

Topline Findings: A National Analysis of Self-Measured Blood Pressure Monitoring Coverage and Reimbursement

About Self-Measured Blood Pressure Monitoring

Strong scientific evidence shows that self-measured blood pressure monitoring (SMBP), also known as home blood pressure monitoring with clinical support, helps people with hypertension lower their elevated blood pressure, a key risk factor for heart disease and stroke. National guidelines recommend SMBP for the treatment and management of hypertension.¹ It also is cited as an alternative to ambulatory blood pressure monitoring in the national guidelines for blood pressure screening.²

About the Analysis

Despite the strong evidence base for SMBP and its endorsement from national healthcare leaders, uptake of SMBP in the United States remains low with lack of third-party reimbursement cited as a key barrier to its use. This analysis confirmed that coverage of home blood pressure monitors and SMBP clinical support services was extremely limited across payers. The table below summarizes the findings across payers with notes explaining which devices and/or services were covered and for whom.

This national analysis of SMBP coverage was conducted from January to August 2019 by George Washington University's Milken Institute School of Public Health, Department of Health Policy and Management (GWU) on behalf of the National Association of Chronic Disease Directors (NACDD), with funding from Million Hearts[®] at the Centers for Disease Control and Prevention (CDC). Using publicly available issuer documentation, researchers analyzed current coverage and reimbursement of SMBP among:

- 20 private insurers with the highest number of covered lives
- 10 state Medicaid fee-for-service (FFS) programs
- 7 Medicaid Managed Care Organizations (MCOs) operating within selected states
- 5 Medicare Advantage providers with the highest number of covered lives

Stakeholder interviews were conducted to further define coverage availability for SMBP. A detailed description of the methodology, findings, and opportunities for establishing or expanding upon existing coverage is available at: <https://chronicdisease.org/smbp>.

With the extensive gaps in coverage and education identified, Million Hearts[®], in collaboration with NACDD and other public and private partners, are recommitting efforts to optimize use of SMBP. This includes raising awareness of the new Current Procedural Terminology [CPT] codes (99473 and 99474)³ that can be used to bill for the provision of SMBP services.

¹ Whelton PK, Carey RM, Aronow WS, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA guideline for the prevention, detection, evaluation and management of high blood pressure in adults. *J Am Coll Cardiol*. 2018;71:e127-e248.

² Siu, A.L. and U.S.P.S.T. Force, *Screening for high blood pressure in adults: U.S. Preventive Services Task Force recommendation statement*. *Ann Intern Med*, 2015. **163**(10): p. 778-86.

³ American Medical Association and American Heart Association. New CPT Codes to Cover Self-Measured Blood Pressure (SMBP). 2020. Accessed February 24, 2020. Available at: https://targetbp.org/tools_downloads/new-cpt-codes-to-cover-self-measured-blood-pressure-smbp/.

Public health practitioners, clinicians, policy makers, and Chronic Disease Directors in the communities served have a key role to play in scaling and spreading SMBP, an intervention that is critical to the prevention of heart attacks and strokes nationwide. Resources to support these efforts will continue to be made available on the Million Hearts® SMBP webpage (<https://millionhearts.hhs.gov/tools-protocols/smpb.html>).

