



Blood Pressure Recheck Initiative

Regularly rechecking and recording patients' blood pressure (BP) can help improve health outcomes.¹ In fact, the Centers for Disease Control and Prevention created the **Million Hearts**[®] program in 2012 to promote this awareness among health care practitioners.¹

Rechecks can also help improve your practice's outcome in the HEDIS[®] measure for Controlling High Blood Pressure (CBP) and create revenue-building opportunities.²

Follow these suggested best practices to help your patients achieve a healthy heart and reduce the risk of hypertension.

- 1 Measure the patient's BP**
 - Use the **"7 Simple Tips to get an Accurate Blood Pressure Measurement"** from the American Medical Association to obtain the most accurate BP reading
 - Accurate BP readings can help:
 - Ensure the accuracy of a hypertension diagnosis
 - Identify the effectiveness of existing medications and medication adherence
- 2 Recheck patients who show an elevated blood pressure of 140/90 mmHg or higher**
 - Use a visible reminder to recheck the patient's BP before discharging them from the clinic
 - BP recheck magnets with a UnitedHealthcare logo are available to use on your exam room doors³
 - Recheck and record the patient's BP readings
- 3 Document all BP readings and rechecks in the patient's medical record**



7 tips for an accurate blood pressure reading

- 1. Empty bladder first**
A full bladder adds 10 millimeters of mercury (mmHg)
- 2. Support back and feet**
Unsupported back and feet add 6 mmHg
- 3. Keep legs uncrossed**
Crossed legs add 2–8 mmHg
- 4. Use correct cuff size**
A cuff too small adds 2–10 mmHg
- 5. Put cuff on bare arm**
A cuff over clothing adds 5–50 mmHg
- 6. Support arm at heart level**
An unsupported arm adds 10 mmHg
- 7. Don't have a conversation**
Talking or active listening adds 10 mmHg

4 Attach all BP readings to claim submissions when reporting CPT® category II codes

3074F	Most recent systolic blood pressure	<130 mmHg
3075F	Most recent systolic blood pressure	130-139 mmHg
3077F	Most recent systolic blood pressure	>140 mmHg
3078F	Most recent diastolic blood pressure	<80 mmHg
3079F	Most recent diastolic blood pressure	80-89 mmHg
3080F	Most recent diastolic blood pressure	>90

- Using CPT II codes can help decrease the number of medical records requested during HEDIS hybrid data collection
- BP readings can also be accepted through electronic supplemental data, which can help reduce the need for chart review. Please contact your UnitedHealthcare provider representative to discuss clinical data exchange opportunities.

5 Develop or update the patient’s care plan

- Consider having the patient check their BP at home using a digital monitor

We’re here to help



Contact your UnitedHealthcare representative if you have questions or would like more information on the Blood Pressure Recheck Initiative. For more information on blood pressure rechecks, access our self-paced online course at UHCprovider.com > Clinical Tools > **Blood Pressure Recheck**.

¹ Results from a 4-year study (2007-2011) by Ellsworth Medical Clinic showed hypertension control increased from 73% to 97% among patients with diabetes and from 68% - 97% amount patients with cardiovascular disease.

² As HEDIS rates at a practice improve, health care professionals can earn additional or maximum revenue through value-based services and other pay-for-performance models

³ Limit 2 magnets per exam room

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