

PROVIDER BULLETIN

Controlling High Blood Pressure (CBP)

The **Controlling High Blood Pressure HEDIS measure** is to help members control their hypertension by working with members to change their lifestyle to help control and manage high blood pressure. Life-style changes recommended includes but not limited to:

- Eating a heart-healthy diet with less salt
- Getting regular physical activities
- Maintaining a healthy weight or losing weight if member is overweight or obese
- Limiting the amount of alcohol the member drinks
- If lifestyle change is not enough, physicians may recommend medication to lower the member's blood pressure.

CBP HEDIS Measure Description:

The percentage of members 18-85 years of age and older who has a diagnosis of hypertension (HTN) and adequately controlled their blood pressure (BP) during the measurement year.

- HTN diagnosis must be captured twice during the measurement year or the prior year.
- The controlled BP reading must occur on or after the date of the second (2nd) diagnosis of HTN.

What is Adequate BP Control Defined as?

- 18-85 years of age whose BP was less than (<) **140/90 mm Hg** (both the systolic and diastolic readings must be at **139/89 mm Hg or lower** in order to be considered "**Controlled**").

What are the Best Practices for the CBP Measure?

- If the blood pressure reading is high, conduct a few more readings in different time intervals. If more than one BP were taken during the office visit, please use the lowest systolic and lowest diastolic values to be documented in the medical record and submit the encounter data via the CMS-1500 form through Office Ally (Preferred IPA's data clearing house). It is ok to document more than one BPs in the member's Medical Record or in the Electronic Medical Record (EMR).
- BP readings should occur during outpatient visits with regular treating physician after the 2nd diagnosis of HTN (not on the same date of the diagnosis of HTN).
- **Telehealth:** BP readings reported by member via a digital BP device is acceptable.

What are the ICD-10 and Procedure Codes I need to submit to the IPA?

BP Coding with Respective Reading Results (ICD-10 and CPT codes needed)					
CPT	3077F	Systolic Greater Than/Equal To 140	CPT	3079F	Diastolic 80-89
CPT	3074F & 3075F	Systolic Less Than 140	CPT	3080F	Diastolic Greater Than/Equal To 90
ICD-10	I10	Diagnosis of HTN	CPT	3078F	Diastolic Less Than 80

Note: Some Health Plans have **incentive payments (\$\$\$\$)** on the CBP HEDIS Measure. Please ensure to record and submit the lowest systolic and diastolic BP reading(s) per office/telehealth visits to Preferred IPA via the CMS-1500 encounter form through Office Ally data clearing house.

If you have any questions, please contact Kyle Liao at (818) 265-0800, x231.