



Controlling Blood Pressure (CBP)



Did you know?

Hypertension, otherwise known as high blood pressure, affects nearly half of the adults in the United States. It is known as the "silent killer" because it has no warning signs or symptoms. It also increases the risk of heart disease, stroke, kidney disease and a number of other serious conditions. Controlling blood pressure through medications, diet and lifestyle changes reduces these risks. While a normal blood pressure (BP) is 120/80 or less for most adults, maintaining a blood pressure of less than 140/90 is considered controlled, with the help of the above modifications.



Measure Description

The percentage of members 18 to 85 years of age who had at least two visits on different dates of service with a diagnosis of hypertension during the measurement year, and whose BP was adequately controlled (<140/90 mm during the measurement year). The most recent BP reading during the measurement year must occur on or after the second date of diagnosis of hypertension.



Key tips

- ✓ When taking blood pressure:
 - Assure cuff fits properly on bare arm.
 - Have patient sit with feet flat on floor and legs uncrossed.
 - Support elbow at heart level during BP reading.
 - Repeat later in visit and/or different arm if blood pressure is elevated.
 - Record lowest systolic and lowest diastolic blood pressure.
 - Do not round-up blood pressure.
- ✓ Schedule follow-up visit for blood pressure monitoring or medication adjustments.
- ✓ Educate patient about medication adherence and lifestyle changes.



What do you need to do?

Submit claims (CPT, CPT II codes, etc.) and encounter data in a timely manner, including diagnosis codes.

(continued)



Billing Codes*	
Description	Codes
Essential Hypertension	ICD-10: I10
Systolic Blood Pressure < 140	CPT-CAT-II: 3074F, 3075F
Systolic Blood Pressure ≥ 140	CPT-CAT-II: 3077F
Diastolic Blood Pressure ≥ 90	CPT-CAT-II: 3080F
Diastolic Blood Pressure between 80-89	CPT-CAT-II: 3079F
Diastolic Blood Pressure < 80	CPT-CAT-II: 3078F

*Codes subject to change.