

May is National High Blood Pressure Education Month

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A WISEWOMAN™ knows that improving blood pressure is good for the heart

In honor of National High Blood Pressure Education Month, learn more about CDC's WISEWOMAN program: **Well-Integrated Screening and Evaluation for WOMen Across the Nation**. The aim of this program is to improve the delivery of heart disease and stroke prevention services for underserved women, aged 40-64 years. The program focuses on cardiovascular disease risk factors, specifically improving high blood pressure¹. To learn even more about WISEWOMAN, visit [the CDC website](#).

Resources for your Patients

If your patient is one of the tens of millions of American adults who have hypertension, you know encouraging a healthier lifestyle and prescribing the right medications is important to managing the condition. But, if you would like to provide additional information about high blood pressure to your patients, take advantage of the helpful resources available to healthcare professionals through the CDC. The [Hypertension Communications Kit](#) provides blood pressure logs, tip sheets, and more. Hypertension Patient [Education Handouts](#) include fact sheets, medication information and dozens of useful tools.

Meeting the HEDIS® measure?

Controlling High Blood Pressure (CBP) assesses adults ages 18-85 with a diagnosis of hypertension and whose blood pressure was properly controlled base on the following criteria

- Adults 18-59 years of age whose blood pressure was <140/90 mm Hg
- Adults 60-85 years of age, with a diagnosis of diabetes, whose blood pressure was <140/90 mm Hg
- Adults 60-85 years of age, without a diagnosis of diabetes, whose blood pressure was <150/90 mm Hg

Patient claims should include one systolic reading and one diastolic reading²:

CPT II Code	Most recent systolic blood pressure
3074F	<130 mm Hg
3075F	130-139 mm Hg
3077F	≥ 140 mm Hg
CPT II Code	Most recent diastolic blood pressure
3078F	<80 mm Hg
3079F	80-89 mm Hg
3080F	≥ 90 mm Hg

When charting your patient's blood pressure readings, in addition to the systolic and diastolic readings, and dates, if the patient has an elevated blood pressure, but does not have hypertension, note the reason for follow-up.

Additional tips for talking to patients

- Continue to educate patients about the risks of hypertension
- Encourage weight loss, regular exercise, and diet
- Advise patients who are smoking to quit
- Talk about chronic stress and ways to cope with it in a healthy way

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1 <https://www.cdc.gov/wisewoman/about.htm>

2 <https://www.cdc.gov/bloodpressure/index.htm>

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