

Panhandle

Public Health District

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Panhandle Public Health District Launches Free Blood Pressure Self-Monitoring Program for Pregnant and New Moms

Panhandle Public Health District (PPHD) is excited to announce the official launch of its new Maternal Self-Monitoring Blood Pressure (SMBP) Program, beginning Tuesday, November 25, at the PPHD clinic in Scottsbluff. This free, walk-in program is designed to empower pregnant and postpartum mothers with the tools and confidence to monitor their blood pressure at home—an important step in preventing complications and improving maternal health outcomes.

“Elevated blood pressure can be a warning sign for serious pregnancy-related complications,” said Dez Brandt, Maternal and Child Health Program Manager at PPHD. “By equipping moms with the knowledge and tools to check their blood pressure at home, we’re helping them better understand their health, recognize when something isn’t right, and seek care early.”

PPHD has partnered closely with hospitals and clinics across the Panhandle to introduce this resource and ensure seamless coordination with healthcare providers. The program provides education and support that complement, rather than replace, routine prenatal and postpartum care.

“Keeping moms healthy keeps babies healthy,” Brandt said. “This program is another step toward strengthening maternal health support in our rural communities.”

Program Highlights

- **Free blood pressure cuff and education:** Every participant receives a complimentary home blood pressure monitor along with personalized guidance on how to use it correctly and interpret their readings.
- **Walk-in access, no referral needed:** Pregnant or postpartum mothers may visit the clinic **Tuesday–Friday, 8:30 am - 4 pm at 18 W. 16th Street in Scottsbluff (behind Sam & Louie’s).**
- **Coordinated communication with providers:** Any concerning or urgent readings will be shared directly with the patient’s provider based on notification plans set with each hospital and clinic.



- **Quarterly check-ins:** PPHD will host regular touchpoints with healthcare partners to collaborate on maternal health initiatives and ensure clear communication.
- **Expert-informed education:** The program is developed in partnership with the American Heart Association and the Nebraska DHHS Cardiovascular Health Team to ensure all materials align with the latest evidence-based practices.

Healthcare providers across the region are encouraged to share this opportunity with patients who may benefit from at-home monitoring. For more information visit pphd.ne.gov or call 308-633-2866.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.