Controlling High Blood Pressure (CBP)

High blood pressure, or hypertension, increases the risk of stroke and heart disease, which are leading causes of death in the United States. About one in three adults has high blood pressure, and only about half of these adults have their blood pressure under control. Providers can help patients manage their high blood pressure by prescribing the right medications and encouraging healthier lifestyles.¹

APPLICABLE LINES OF BUSINESS
- Medicare Advantage
- Commercial

MEASURE DEFINITION
Percentage of members 18-85 years of age who had a diagnosis of hypertension (HTN) and whose blood pressure was adequately controlled (<140/90 mm Hg) during the measurement year.²

EXCLUSIONS
Patients are excluded if they:
- Have end-stage renal disease (ESRD), dialysis, nephrectomy, or kidney transplant
- Have a diagnosis of pregnancy during the current measurement year
- Have a non-acute, inpatient admission during the current measurement year
- Received hospice care during the measurement year
- Are living long term in an institution
- Are enrolled in an institutional SNP (I-SNP)
- Are age 81 or older with frailty
- Are ages 66-80 with advanced illness and frailty (for additional definition information, see the Advanced Illness and Frailty Exclusions Guide)

INFORMATION THAT PATIENT MEDICAL RECORDS SHOULD INCLUDE
- All blood pressure readings and dates obtained. (If there’s more than one reading at a single visit, use the lowest systolic and diastolic readings.) The last blood pressure reading of the year will be used for HEDIS compliance determination.
- Document exact readings; don’t round blood pressure readings.
- Blood pressure readings recorded on a digital monitoring device are acceptable if documented in the medical record and interpreted by the provider.
INFORMATION THAT PATIENT CLAIMS SHOULD INCLUDE

Submit blood pressure CPT® II codes for each office visit:

<table>
<thead>
<tr>
<th>CPT® II code</th>
<th>Most recent systolic blood pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>3074F</td>
<td>&lt;130 mm Hg</td>
</tr>
<tr>
<td>3075F</td>
<td>130 -139 mm Hg</td>
</tr>
<tr>
<td>3077F</td>
<td>≥ 140 mm Hg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CPT® II code</th>
<th>Most recent diastolic blood pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>3078F</td>
<td>&lt;80 mm Hg</td>
</tr>
<tr>
<td>3079F</td>
<td>80 - 89 mm Hg</td>
</tr>
<tr>
<td>3080F</td>
<td>≥ 90 mm Hg</td>
</tr>
</tbody>
</table>

TIPS FOR TAKING BLOOD PRESSURE READINGS IN THE OFFICE

- Use the proper cuff size.
- Advise the patient not to talk during the measurement.
- Ensure patients don’t cross their legs and have their feet flat on the floor during the reading. Crossing legs can raise the systolic pressure by 2-8 mm Hg.
- Make sure the elbow is at the same level as the heart. If the patient’s arm is hanging below heart level and unsupported, this position can elevate the measured blood pressure by 10-12 mm Hg.
- Take it twice. If the patient has a high blood pressure reading at the beginning of the visit, retake and record it at the end of the visit. Consider switching arms for subsequent readings.

TIPS FOR SUCCESS

- Encourage blood pressure monitoring at home and ask patients to bring a log of their readings to all office visits.
- Educate patients on how to properly measure blood pressure at home.
- Prescribe single-pill combination medications whenever possible to assist with medication compliance.
- Reinforce the importance of low sodium diets, increased physical activity, smoking cessation, and medication adherence at every visit.
- Advise patients not to discontinue blood pressure medication before contacting your office.
- Coordinate care with the endocrinologists, nephrologists, and cardiologists.

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1 Centers for Disease Control and Prevention. [https://www.cdc.gov/bloodpressure/index.htm](https://www.cdc.gov/bloodpressure/index.htm)
3 CPT Copyright 2018 American Medical Association. All rights reserved. CPT® is a registered trademark of the American Medical Association.
4 Centers for Disease Control and Prevention. [https://www.cdc.gov/vitalsigns/blood-pressure/index.html](https://www.cdc.gov/vitalsigns/blood-pressure/index.html)