

# Healthy blood pressure **recheck** initiative



In 2023, Anthem is launching an initiative called Healthy Blood Pressure Recheck as part of our efforts to collaborate with care providers and members for controlling high blood pressure (BP).

Doctor visit anxiety can cause temporary spikes in blood pressure leading to inaccurate readings and potential overtreatment of high blood pressure. This new initiative 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 first thing in the exam room.**
  - 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:**
  - Patients with visit anxiety may have a lower reading at the conclusion of the appointment.
  - Develop a recheck reminder system that works best 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 clinical team members 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 accurate readings to aid in determining if the patient's medication or lifestyle modifications are helping to control their hypertension. 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



Looking for 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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