

Telehealth & Member-Reported Blood Pressure



HEDIS Measures Controlling High Blood Pressure (**CBP**) and Blood Pressure for Patients with Diabetes (**BPD**) Requirements

Overview

Telehealth is an effective and valuable tool for monitoring and managing blood pressure (BP) in members with hypertension and diabetes. When members self-report blood pressure reading during telehealth visits, these readings can be used to satisfy HEDIS measure requirements – provided they are accurately documented and appropriately coded. Proper documentation ensures that members are appropriately credited toward the **Controlling High Blood Pressure (CBP)** and **Blood Pressure for Patients with Diabetes (BPD)** measures.

! Why It Matters

- **Controlling High Blood pressure (CBP):** Adults **18-85 with Hypertension** <140/90 mmHg
- **Blood Pressure for Patients with Diabetes (BPD):** Adults **18-75 with diabetes** <140/90 mmHg
- Systolic pressure **must be below 140 mmHg and diastolic must be below 90 mmHg** to be considered controlled.
- Telehealth encounters **count** when members self-report using a digital BP device.



Telehealth Documentation Tips

- Record **date**, source, and reading (e.g. “Self-Reported 132/84 on 9/12/2025”)
- Note **device type** (digital/automated device)
- Enter BP reading in **vital signs section and flowsheet** of EMR.
- If the initial blood pressure reading is <140/90, ask the member to repeat the measurement and document the **repeat** BP value in the vital sign section and flowsheet.
- Use CPT II codes to capture BP values



CPT II Codes for Blood Pressure

- **3074F** – Systolic <130 mmHg
- **3075F** – Systolic 130-139 mmHg
- **3077F** – Systolic ≥140 mmHg
- **3078F** – Diastolic <80 mmHg
- **3079F** – Diastolic 80-89 mmHg
- **3080F** – Diastolic ≥90 mmHg

Note: Both the Systolic and Diastolic readings must be coded to report BP value

Telehealth & Member-Reported Blood Pressure



Telehealth Encounter Coding

- **98000 - 98015:** Telehealth visit
- **98016:** Virtual visit (5 - 10mins)
- **POS: 02**



Support Medication Adherence During Telehealth Visits

- Review and reconcile medications to ensure accuracy and identify discrepancies.
- Ask about side effects, barriers, or cost concerns that may impact adherence.
- Encourage use of tools such as pill boxes, reminders apps, or home delivery services.
- Prescribe a 60 – 90-day supply when appropriate to reduce gaps in therapy.
- Emphasize the risks of missed doses, including increased chances of stroke, heart attack, and kidney disease.



Key Takeaways

Document accurately, code correctly, and reinforce medication adherence. Telehealth visits can help close care gaps for HEDIS **Controlling High Blood Pressure (CBP) and Blood Pressure for Patients with Diabetes (BPD)** - while also supporting healthier outcomes for members.

Example: Telehealth Encounter Coding

98013 – 02 – Telehealth Audio Visit - E/M, Established Patient

3075F – Most recent systolic BP 130 - 139 mmHg

3078F – Most recent diastolic BP <80 mmHG

ICD-10: I10, E11.9

- ➔ **This coding supports HEDIS CBP and BPD crediting the provider for capturing accurate BP control.**