

# Healthy blood pressure **recheck** initiative



Wellpoint is committed to partnering with you to help ensure all your patients have controlled blood pressure (BP). We're starting a new initiative that asks you to recheck BP readings greater than 139/89 mmHg at the end of the patient's appointment. If the reading is still elevated, have them return for a follow-up in a few weeks. Below are easy steps to implement this new initiative into your daily process flows with minimal interruptions to your day:

- 1. Take the patient's blood pressure when they are first roomed.**
  - Accurate readings can determine if the patient's medication or lifestyle modifications are helping to control their hypertension.
- 2. If blood pressure is above 138/89 mmHg, recheck at the end of the appointment:**
  - Some patients suffer from visit anxiety and may have a naturally lower reading at the conclusion of the appointment.
  - Develop a recheck reminder system that works for your office.
- 3. If blood pressure continues to be elevated after the second reading, schedule the patient for a re-check within the next two weeks:**
  - Utilize other members of the clinical team where appropriate based on licensure and relay any noteworthy findings the patient reported back to the provider for follow-up. Code 99211 may be applicable for this visit; please refer to coding guidelines for appropriateness.
- 4. If readings continue to be elevated, update the patient's care plan to include methods for controlling their blood pressure.**

Document readings properly. Be sure to submit readings via Category II codes or your practice's clinical data submission method.

Code	Systolic/diastolic	Most recent reading
3074F	Systolic	< 130 mmHg
3075F	Systolic	130 to 139 mmHg
3077F	Systolic	> 140 mmHg
3078F	Diastolic	< 80 mmHg
3079F	Diastolic	80 to 89 mmHg
3080F	Diastolic	> 90 mmHg



In need of CME credits? Visit **MyDiversePatients.com** and take the *Medication Adherence* course. Learn how to combat medication hesitancy for patients who are reluctant to take medication to control their hypertension.

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