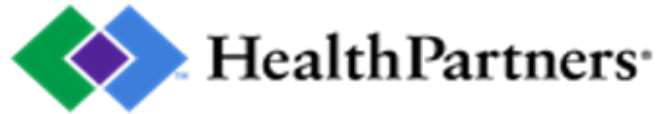


# MN Health Plans Collaborative

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# Today's Presenter

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**Dr. Diane Banigo**, of Ignited Faces of Beauty (IFOB), is a midwife, educator, and social entrepreneur dedicated to advancing maternal health and empowering women and families. With more than 20 years of clinical and leadership experience supporting women across the reproductive lifespan, she serves as a full-time midwifery faculty member at Bethel University and continues to practice clinically in birth centers and outpatient settings.

Dr. Banigo is co-founder of Igniting Power of Woman, a consulting and social impact organization focused on community-centered maternal health, leadership development, and systems change. She is the author of *All About God's Love*, an experienced community circle facilitator, and curator of women-focused wellness retreats. Through her work as a perinatal consultant and social architect, she partners with women, organizations, and communities to cultivate environments where women and families can thrive.



# *Hypertension in Pregnancy*

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## *Your role as a Support Person*

Facilitated by: Dr. Diane Banigo,  
DNP, APRN, CNM, CPE  
Ignited Faces of Beauty (iFOB)



# Webinar Objectives

- Define hypertension in pregnancy and recognize major hypertensive disorders
- Identify warning signs and red flags requiring medical follow-up
- Describe risks to the pregnant person and baby
- Determine when medical providers should be contacted
- Recognize the role of non-clinical professionals in support and advocacy



*A "Silent"  
Rising Tide –  
Maya's Story*

# The “Why” - Beyond the Numbers

- Reality Check
- Midwifery Model
- Maya’s Story

# The Numbers

Condition	Approximate Prevalence	Notes
Any hypertensive disorder of pregnancy (combined)	13–15% of pregnancies	Includes chronic HTN, gestational HTN, preeclampsia, and eclampsia. ( <a href="#">PMC</a> )
Chronic hypertension (pre-existing)	~3–5% of pregnancies	Rates have increased in recent years due to maternal age and comorbidities. ( <a href="#">JAMA Network</a> )
Gestational hypertension	~6–8% of pregnancies	Often described as about <b>1 in 12–17 pregnancies</b> . ( <a href="#">Child Stats</a> )
Preeclampsia	~2–8% of pregnancies	Range depends on population risk factors and diagnostic criteria. ( <a href="#">PMC</a> )

# The “What” - Understanding the Stages

- The Stages
- The Risk

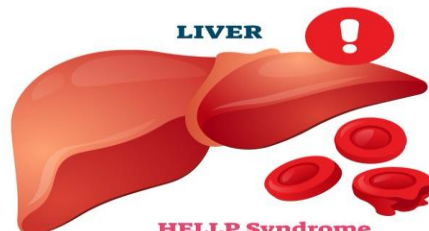
# The Spectrum

Category	Blood Pressure Threshold	Timing / Presentation	Key Clinical Indicators
Stage 1 Hypertension	130-139 / 80-89	Any point in pregnancy	"Warning Zone" requires increased monitoring.
Stage 2 Hypertension	140/90 or higher	Any point in pregnancy	Immediate notification to provider; baseline for HDP diagnosis.
Gestational HTN	140/90 or higher	After 20 weeks	Elevated BP <i>without</i> protein in urine or organ signs.
Preeclampsia	140/90 or higher	After 20 weeks (or PP)	BP elevation <b>PLUS</b> protein in urine OR "Red Flag" organ symptoms.
Hypertensive Crisis	160/110 or higher	Any point	<b>Medical Emergency.</b> High risk for stroke or seizure (Eclampsia).

# The “Watch-Outs” - 5 Critical Red Flags

- Visual Disturbances
- Epigastric Pain
- Neurological Changes
- Edema
- “ I Feel Off” Factor

# PREECLAMPSIA

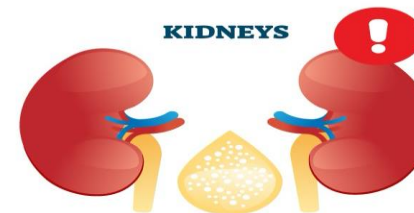


**LIVER**

## HELLP Syndrome

Breakdown of Red Blood Cells and Complications With Liver

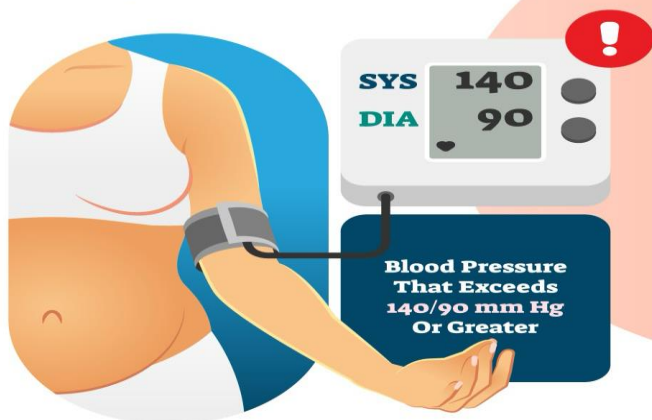
**PREECLAMPSIA** is a Pregnancy Complication Characterized by **HIGH BLOOD** Pressure and Signs of **DAMAGE** to Another Organ System, Most Often the **LIVER** and **KIDNEYS**



