ Welcome Letter (Carta de bienvenida), printed 11/24

Printed in both English & Spanish



PREECLAMPSIA FOUNDATION

¡Felicitaciones por ocuparse de su salud! Estaremos encantados de ayudarle proporcionándole el Cuff Kit™ para el control de la presión arterial en el hogar.

Su presión es un indicador de la salud importante durante el embarazo y después de este. La preeclampsia es un problema grave relacionado con la presión alta que puede ocurrir en cualquier momento después de las 20 semanas de embarazo o hasta 6 semanas después del parto. En este kit encontrará:

- Un monitor de presión arterial automático con baterías.
- Información sobre cómo tomarse la presión de manera correcta y un registro para anotar los valores.
- Información sobre los signos y los síntomas de la preeclampsia.
- Información sobre los signos y los síntomas de la preeclampsia después delparto (posparto).
- Brazalete para pacientes de riesgo: incluso después del parto, puede tener presión alta o estar en riesgo de tener preeclampsia. Use el brazalete para que usted y los proveedores de atención médica recuerden que deben estar atentos a los signos y síntomas durante 6 semanas.

Visite https://preeclampsia.org/la-presion-arterial para ver un video tutorial, descargar más registros y aprender más sobre la presión y el embarazo. Usted está incorporando hábitos que la harán adoptar buenas prácticas de salud durante toda su vida.

SCAN ME

Nos complace acompañarla en este recorrido. Considérenos un recurso ahora y para su futuro.

Preeclampsia Foundation
www.preeclampsia.org
info@preeclampsia.org
(800) 665-9341

DINOS QUÉ PIENSAS!

¿Le resultaron útiles estos materiales? ¡Cuéntanoslo! Escanee el código QR para acceder a una encuesta.

SCAN ME

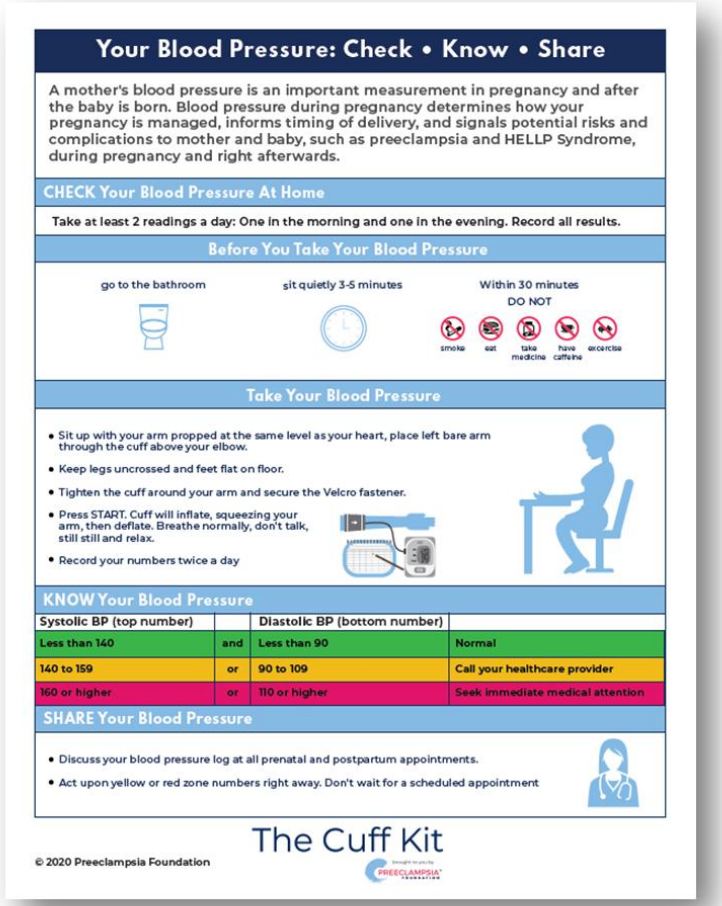
Cuff Kit™ Welcome Letter (Carta de bienvenida), printed 11/24

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Blood Pressure Log & Instructions

English & Spanish versions included in each The Cuff Kit®



Your Blood Pressure: Check • Know • Share

A mother's blood pressure is an important measurement in pregnancy and after the baby is born. Blood pressure during pregnancy determines how your pregnancy is managed, informs timing of delivery, and signals potential risks and complications to mother and baby, such as preeclampsia and HELLP Syndrome, during pregnancy and right afterwards.

CHECK Your Blood Pressure At Home

Take at least 2 readings a day: One in the morning and one in the evening. Record all results.

