

Date: January 31, 2024

To: WellSense SCO Providers

From: WellSense Health Plan

Subject: **Self-Measured Blood Pressure Monitoring**

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

Self-Measured Blood Pressure (SMBP) Monitoring

February is American Heart Month, and WellSense wants to encourage the use of self-measured blood pressure (SMBP) monitoring as a best practice for helping your patients manage their hypertension. The Million Hearts Campaign has developed a [toolkit to help healthcare organizations implement SMBP monitoring](#) and improve treatment outcomes. We encourage your practice to review this toolkit and implement any applicable clinical practices it recommends if you have not done so already.

WellSense Medicare Advantage members in your patient panel meeting eligibility requirements may also be enrolled in a remote hypertension monitoring program. Participating members use a home monitor to track their blood pressure and receive coaching on managing their blood pressure. Members with an elevated body mass index may also receive a cellular scale also.

If you would like to learn more information about this remote monitoring program, please reach out to MedicareD@wellsense.org.