

Provider Bulletin

HEDIS® News You Can Use

Controlling Blood Pressure (CBP)



Importance of Controlling High BP

Managing blood pressure effectively reduces the risk of heart disease and stroke—two of the leading causes of death in the United States. One in four adults with hypertension have their condition under control, underscoring the urgent need for improved treatment and monitoring strategies.

This bulletin offers information on any measure changes, best practice suggestions, links to codes and free resources.



Coding information

Ensure accurate coding of BP readings using the CPT II codes below:

- 3074F: systolic BP < 130
- 3075F: systolic BP 130-139
- 3077F: systolic BP ≥ 140
- 3078F: diastolic BP <80
- 3079F: diastolic BP 80-89
- 3080F: diastolic BP ≥ 90

For up-to-date, measure specific codes to use, go to [MC Gap Closure Reference Guide](#)



Measure requirements

The most recent blood pressure reading taken in the measurement year, for persons 18-85 who had a diagnosis of hypertension (HTN) and whose blood pressure (BP) was adequately controlled (<140/<90) during the measurement period. Note: BP on or after the date of the second diagnosis of hypertension (claims based).

For more detailed measure info, go to [MC Gap Closure Reference Guide](#)



Common reasons for Gaps in Care

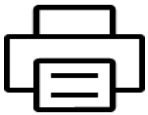
- Elevated BP readings are not being retaken or documented a second time.
- Member reported BP during telehealth visits are not present in the chart.
- Member reported BPs with a digital device meet compliance.

For members assigned but choosing not to establish care, go to [MC PCP Change Request Form](#)



Member education

- Educate members about the risks of uncontrolled blood pressure, importance of medication adherence and need to report any side effects promptly for timely intervention.
- Provide instruction on proper technique for self-measuring blood pressure at home. Offer member to bring in BP cuff for calibration check by staff.
- Encourage regular home BP monitoring and maintain a log of all readings. Bring log of readings to all office visits to review.
- Encourage healthy lifestyle changes such as:
 - Reducing sodium intake
 - Increasing physical activity
 - Managing stress
 - Maintaining a healthy weight



Great resources

American Heart Association: [Home Blood Pressure Monitoring](#) resources for patients:

- [Blood Pressure Log](#)
- [How to measure your blood pressure at home-AMA](#)

Mercy Care Provider Portal.

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[mercycare provider newsletters](#)

Mercy Care Community resource guide:

[Mercy Care | Community Resource Guide](#)

**Thank you for the care you provide
to our members**



Best Practices

Tips to improve results

- Record member blood pressure at every visit, including telehealth, phone, e-visits, and virtual care.
- Retake all BP's greater than 139/89 in office and record at the end of the visit.
- Outreach and schedule members for follow-up visits when BP elevated in the office; re-schedule any missed appointments as soon as possible.
- Ensure staff are trained on accurate BP measurement: correct cuff size used on a bare arm, patient with feet flat, back supported, and elbow at heart level.
- Advise the patient to remain silent during the reading.