KEY: ● COVEREDⁱ ○ COVERED FOR SPECIFIC POPULATIONSⁱⁱ ○ NO COVERAGE IDENTIFIED

INSURER	State/Region	Home BP Monitor	Clinical Supports ⁱⁱⁱ	Notes
MEDICARE ADVANTAGE				
Anthem	Top 5 plans	○	○	
CVS Health/Aetna	Top 5 plans	○	○	
Humana	Top 5 plans	○	○	
United Health	National	○	○	
Wellcare	Top 5 plans	○	○	Monitors can be purchased via over-the-counter benefit, Prior Authorization required, monitor type not specified
PRIVATE INSURERS				
Aetna	National	●	○	Automatic and manual monitors covered to confirm a diagnosis of hypertension
Anthem	National	○	○	
BCBS Of Alabama	AL	○	○	Chronic Condition Management Program/Disease Management Program provides clinical support, including health education and self-monitoring resources
BCBS Of Massachusetts	MA	○	○	Clinical supports could be part of their quality assurance program for congestive heart failure disease management, education, and monitoring
BCBS Of Michigan	MI	○	○	
BCBS Of North Carolina	NC	○	○	Healthy Outcomes Program provides clinical support for a variety of health conditions, including elevated BP
BCBS Of New Jersey	NJ	○	○	
Blue Shield Of California	CA	○	○	BP monitoring kit included in disease management program for those with coronary artery disease
Carefirst	DC, MD, VA	○	○	Enrollment in "Enhanced Monitoring Program" (for those who have or are at risk for congestive heart failure and coronary artery disease) required for monitor coverage

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Centene	National	○	○	
Cigna	National	●	○	Automatic and manual monitors covered to confirm a diagnosis of hypertension
Guidewell	FL	○	○	
Health Care Service Corp.	Top 5 plans	○	○	
Highmark	PA, DE, WV	⦿	○	Home blood pressure monitors are covered as part of home dialysis equipment
Humana	National	○	○	
Independence Blue Cross	PA, NJ, DE	○	○	
Kaiser Permanente	CO	○	○	
Molina Healthcare	National	⦿	○	Monitors can be purchased via over-the-counter benefit, Prior Authorization required
United Healthcare	National	○	○	
MEDICAID FEE-FOR-SERVICE				
Alabama	AL	○	○	
Arkansas	AR	⦿	○	Monitor is rental item only. Provider must substantiate that an accurate blood pressure reading cannot be obtained using a regular BP monitor
California	CA	●	○	Automatic and manual monitors covered
Illinois	IL	⦿	○	Monitor covered for individuals with pregnancy-induced hypertension
Louisiana	LA	⦿	○	Monitor covered for individuals receiving hemodialysis in the home setting
Massachusetts	MA	●	○	
Minnesota	MN	○	○	
New York	NY	⦿	○	Automatic monitors covered for individuals with upper extremity motor disorders preventing them from fully inflating manual cuff via a pump and with hearing impairment or low literacy
South Carolina	SC	○	○	
South Dakota	SD	○	●	Intensive behavioral therapy to reduce cardiovascular disease risk

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MEDICAID MCO				
BMC Healthnet Plan	MA	○	●	BMC HealthNet has a Care Management Program that provides those enrolled with coordinated activities to support medical, social and Behavioral Health goals. They also offer a text messaging program where members can receive health information about chronic conditions like controlling blood pressure
Blue Plus	MN	○	●	Specialized community paramedic services, including chronic disease monitoring services and education, as per care plan
Fidelis	NY	○	○	
Illinicare Health	IL	○	●	Care coordination services, including one-on-one support and education
L.A. Care Health Plan	CA	○	●	L.A. Care offers initial health assessment visit where the beneficiary's PCP will inform them about counseling and classes that can help them
Louisiana Healthcare Connections	LA	○	●	Louisiana Healthcare Connections offers one-on-one case management for a specific health condition or issue as well as chronic care management services
Select Health of South Carolina	SC	○	○	

About NACDD

The National Association of Chronic Disease Directors (NACDD) and its more than 7,000 Members seek to strengthen state-based leadership and expertise for chronic disease prevention and control in states and nationally. Established in 1988, in partnership with the U.S. Centers for Disease Control and Prevention, NACDD is the only membership association of its kind to serve and represent every chronic disease division in all states and U.S. territories. For more information, visit chronicdisease.org.

If you have updates to make to these findings, please contact the National Association of Chronic Disease Directors at healthsystems@chronicdisease.org and/or MillionHearts@cdc.gov.

ⁱ Covered for people with or at risk for hypertension

ⁱⁱ Covered for people with specified conditions or receiving specialized services

ⁱⁱⁱ Clinical supports include regular one-on-one counseling, web-based or telephonic support tools, and education classes that may be used to support SMBP implementation. More information is available on p.9 of the [SMBP Action Steps for Clinicians](#).

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