

# Resources to Control High Blood Pressure (Hypertension)

There are numerous resources to assist you with managing your patients' blood pressure, including education materials and messages to share with your patients. All of these resources are available at no cost.

- The **American Heart Association Provider Toolkit** includes a blood pressure treatment algorithm, as well as guidelines for providers and for pharmacists. The toolkit also includes an infographic and short video to help patients learn how to correctly use a blood pressure monitor. In addition, there are patient handouts containing blood pressure management tips.
- The **Centers for Disease Control and Prevention (CDC)** contains tools and training to help you develop and support programs to prevent and manage hypertension. In addition, there are patient-friendly fact sheets to help educate your patients on how hypertension affects their health and how they can make lifestyle changes.
- **Million Hearts** is a national initiative co-led by the CDC and the Centers for Medicare & Medicaid Services (CMS) striving to prevent 1 million heart attacks and strokes within 5 years. To accomplish this goal, the site includes tools and protocols that you can use to enhance your practice and manage people with hypertension. In addition to the availability of provider **Fact Sheets** to assist you with guiding patient conversations, there are patient-centered fact sheets about heart health, medications, controlling hypertension, supporting a loved one who has high blood pressure, and culturally relevant ones for African Americans/Blacks and Hispanic/Latinos. There are also heart healthy recipes to help your patients plan nutritious meals. Some of these materials are available in Spanish.
- The **National Lipid Association** created a **Clinicians Lifestyle Modification Toolbox**. The toolbox includes one-page patient handouts with heart healthy diets and lifestyle tips for diverse populations. Handouts are available in English; some are available in Spanish; and one is available in Hindi. There are also tools to help you enhance your patient engagement and behavior change among your patients.
- The **National Heart, Lung, and Blood Institute (NHLBI)** provides information, patient fact sheets, and handouts about **hypertension**, some of which are for women, are in languages other than English, and are culturally relevant. There are also materials to assist your patients with **heart healthy living** including making healthy choices around the dietary approach to stop hypertension (DASH) eating plan and recipes, physical activity, stress management, sleep, smoking cessation, and associated tracking tools.
- The **Heart Foundation** has an online, printable tool that you might want to use with your patients to create a **Blood Pressure Action Plan** based on your patient's readiness to change.

**You might also find the following resources and tools helpful as you work with your patients to control their blood pressure.**

- The *Provider News* Quality Management page can be found by selecting your state on **providernews.anthem.com** where you can find great resources to optimize your quality scores and to stay up to date on our latest communications.
- Continuing education and skills-building opportunities to enhance your patient's experience including advancing health equity.
  - **MyDiversePatients.com** includes courses and information around Medication Adherence, Advancing Health Equity, and Reducing Healthcare Stereotype threats.
  - Short **Patient Experience** videos
  - Share the **free tools** to help your **African American/Black** and **Hispanic/Latino** patients understand their risks and the importance of preventive health screening for themselves and their families.
  - The **Clinical Quality Hub** contains free webinars and resources for managing hypertension.
  - Members have access to a free activity and nutrition tracker through the Sydney Health app as well as through the member portal (web-based platform).
  - You can assist members with accessing **Sydney Health** to get their member identification card; benefits and coverage; find a provider including a lab, urgent care, and pharmacy; compare costs; and, much more.



- Properly and accurately document and code encounters and exclusions.
  - If your patient's blood pressure reading is higher than 139/89 mmHg at the beginning of the appointment, recheck it during or towards the end of the appointment. Make sure you are using the right, most appropriate cuff size for the individual. Record and report the lowest reading.
  - Member-reported blood pressure readings from a digital device (during a telehealth or phone appointment) can be reported.
  - Use appropriate blood pressure CPT® Category II codes with your claims encounters to maximize HEDIS® data collection and reduce the burden of HEDIS medical record review.<sup>1</sup> For a complete list of CPT codes, go to the **American Medical Association website**.<sup>2</sup>
- Patient care opportunities are identified within the Patient360 application that is located within the Availity Essentials Payer Spaces. Gaps in care are in the *Active Alerts* section of the **Member Summary**.

<sup>1</sup> HEDIS is a widely used set of performance measures developed and maintained by NCQA.

<sup>2</sup> Refer to your provider contract or health plan contact for reimbursement information, if applicable.

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