Before You Take Your Blood Pressure

go to the bathroom

sit quietly 3-5 minutes

Within 30 minutes DO NOT

smoke · eat · take medicine · have caffeine · exercise

Take Your Blood Pressure

- Sit up with your arm propped at the same level as your heart, place left bare arm through the cuff above your elbow.
- Keep legs uncrossed and feet flat on floor.
- Tighten the cuff around your arm and secure the Velcro fastener.
- Press START. Cuff will inflate, squeezing your arm, then deflate. Breathe normally, don't talk, still still and relax.
- Record your numbers twice a day

KNOW Your Blood Pressure

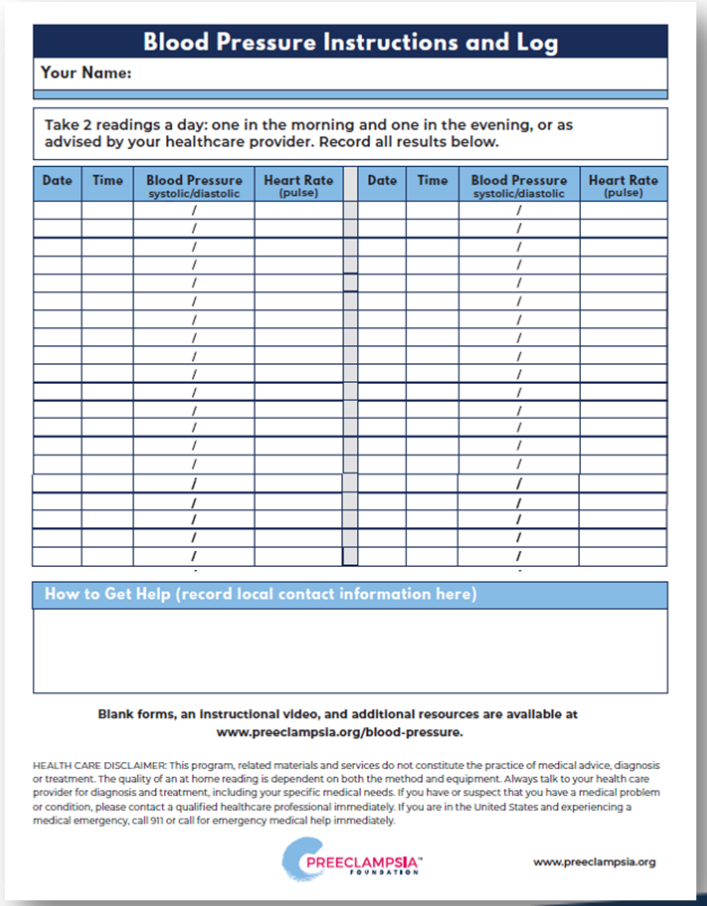
Systolic BP (top number)		Diastolic BP (bottom number)	
Less than 140	and	Less than 90	Normal
140 to 159	or	90 to 109	Call your healthcare provider
160 or higher	or	110 or higher	Seek immediate medical attention

SHARE Your Blood Pressure

- Discuss your blood pressure log at all prenatal and postpartum appointments.
- Act upon yellow or red zone numbers right away. Don't wait for a scheduled appointment

The Cuff Kit

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Blood Pressure Instructions and Log

Your Name:

Take 2 readings a day: one in the morning and one in the evening, or as advised by your healthcare provider. Record all results below.

Date	Time	Blood Pressure systolic/diastolic	Heart Rate (pulse)		Date	Time	Blood Pressure systolic/diastolic	Heart Rate (pulse)
		/					/	
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		/					/	
		/					/	
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How to Get Help (record local contact information here)

Blank forms, an instructional video, and additional resources are available at www.preeclampsia.org/blood-pressure.

HEALTH CARE DISCLAIMER: This program, related materials and services do not constitute the practice of medical advice, diagnosis or treatment. The quality of an at home reading is dependent on both the method and equipment. Always talk to your health care provider for diagnosis and treatment, including your specific medical needs. If you have or suspect that you have a medical problem or condition, please contact a qualified healthcare professional immediately. If you are in the United States and experiencing a medical emergency, call 911 or call for emergency medical help immediately.

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Pregnancy & Postpartum Preeclampsia Signs & Symptoms





Each printed in English on one side and Spanish the other side.

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Preeclampsia Signs & Symptoms Magnet



Printed in both English & Spanish

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Additional Languages

- The following are materials are available in additional languages:
  - Check – Know – Share Blood Pressure log and instruction form
  - Preeclampsia Signs & Symptoms
  - Postpartum Signs & Symptoms
- Supported additional languages include:
  - Arabic
  - Burmese
  - French
  - Haitian Creole
  - Kirundi
  - Pashto
  - Simplified Chinese
  - Somali
  - Swahili
  - Ukrainian



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Preeclampsia “Still At Risk” Wristband

Facilitates postpartum provider & patient awareness



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Automated Blood Pressure Monitor

- The blood pressure device included in The Cuff Kit® is the Andon iHealth Track, validated for blood pressure measurement in pregnancy/preeclampsia as listed on http://stridebp.org/pregnancy-pdf



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Automated Blood Pressure Monitor and Cuff



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iHealth Myvitals app

- Available on iOS and Android
- Stores <99 readings
- Allows multiple users
  - Need to ensure only patient BP readings are provided with healthcare team
- Upload selected BP readings to Myvitals app
- Share BP results (csv, xls, or pdf)
- Interface with Epic MyChart patient portal



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