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At-Home Blood Pressure Monitors for HPSM Members with Hypertension

Dear providers,

Through December 31, 2021, HPSM members can pick up at-home blood pressure monitors for free if they are prescribed by their primary care physician. Availability of at-home blood pressure monitors may change in 2022 due to the Medi-Cal pharmacy carveout, but we will notify you of how to access them in the new year.

Why use at-home blood pressure monitors? At-home monitors help providers take blood pressure measurements without asking patients to come into their facility. Additionally, members who manage their own blood pressure can do so at their convenience all while saving time for primary care providers to see patients with more critical needs.

Here are ways providers can support members in managing their blood pressure:

- 1. Providers may prescribe at-home blood pressure monitors for members, which are now covered through their pharmacy benefit.** A blood pressure monitor helps a member track their condition and provides information to the patient between visits to their provider. Members can request one at their pharmacy or online: www.hpsm.org/member/view-my-medication-benefits
- 2. Please make sure to submit blood pressure measurements through electronic medical records or through claims using the blood pressure CPT codes.** Controlling high blood pressure is one of the quality measures for primary care physicians participating in our value-based payment program. To learn more about the program and the requirements here: www.hpsm.org/provider/value-based-payment
- 3. Providers can also support members with the tools they need to understand how their medications and diet may affect their blood pressure rates.** Enabling a patient to actively participate in their own care can help them adjust lifestyle choices (like diet) or medication for optimal health.

For questions, please contact the HPSM Provider Services department at PSInquiries@hpsm.org.

Thank you for your continued commitment to our community,
The Health Plan of San Mateo