



February is National Heart Health Month. It's a great opportunity to connect with your patients who have Hypertension and ensure they have received or are scheduled to receive their Hypertensive disease management appointment.

Known as the "silent killer", hypertension increases the risk of heart disease and stroke, which are the leading causes of death in the United States. While BP lowering interventions can be used to prevent CVD events and mortality, this can only be achieved by preventing high BP and recognizing, treating, and controlling hypertension. You play an important role in diagnosing and supporting your patients to prevent complications. McLaren wants to support you and your practices with educating and caring for these patients.



The HEDIS Controlling High Blood Pressure (CBP) assesses adults 18-85 years of age who had a diagnosis of hypertension and whose blood pressure was adequately controlled (<140/90 mm Hg).

Controlling High Blood Pressure	MY2020	MY2021	MY2022	Current	NCQA 75%
Medicaid- Adult	47.20%	45.26%	46.47%	41.22%	62.53%
Commercial	54.26%	52.80%	49.27%	39.83%	64.48%
Marketplace	57.24%	54.94%	59.17%	41.97%	64.48%

TIPS TO IMPROVE:

- Take 2 or more BP measurements if initial BP is >140/90.
- Ensure that the patient has feet flat, sitting in upright position and the appropriate size cuff is used.
- Rest in between measurements for at least 2 minutes with the patient seated.
- Use equipment that is the appropriate size for the patient and that has been regularly calibrated.
- Encourage out of office BP measurements with communication of results, frequent checks for accuracy and lifestyle and medication adjustments. Home readings are often 5 mm Hg lower than in the office.

Health care providers can help patients manage their high blood pressure by prescribing medications and encouraging low-sodium diets, increased physical activity and smoking cessation. MHP has a **free** tobacco cessation program for MHP Community and Medicaid members, call 800-784-8669 for more information. If you have questions or would like more information, please email us at MHPQuality@McLaren.org.

Thank you for the quality care you deliver!

PCP Feedback (Please print)	Comments, requests, questions, etc.: FAX to 810-600-7985
PCP Name/Office Name _____	
Name _____	Phone _____
Email _____	