**KIDNEYS**

## PROTEINURIA

Protein in Urine. The Condition is Often a Sign of Kidney Disease



Blood Pressure That Exceeds 140/90 mm Hg Or Greater



Water Retention and Swelling

## OTHER SYMPTOMS



Severe Headaches



Changes in Vision



Upper Abdominal Pain



Nausea or Vomiting



Decreased Urine Output



Shortness of Breath

# Cultural Responsiveness

- Systemic Bias
- Representation
- Cultural Context
- Cultural Safety



GO



CALL



MONITOR

## Communication & Trauma-Informed Care

- Words Matter
- “Stop-Light” Method
- Validation

# Advocacy & Support Network

- The Team
- Breaking the Silence
- Escalation Ladder
- The Script

# The Bridge- The L.I.S.T.E.N Framework

- L-I-S
- T-E-N
- GOAL: Moving from "hearing" a complaint to "acting" on a clinical necessity.

# Wrap-Up & Takeaways

- ✓ Categories
- ✓ Red Flags
- ✓ Advocacy
- ✓ Maya's Story



References QR Code

# Questions and Open Discussion

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2026 At Home High Blood Pressure Cuffs for Pregnant Members

MCO / Plan	Covered (Yes/No)	Type Covered	Steps to accessing HBP Cuffs	Website Link	Contact Phone Number
<b>Blue Plus</b>	Yes, with provider prescription	Digital	<ol style="list-style-type: none"> <li>1. Talk to your doctor or pregnancy care provider and request a home blood pressure cuff.</li> <li>2. Your provider will write a prescription for an automatic blood pressure monitor (HCPCS code A4670). No prior authorization is required.</li> <li>3. Your provider sends the prescription to a Durable Medical Equipment (DME) supplier or a contracted pharmacy.</li> <li>4. The device will be delivered to your home or made available for pickup at the supplier or pharmacy.</li> </ol> <p>Important Note: You must be pregnant and enrolled in Minnesota Medicaid or MinnesotaCare, and coverage allows one device every three years at no cost to you.</p>	<a href="#">Maternal health program   Blue Cross MN</a>	Call Member Services at 1-800-711-9862, TTY 711
<b>HealthPartners</b>	Yes, with provider prescription	Aligned with provider order <b>Covered / Type</b> Among the doctor-ordered, medically necessary covered items listed in the <a href="#">Medical Supply Coverage Guide</a> (page 58) linked from HealthPartners Durable Medical Equipment and Supplies – Minnesota Health Care Programs coverage criteria	<ol style="list-style-type: none"> <li>1. Obtain a doctor's order.</li> <li>2. Contact Member Services to verify network vendors in the member's area.</li> <li>3. Contact a network vendor. The vendor aligns the doctor's order with coverage.</li> </ol>	<b>Website Link:</b> Network Search <a href="https://www.healthpartners.com/fcp/csearch/?networkId=1069">https://www.healthpartners.com/fcp/csearch/?networkId=1069</a> "To Help Me With": <i>Medical Equipment and Supplies</i>	<b>Contact Phone:</b> Member Services 952-967-7998 or 866-885-8880
<b>Hennepin Health</b>	Yes, with provider prescription	Digital	<ol style="list-style-type: none"> <li>1. Providers can write a prescription order for this service</li> <li>2. Provider submits prescription order to a durable medical equipment (DME) provider (must be a contracted DME provider)</li> <li>3. DME provider delivers it to the member</li> </ol> <p>Please Note: Providers must refer members to a contracted provider when writing a prescription for digital blood pressure cuffs.</p> <p>Find a DME Providers at <a href="#">Hennepin Health - Find a Healthcare Provider - Search</a></p>	<a href="#">Prenatal Care   Hennepin Health</a>	<b>Member Services:</b> 612-596-1036 (press 2) or 1-800-647-0550 TTY: 711
<b>Medica</b>	Yes, with provider prescription	Aligned with Provider Order	<ol style="list-style-type: none"> <li>1. A member's doctor would prescribe it</li> <li>2. The member would get it from one of the DME suppliers in their plan network.</li> </ol>	<a href="https://medica.healthsparq.com/healthsparq/public/#/one/insurerCode=MEDICA_I&amp;brandCode=SPP&amp;productCode=MCC">https://medica.healthsparq.com/healthsparq/public/#/one/insurerCode=MEDICA_I&amp;brandCode=SPP&amp;productCode=MCC</a> (link in bottom right tile to DME by zip code) <a href="https://www.medica.com/find-care/select-your-medicaid-plan/resources/pregnancy-program">https://www.medica.com/find-care/select-your-medicaid-plan/resources/pregnancy-program</a>	<b>Member Services:</b>  1-800-952-3455  TTY: 711
<b>South Country Health Alliance</b>	Yes, with provider prescription	Aligned with provider order	<ol style="list-style-type: none"> <li>1. Member would work with provider(doctor) to determine necessity</li> <li>2. Provider writes a prescription for durable medical equipment (DME)</li> <li>3. DME provider supplies the equipment</li> </ol>	<a href="#">Prenatal &amp; Postpartum Care – South Country Health Alliance</a> <a href="#">Find A Provider – South Country Health Alliance</a>	<b>Member Services</b> Toll Free: 1-866-567-7242 TTY: 1-800-627-3529 or 711

# Thank You!

[Evaluation Link](#)

**Certificate of Participation** –upon completion of Evaluation

**Recording** - [Performance Improvement Project \(PIP\): Healthy Start for Minnesota Children - Stratis Health](#)