



NEWS FOR PROFESSIONAL PROVIDERS ONLY (HIPAA 837P Claim Submitters)

HYPERTENSION MANAGEMENT PROGRAM OFFERS FREE BLOOD PRESSURE MONITORS TO AT-RISK FEP MEMBERS

The Blue Cross and Blue Shield Federal Employee Program (FEP) and the American Medical Association (AMA) have partnered to support and promote screening and treatment of hypertension for FEP members.

You can improve blood pressure control in your practice by having your patients measure their own blood pressure at home. Self-measured blood pressure monitoring may be a more accurate predictor of hypertension than clinical monitoring. Patients who self-measure their blood pressure are more apt to be actively involved in their medical treatment, thus helping them to better manage their condition.

FEP has initiated the Hypertension Management Program to provide free electronic blood pressure monitors to FEP enrollees over age 18 who have a diagnosis of hypertension, or who have high blood pressure without a hypertension diagnosis. Self-measured blood pressure monitoring is not only easy and cost effective, but also it may improve medication compliance.

If your FEP patient completes a Blue Health Assessment (BHA) and reports that he or she has high blood pressure and you and your patient discuss home monitoring, your patient is eligible for a free blood pressure monitor. The BHA, a health-risk assessment, is the first step in the FEP Wellness Incentive Program. You can help your patients understand the importance of monitoring and managing their high blood pressure by sharing the [Controlling High Blood Pressure](#) flier with them.

BLOOD PRESSURE CONTROL RESOURCES AND OTHER FEP HEART HEALTH PROGRAMS

As part of the collaboration between FEP and the AMA, we're making the following downloadable AMA hypertension information fact sheets available to your practice:

- [Measure Accurately and Promote Self-Measured Blood Pressure Monitoring at Home](#)
- [Clinical Competency: Self-Measured Blood Pressure at Home](#)
- [How to Check a Home Blood Pressure Monitor for Accuracy](#)

You can find more information about other FEP programs that support heart health at feblue.org.