



Importance of Blood Pressure Monitoring

Controlling blood pressure (BP) decreases heart attacks and strokes, which decreases suffering and death. The **U.S. Surgeon General has declared a Call to Action on Hypertension Control**, with the goal of the U.S. Department of Health and Human Service's Million Hearts campaign to increase good blood pressure control to 80% of patients with hypertension. **Good blood pressure control is defined as a blood pressure under 140/90.**

Approximately **25% of adult Partnership HealthPlan of California (PHC) members have hypertension**. PHC data shows 17% of our members take at least one BP medication. The level of BP control among PHC members with hypertension in 2019 was approximately 65%. While better than the national rate of BP control, this is below the 80% goal of the Million Hearts campaign.

PHC supports our providers and members in improving BP control by covering blood pressure monitoring equipment for members to use at home for self-management. This will allow patients to measure their blood pressure and share this information with providers to gauge how well medications are working and when adjustments need to be made. **PHC aims for a goal of 80% of our members with hypertension to achieve BP control at less than 140/90.** This 80% goal is achievable. When patients are given tools to support self-management, the medical providers can work more effectively with their patients to make meaningful change in blood pressure control.

PHC has expanded its distribution of BP monitoring devices for PHC members when requested by their provider.

Contracted clinical providers can **submit requests directly to PHC for eligible members at no cost** by submitting a completed Medical Equipment request [form](#). Upon receiving the provider request, PHC will send the device directly to the member via routine delivery (ie. 2-3 days). Medical Equipment request forms can be found on the PHC website.

Clinical providers requesting the device must educate members on the proper use and setup of the device. This includes setup of any remote patient monitoring options if needed. For homeless members or members without a steady place of residence, clinical providers can have the device sent to their clinic/office for distribution to the member.

Below, PHC has listed several resources to help both providers and members reach the 80% goal. For more information, please contact request@partnershiphp.org

Resources:

- [Medical Equipment Request Form](#)
- [Medical Equipment Guidelines](#)
- [Member Education Material](#)
- For questions regarding the Quality Incentive Program, please contact QIP@partnershiphp.org

Information on BP pressures/benefits of monitoring:

- [AAFP recommendations](#)
- [JNC8 recommendation](#)
- [American Academy of Cardiology, 2017](#)
- [Editorial explaining AAFP and ACP differences](#)