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One in a series of tip sheets about HEDIS® and other measures that contribute to star ratings of Medicare Advantage plans.

## Controlling high blood pressure (CBP)

Effectiveness of Care HEDIS® Measure

### Measurement definition

Patients ages 18 to 85 in the measurement year who had a diagnosis of hypertension, and whose blood pressure was adequately controlled (<140/90 mm Hg) as of December 31 of the measurement year.

### Exclusions

Patients are excluded if they:

- Received hospice care during the measurement year.
- Have end-stage renal disease, dialysis, nephrectomy or kidney transplant.
- Have a pregnancy diagnosis during the measurement year.
- Are age 81 or older with frailty.
- Are ages 66 to 80 with advanced illness and frailty (for additional definition information, see the *Advanced Illness and Frailty Guide*).
- Are deceased during the measurement year.
- Received palliative care during the measurement year.

### Information that patient medical records should include

- Include all blood pressure readings and the dates they were obtained. The last blood pressure reading of the year will be used for HEDIS compliance determination.
  - Document exact readings; don't round up blood pressure readings.
  - If multiple readings are taken on the same date, use the lowest systolic and lowest diastolic results.
- Blood pressure readings can be captured during a telehealth, telephone, e-visit or virtual visit.
  - Patient-reported readings taken with a digital device are acceptable and should be documented in the medical record, or MR.
  - The provider doesn't need to see the reading on the digital device; the patient can verbally report the digital reading.

### Information that patient claims should include

Blood pressure CPT® II codes must be billed with an office visit, including telehealth, telephone, e-visit or virtual visit:

CPT® II code	Most recent systolic blood pressure
3074F	< 130 mm Hg
3075F	130–139 mm Hg
3077F	≥ 140 mm Hg

CPT® II code	Most recent diastolic blood pressure
3078F	< 80 mm Hg
3079F	80–89 mm Hg
3080F	≥ 90 mm Hg

## Tips for taking blood pressure readings in the office

- Use the proper cuff size.
- Advise the patient not to talk during the measurement.
- Ensure that 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 talking with patients

According to the American Heart Association and American College of Cardiology, one of the biggest challenges is convincing patients of the importance of maintaining a healthy blood pressure.

- Educate patients on the importance of blood pressure control and the risks when blood pressure is not controlled.
- 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).
- If the patient doesn't own a digital blood pressure cuff, educate them on utilizing their local pharmacy for a blood pressure reading.
- Prescribe single-pill combination medications whenever possible to assist with medication compliance.
- Discuss the importance of medication adherence at every visit. According to the Centers for Disease Control and Prevention:
  - Only about one in four adults (24%) with hypertension have their condition under control.<sup>1</sup>
  - One in four patients with Medicare Part D prescription insurance are not taking their blood pressure medication as prescribed.<sup>2</sup>

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- Advise patients not to discontinue blood pressure medication before contacting your office. If they experience side effects, another medication can be prescribed.
- If patients have an abnormal reading, schedule follow-up appointments for blood pressure readings until their blood pressure is controlled.
- Encourage lifestyle changes, such as diet, exercise, smoking cessation and stress reduction.

<sup>1</sup>Centers for Disease Control and Prevention. [cdc.gov/bloodpressure/facts.htm](https://www.cdc.gov/bloodpressure/facts.htm)

<sup>2</sup>Centers for Disease Control and Prevention. [cdc.gov/mmwr/volumes/65/wr/mm6536e1.htm](https://www.cdc.gov/mmwr/volumes/65/wr/mm6536e1.htm)

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