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Between 8-16 percent of pregnant people experience high blood pressure during pregnancy. After delivery, postpartum individuals may continue to show symptoms of hypertension up to 6 weeks after pregnancy. [1] Severe high blood pressure, or pre-eclampsia, can have negative health outcomes years after the birth of an infant. Pregnant people who develop preeclampsia are at greater risk for kidney disease, heart attack, and stroke later in life.[2] Because pregnant people are at risk of having high blood pressure and developing pre-eclampsia during pregnancy, it is imperative to provide them with the ability to monitor their blood pressure while away from the doctor's office. According to the Maryland Maternal Mortality Review, in 2020, 24 percent of pregnancy-related deaths occurred 7-42 days after the end of pregnancy.[3] This speaks to the necessity to continue monitoring blood pressure after giving birth. Pregnancy-related deaths occurring 7-42 days after giving birth are especially concerning, as mothers are typically seen only once, at the 6-week postpartum appointment. Providing coverage for self-measured blood pressure monitoring provides an additional support for pregnant and postpartum Medicaid recipients who are at greater risk for a life of negative health outcomes caused by unmanaged high blood pressure.

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[1] Yale Medicine

[2] The American College of Obstetricians and Gynecologists

[3] Maryland Maternal Mortality Review