



Controlling High Blood Pressure (CBP)

HEDIS® Measurement Year 2022 Measures

Measure Description: The percentage of members 18-85 years of age who had a diagnosis of hypertension (HTN) and who adequately controlled their blood pressure during the measurement year. Please see below for criteria to be met to be considered adequately controlled.

- HTN diagnosis must be captured twice between January 1 of the year prior to the measurement year and June 30 of the measurement year.
- The adequately controlled BP reading must occur on or after the date of the second diagnosis of HTN.
 - Adequate control is defined as <140/90 mm Hg. The highest controlled BP is 139/89 mm Hg. (Both the systolic and diastolic must be below the above readings to be considered "controlled.")

Eligible Population

- Ages 18-85 years as of December 31 of the measurement year.
- Members who are in hospice or palliative care are excluded from the eligible population.

Strategies for Improvement

- Utilize NCQA coding tips to actively reflect care rendered.
- Coordinate care with specialists such as endocrinologists, neurologists, and cardiologists.
- Outreach patients to schedule follow-up appointments and diagnostic tests.
- Stress importance of medication adherence and their effect on blood pressure readings.
- Counsel on health lifestyle changes; this could include improved diet and increased exercises and their effect on blood pressure control. An example of this might include low sodium diet and decreased carbs, 150 minutes of physical activity a week.
- Repeat blood pressures in the office when either a systolic or diastolic reading, or both readings, do not meet the compliance threshold (<140/90 mm Hg).

Numerator Codes

The complete NCQA approved code set list can be referenced in the coding guide at <https://healthplan.org/providers/patient-care-programs/quality-measures>.

For questions, please contact your practice management consultant. To identify your practice management consultant please refer to

healthplan.org/providers/overview/meet-provider-servicing-team

Identifying Patients with Hypertension

ICD-10	I10	Essential Primary Hypertension
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Identifying Representative Blood Pressure

CPT	3077F	Systolic Greater Than/Equal To 140
CPT	3074F	Systolic Less Than 130
CPT	3075F	Systolic 130-139
CPT	3079F	Diastolic 80-89
CPT	3080F	Diastolic Greater Than/Equal To 90
CPT	3078F	Diastolic Less Than 80



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The following BP readings are not eligible:

- Taken during an acute inpatient stay or ED visit.
- Taken on the same day as a diagnostic test or diagnostic or therapeutic procedure that requires a change in diet or change in medication on or one day before the day of the test or procedure, except for fasting blood tests. Examples include: Colonoscopy, dialysis, nebulizer treatments.
- A patient forgetting to take regular medications on the day of the procedure is not considered a required change in medication, and therefore the BP is eligible.
- BPs taken on the same day as injections, vaccinations, TB tests, IUD insertion, eye exam with dilating agents, wart or mole removals, or fasting blood tests are eligible BPs.
- Taken by the member using a non-digital device such as with a manual blood pressure cuff and a stethoscope.

****Please Note:**

The CBP measure is hybrid. Any care not received via claims during the measurement year will result in medical record requests during the HEDIS medical record review project.

*The Health Plan has a team of member advocates, health coaches, social workers and nurses who can assist you and your patients to remove or overcome any barriers to care through benefit assistance, community resource referrals or enrollment in a THP clinical program. To refer a patient who is a THP member for assistance, call **1.877.903.7504** and let us know what we can do to help your patient receive and adhere to your recommended plan of care.*

Exclusions

- Members 66 years of age and older as of 12/31 of the measure year with frailty and advanced illness during the measure year.