

Controlling high blood pressure: Get to know the latest provider guidance for 2022

 pages.azblue.com/Updated-HEDIS-guidelines-for-hypertension---MAY-2022.html

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HEDIS® measures¹ address a broad range of important health issues. Among updates for measurement year (MY) 2022 are changes to the Controlling High Blood Pressure (CBP) measure.² Controlling high blood pressure is an important step in preventing heart attack, stroke, and kidney disease. In addition to prescribing medications, you can help patients with hypertension manage their blood pressure (BP) by encouraging them to eat a low-sodium diet, engage in more physical activity, and quit smoking.

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Take a virtual tour of [member ID cards](#)

Measure by measure: Guidelines for documenting hypertension

Helpful handouts**For you:** A Million Hearts® [provider tip sheet](#) to improve patient medication adherence

For your patients: [Blood pressure fact sheets](#) in English and Spanish from the American Heart Association

The CBP measure assesses adults 18-85 years of age with a diagnosis of hypertension and whose most recent BP reading during the measurement year indicates adequate control (140/90 mm Hg). Both a representative systolic BP 140 mm Hg and a representative diastolic BP 90 mm Hg are required for compliance. If multiple readings are recorded during the same visit, the lowest systolic result and the lowest diastolic result can be used. The results do not need to be from the same reading.

What's changed? Here's updated MY2022 criteria

- HEDIS added rate stratification by race and ethnicity.
- Patients in hospice/palliative care or using hospice services any time during the measurement year are excluded.
- BP readings taken by the patient using a digital device and recorded in the medical record are eligible for reporting.
- Documentation in the medical record of “average BP” using both a distinct systolic and diastolic value is eligible for reporting.
- Documentation in the medical record of BP ranges or thresholds is *not* eligible for reporting.

Reducing the burden of HEDIS medical record reviews

Reporting BP results on claims using CPT® Category II codes allows for administrative capture of the results. In turn, this eases the burden on medical practices by reducing the volume of medical record reviews needed for the CBP measure during the HEDIS season.

Blood Pressure Reading Results	CPT II Code
Systolic Blood Pressure <130 mm Hg	3074F
Systolic Blood Pressure 130-139 mm Hg	3075F
Systolic Blood Pressure ≥ 140 mm Hg	3077F
Diastolic Blood Pressure < 80 mm Hg	3078F
Diastolic Blood Pressure 80-89 mm Hg	3079F
Diastolic Blood Pressure ≥ 90 mm Hg	3080F

More than 90% of America's health plans, including Blue Cross® Blue Shield® of Arizona, use HEDIS to measure performance on important dimensions of care and service. HEDIS helps providers and health plans see where to focus their improvement efforts for higher-quality outcomes.

HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

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Million Hearts is a national initiative co-led by the CDC and the CMS.

¹ Source: [National Committee for Quality Assurance \(NCQA\) \(HEDIS and Performance Measurement\)](#).

² Source: [NCQA, “Controlling High Blood Pressure \(CBP\)”](#)

Our members can take a digital ID card with them wherever they go with the MyBlue AZSM mobile app.

