

Date: September 30, 2024

To: All WellSense Providers

From: WellSense Health Plan

Subject: **Tips for Controlling Blood Pressure (CBP) and supporting heart health**

Product:  MassHealth  Clarity plans (formerly QHP)  Senior Care Options

## Tips for Controlling Blood Pressure (CBP) and supporting heart health

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WellSense is committed to enhancing our collaboration with healthcare providers and members in managing high blood pressure. The HEDIS Controlling Blood Pressure (CBP) measure can be challenging since it requires documentation of the member's most recent adequately controlled blood pressure.

CBP care gaps can change throughout the year based on whether the member's most recent blood pressure reading exceeds 139/89 mmHg. As we get close to year end, it's crucial to update BP readings in members' records and schedule appointments for members who haven't had a BP reading in 2024 or had an elevated reading this year.

### Tips for scheduling CBP appointments

- When scheduling appointments, encourage staff to remind patients to avoid caffeine and nicotine for at least one hour prior to their visit.
- If possible, update your scheduling app or reminder text messages to include this advice, along with a reminder to arrive early to help prevent feelings of being rushed.

### How to improve blood pressure readings by your clinical staff

- Provide training materials from the American Heart Association.
- Conduct blood pressure competency tests to validate the education of each clinical staff member.

# Provider Communications

Massachusetts

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## **Educate members, spouses and/or caregivers about ways to achieve a heart-healthy lifestyle:**

- Eat heart-healthy foods and a low-salt diet.
- Stop smoking and avoid secondhand smoke.
- Add regular exercise to daily activities.
- Monitor your blood pressure at home.
- Keep a body mass index (BMI) in the recommended range.
- Take all prescribed medications as directed.

Remember to include the applicable Category II reporting code on the claim form to help reduce the burden of HEDIS medical record review.

For more information about the HEDIS CBP measure and other key HEDIS measures, please visit our [Quality resources for providers](#) section at [wellsense.org](https://wellsense.org).

## **Questions?**

Please contact us at [QualityDept@wellsense.org](mailto:QualityDept@wellsense.org) with any questions.