



TO: Physicians, Advanced Practice Registered Nurses (APRNs), and Physician Assistants (PAs)
RE: Self-Measured Blood Pressure (SMBP) Monitoring Devices

Self-measured blood pressure (SMBP) monitoring devices used for managing hypertension in individuals enrolled under the HUSKY A, C and D programs are covered as durable medical equipment (DME) and do not require prior authorization.

The American Heart Association (AHA) recently launched initiatives to raise awareness and adoption of its 2017 Hypertension Clinical Guidelines. The 2017 AHA guidelines emphasize that the diagnosis and management of hypertension should be based on accurate blood pressure measurements not only in the office but also through self-monitoring.

To obtain coverage for an SMBP monitoring device, a prescription is required detailing the following:

- Member's name, address and date of birth;
- Diagnosis;
- Length of need;
- Type of monitoring device;
- Blood pressure cuff size; and
- Name and address of prescribing practitioner, including their signature and date prescription is signed.

Connecticut Medical Assistance Program (CMAP) patients can obtain the prescribed blood pressure measuring device from an enrolled CMAP DME provider.

To locate a CMAP DME/Medical Supplier provider, go to:

1. <http://www.huskyhealthct.org/providers.html>

2. Click on *Find a Doctor*
3. Using the *Facility/Group Search*, tab search for a *DME/Medical Supplier Dealer* nearest to your location –OR– to a location that is convenient for the patient.

Please note, effective November 1, 2019, these devices are limited to one (1) per member every three (3) years.

Intensive Care Management

HUSKY Health's Intensive Care Management (ICM) provides comprehensive care coordination services for members with chronic health conditions, including hypertension. ICM can help improve your patient's ability and capacity to engage in their hypertension treatment plan. Call 1-800-440-5071 x 2024 to make a referral.

Patient Coaching Resources

Your patients have access to a member Web page titled *High Blood Pressure: Finding and Getting to My Healthy Range*. The goal of this Web page is to provide an evidence-based resource aimed at providing HUSKY Health members with resources aimed towards increasing their understanding and ability to manage their blood pressure. The Web page can be accessed at:

- https://www.huskyhealthct.org/members/high_blood_presure.html#

Million Hearts®

Million Hearts® 2022 is a national initiative co-led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services to prevent heart attacks and strokes. To access resources regarding SMBP, go to:

- <https://millionhearts.hhs.gov/tools-protocols/smbp.html>

Did you know?

- ✓ Connecticut Department of Public Health data indicates that people with lower incomes have a nearly 40% higher rate of hypertension than those people with higher incomes;
- ✓ Other populations with significantly higher rates of hypertension in Connecticut include people 55 years and older; and non-Hispanic Blacks, regardless of sex; and
- ✓ It is not an issue of access. HUSKY Health enrolled members may obtain a SMBP device at no cost to them.