



## Controlling High Blood Pressure Guide

### Importance of Controlling High Blood Pressure

High blood pressure (BP) is a serious issue in the United States, which affects one in three Americans. Working with your patients to improve control of their high BP is not only important for their overall health and wellbeing, it is also a key performance metric for many governmental and commercial contracts.

### Code Submission to Close Care Gaps

Measure is to be submitted a minimum of **once per performance period** for patients with hypertension (HTN). The most recent quality code submitted will be used for performance calculation.

- If a blood pressure reading  $\geq 140/90$  mmHg is obtained at any visit, the patient falls out of compliance, therefore it is important to obtaining a new reading at **every visit** to ensure hypertension control
- CMS will use the LAST documented blood pressure reading for the measurement period (MP)

Measure	CPT II Code	Description
Controlling Blood Pressure	3074F	Most recent systolic blood pressure < 130 mmHg
	3075F	Most recent systolic blood pressure 130-139 mmHg
	3077F*	Most recent systolic blood pressure $\geq 140$ mmHg
	3078F	Most recent diastolic blood pressure less than 80 mmHg
	3079F	Most recent diastolic blood pressure 80-89 mmHg
	3080F*	Most recent diastolic blood pressure $\geq 90$ mmHg

\* Code will not close care gap

### Tips for Improving Performance

★ If initial BP is  $\geq 140/90$  mmHg, retake and keep all readings recorded in the patient's chart. The BP readings can be combined to measure the lowest of each systolic and diastolic reading.

- If no BP is taken during the MP, the patient's blood pressure is assumed "not controlled"
- Review diet, medications, exercise regimen, and treatment adherence with the patient at each visit
- Assess whether transportation is a concern and encourage patients to inquire about health plan and public transportation services available to them

### Key Considerations

- Acceptable BP readings: Performed by a clinician, a remote monitoring device that transmits BP data to the clinician, or readings taken by remote monitoring device and conveyed to the clinician (with the discretion of the clinician to confirm that the device is acceptable and reliable)
- Educate staff on proper technique for taking blood pressure readings
- Perform outreach to patients with HTN who have not had a follow-up appointment



## Denominator

Patients 18-85 years of age who had a visit and diagnosis of essential hypertension (**I10**) starting before and continuing into, or starting during the first six months of the MP.

## Numerator

Patients whose most recent blood pressure is adequately controlled (systolic blood pressure < 140 mmHg and diastolic blood pressure < 90 mmHg) during the MP. (**G8752 and G8754**)

## Exclusions

- ESRD, Dialysis/Renal Transplant before or during the MP or pregnancy during the MP (**G9231**)
- Patients 66 years old and older living long-term in an institutional setting or enrolled in an Institutional Special Needs Plan (I-SNP) (**G9898**)
- Frailty diagnosis on 2 different DOS during the MP (**G2099**)
- Advanced Illness: Either of the following during the MP or PY (**G2098**)
  - Advanced illness diagnosis on 2 different dates of service (DOS)
  - Dispensed a dementia medication (Donepezil, Galantamine, Rivastigmine, Memantine)
- Patients who used hospice services or palliative care (**G9709 or G9992**) or who have died
- Patients 81 years or older with at least one claim for frailty (**G2118**)

## Disqualifying Events

- Acute IP stay or ED visit
- Taken on the same days as a diagnostic test/procedure that requires a change in diet or change in medication on the one day before the day of the test or procedure, except for fasting blood tests
  - Low-intensity or preventive procedure are ELIGIBLE for use (i.e. vaccination, injection, TB test, IUD insertion, eye exam with dilating agents, wart or mole removal)
- Taken by the patient using a manual cuff and stethoscope

**Disclaimer:** *This information is not intended to dictate or substitute your professional judgment in a particular patient.*

## References

[CMS, Web Interface HTN-2: Controlling High Blood Pressure \(2024\)](#)

[Arkansas Blue Cross and Blue Shield, Controlling Blood Pressure \(2024\)](#)

[Humana, Quality Indicator Reference for Physicians \(2024\)](#)

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