



# Self-Measured Blood Pressure (SMBP)



A brief introduction of SMBP Program Implementation and Reimbursement for healthcare professionals.

## Process<sup>1</sup>

### 1 Infrastructure Building

- Designate project champion and define roles and responsibilities
- Develop program workflow
- Acquire necessary equipment: ie. blood pressure cuffs for loaner program and patient educational materials
- Train providers and care team how to engage and manage patients in SMBP
- Ensure care team has regular training of accurate blood pressure measurement

### 2 Identify and Refer Patients

- Patients with suspected hypertension: white coat or masked hypertension
- Patients with diagnosed hypertension
- Check EHR to confirm accuracy and documentation of diagnosis codes
- Refer and enroll patient in SMBP program
- Document referral in EHR

### 3 Educate Patient on SMBP Process

- Educate patients about the importance of blood pressure control and how SMBP monitoring works
- Advise patients how to get a validated blood pressure cuff (see step 4)
- Train patients to accurately use blood pressure monitors
- Train patients how to document their blood pressure readings

### 4 Provide Clinical Supports

#### Assist patients in getting a blood pressure monitor:

- Enroll patient in clinic loaner program or encourage individual purchase with insurance coverage or out of pocket payment
- Calibrate home blood pressure monitors

#### Provide outreach support:

- Clinic-Based or Telemedicine
- Share medication adherence strategies
- Provide lifestyle modification counseling and education

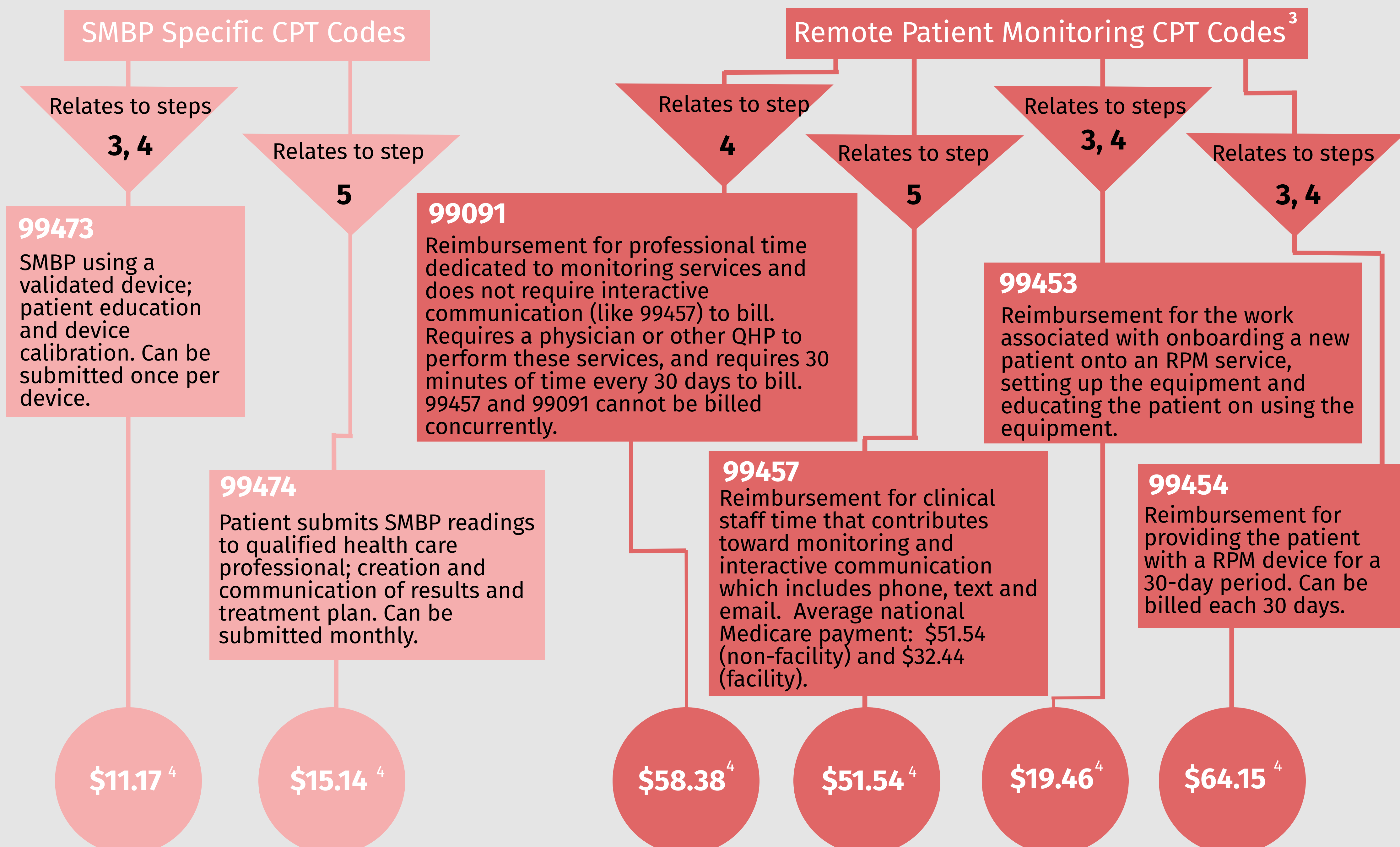
### 5 Closed Loop Provider Feedback

- Develop mechanism for patients to submit blood pressure readings back to clinic care team
- Provider interprets results
- Provider shares results with the patient: Details care plan with treatment and self-management goals
- Develop and document follow up plan

### 6 Documentation and Follow Up

- Use the EHR to document patient diagnoses, care plans, and treatment outcomes
- Regularly provide care teams and leadership staff with a dashboard to review SMBP goals, metrics and performance
- Review workflows to ensure efficiency
- Ensure care team has up-to-date workflows

## Reimbursement<sup>2</sup>



1. For additional information regarding SMBP processes, see TargetBP.com, NACHC SMBP Implementation Guide, and the Million Hearts Hypertension Control Change Package for Clinicians\*\*\*

2. For complete information regarding use of CPT codes, see the American Medical Association.

3. Propeller Blog, "Your Guide to the New CPT Codes for Remote Patient Monitoring (RPM)." Propeller Health. Apr 4, 2019.

4. Average National Medicare Payment as of January 2020