

	DEPARTMENT:	Case Management
	SUBJECT:	Hypertension Disease Management Program
	PRODUCT LINE:	All
	POLICY NUMBER:	HM115
	ORIGINAL POLICY EFFECTIVE DATE:	12/23/2020
	LAST REVISED DATE:	N/A
	LAST REVIEWED DATE:	12/10/2024

**Scope of Program:**

Hypertension is an important contributor to disease and mortality with significant complications if left untreated. The Hypertension Disease Management Program provides education, self-management resources, and coordination of services to ensure that members are actively managing their blood pressure by receiving appropriated follow up and treatment, making lifestyle changes, and using self-management resources to avoid serious complications.

**Program Overview:**

1. The goals of the program are to: Improve HEDIS Controlling Blood Pressure measure
2. Target population: Members with a diagnosis of hypertension
3. Guideline source: Eighth Joint National Committee

**Program Process:**

1. Member outreach for enrollment in the Hypertension Program consists of 3 calls and a letter within 2 weeks of identification.
2. If member agrees to participate in the program, complete the Hypertension-Self Care Assessment to identify the member's needs.
3. Enroll member in the Hypertension Program
4. Complete the Enrollment tab to document member participation agreement.
5. Open a case if not already opened and link the program to the case.
6. Build the care plan from the Care Plan Builder.
7. All interventions and goals related to hypertension are recorded in the member's care plan
8. Use TruCare for educational resources. Educational content areas may include any of the following:
  - a. Understanding normal blood pressure range
  - b. Complications of high blood pressure
  - c. Treatment of hypertension
  - d. Medication adherence
  - e. Lifestyle changes
    - i. Smoking cessation
    - ii. Healthy eating (DASH diet)
    - iii. Low salt diet
    - iv. Alcohol reduction if applicable
    - v. Regular physical activity
    - vi. Weight loss if applicable
  - f. Self-monitoring resources
    - i. Home blood pressure monitoring with BP cuff
    - ii. BP log
    - iii. Physical activity log
    - iv. Sodium tracker

	DEPARTMENT:	Case Management
	SUBJECT:	Hypertension Disease Management Program
	PRODUCT LINE:	All
	POLICY NUMBER:	HM115
	ORIGINAL POLICY EFFECTIVE DATE:	12/23/2020
	LAST REVISED DATE:	N/A
	LAST REVIEWED DATE:	12/10/2024

- v. Nutrition tracker
  - vi. Weight tracker
  - g. Physician follow up and monitoring
9. Member remains enrolled in program until they opt out, their condition is controlled, or they have not been engaged for the last 6 months.
  10. Member may be co-managed with a case manager if they meet complex case management criteria

NCQA: PHM 1 PHM Strategy Element A

*Michele Bauer MD.*

Signature: \_\_\_\_\_ Date: 12/10/2024

**REVISION HISTORY:**

Rev. Date	Revised By/Title	Summary of Revision
12/21/2021	Michele Bauer, MD, CMO	Reviewed. No changes.
12/22/2022	Michele Bauer, MD, CMO	Reviewed. No changes.
12/15/2023	Michele Bauer, MD, CMO	Reviewed. No changes.
12/10/2024	Michele Bauer, MD, CMO	Reviewed. Updated changes to disenrollment.