

Questions You May Have...

What is STAC-MyHEARTp?

- STAC-MyHEARTp was created to help improve and expand upon our current care beyond the 1st 6-weeks after birth for patients with high blood pressure.
- Heart disease is the #1 cause of death among women in the US and high blood pressure in pregnancy increases this risk.
- This study will help figure out the best way to help moms achieve blood pressure control and improve their heart health through the first year after birth.

What do I need to do in this study?

- Complete health question surveys
- *Half* of participants will be asked to check their blood pressure and weight at home & work with a health coach through 1 year after birth.

Will I be paid during this study?

Everyone will be paid \$20 at the start of the study and \$30 after completion of all study activities. All participants will receive a home blood pressure monitor if they did not receive one through the STAC program.

Tips for Getting Started...

Where will the study take place?

This research study will take place remotely (i.e from your home). Health coaching will occur over the phone or via video call. The optional visits will take place at the Perinatal Clinic at UPH-Meriter.

How can I get started or ask additional questions?

You might be eligible to participate in this study if you had high blood pressure before becoming pregnant or you experienced high blood pressure during pregnancy that does not lower after pregnancy.

You can contact us if you are interested!

608-556-9708 -or-
STAC-MyHEARTp_obgyn@wisc.edu

What if I change my mind?

You can stop participating in this research program at any time.

What if I do not want to be contacted?

Please let the STAC team know your wishes.



*To let us know you're interested in participating,
scan the QR code with a smartphone camera.*

Lead Researcher:

Dr. Kara Hoppe, UW School of Medicine & Public Health
Megan Knutson Sinaise, Lead Coordinator & Health Coach | 608-417-6618