Self-Measured Blood Pressure (SMBP)

A brief introduction of SMBP Program Implementation and Reimbursement for healthcare professionals.

Process [1]

1 Infrastructure Building
- Designate project champion and define roles and responsibilities
- Develop program workflow
- Acquire necessary equipment: ie. blood pressure cuffs for loaner program and patient educational materials
- Train providers and care team how to engage and manage patients in SMBP
- Ensure care team has regular training of accurate blood pressure measurement

2 Identify and Refer Patients
- Patients with suspected hypertension: white coat or masked hypertension
- Patients with diagnosed hypertension
- Check EHR to confirm accuracy and documentation of diagnosis codes
- Refer and enroll patient in SMBP program
- Document referral in EHR

3 Educate Patient on SMBP Process
- Educate patients about the importance of blood pressure control and how SMBP monitoring works
- Advise patients how to get a validated blood pressure cuff (see step 4)
- $ Train patients to accurately use blood pressure monitors
- $ Train patients how to document their blood pressure readings

4 Provide Clinical Supports

Assist patients in getting a blood pressure monitor:
- Enroll patient in clinic loaner program or encourage individual purchase with insurance coverage or out of pocket payment
- $ Calibrate home blood pressure monitors

Provide outreach support:
- $ Clinic-Based or Telemedicine
- Share medication adherence strategies
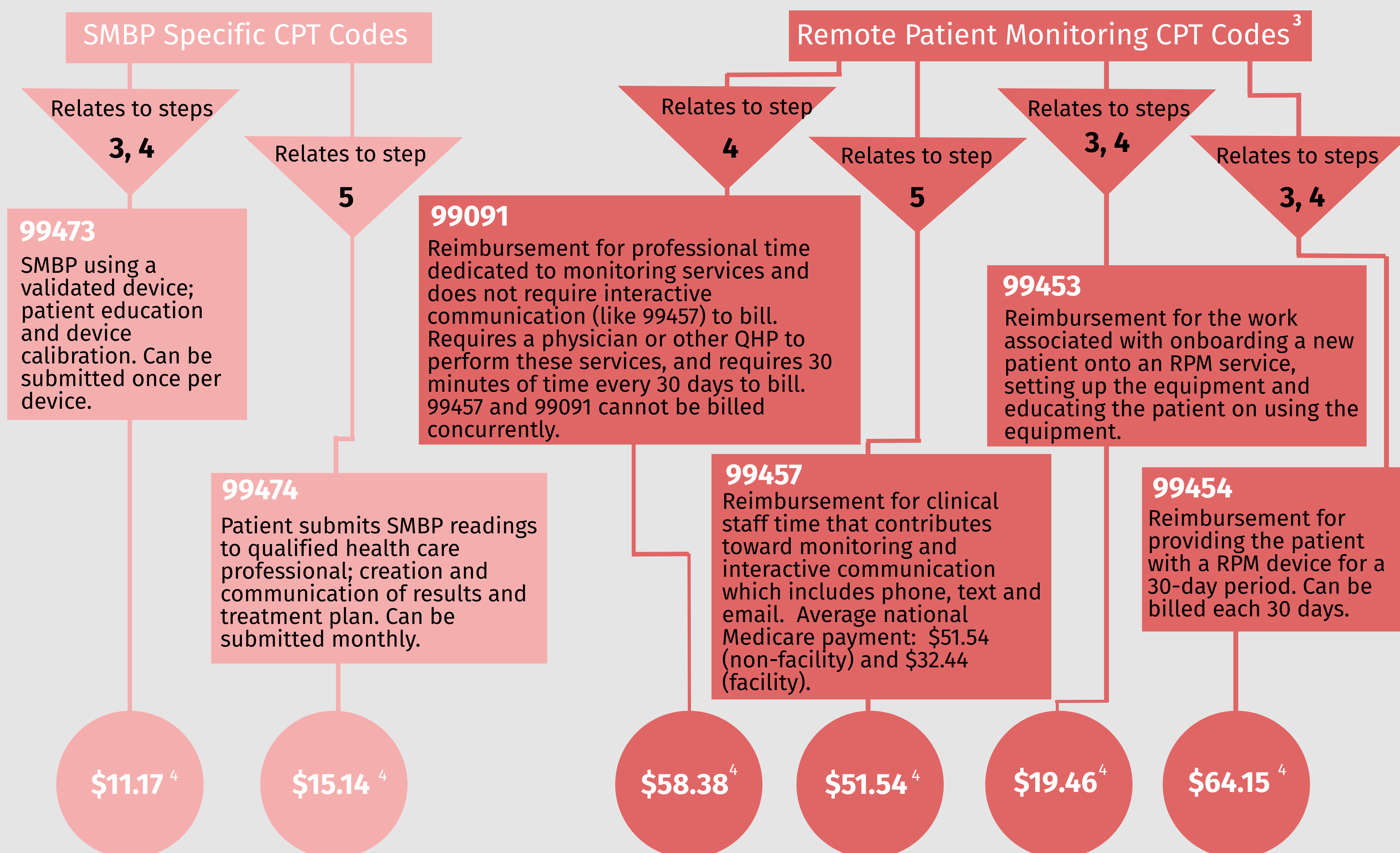- Provide lifestyle modification counseling and education

5 Closed Loop Provider Feedback
- Develop mechanism for patients to submit blood pressure readings back to clinic care team
- $ Provider interprets results
- $ Provider shares results with the patient: Details care plan with treatment and self-management goals
- Develop and document follow up plan

6 Documentation and Follow Up
- Use the EHR to document patient diagnoses, care plans, and treatment outcomes
- Regularly provide care teams and leadership staff with a dashboard to review SMBP goals, metrics and performance
- Review workflows to ensure efficiency
- Ensure care team has up-to-date workflows

Reimbursement [2]

SMBP Specific CPT Codes

Relates to steps 3, 4

99473
SMBP using a validated device; patient education and device calibration. Can be submitted once per device.

$11.17 [4]

Relates to step 5

99474
Patient submits SMBP readings to qualified health care professional; creation and communication of results and treatment plan. Can be submitted monthly.

$15.14 [4]

Remote Patient Monitoring CPT Codes [3]

Relates to step 4

99091
Reimbursement for professional time dedicated to monitoring services and does not require interactive communication (like 99457) to bill. Requires a physician or other QHP to perform these services, and requires 30 minutes of time every 30 days to bill. 99457 and 99091 cannot be billed concurrently.

$58.38 [4]

Relates to step 5

99457
Reimbursement for clinical staff time that contributes toward monitoring and interactive communication which includes phone, text and email. Average national Medicare payment: $51.54 (non-facility) and $32.44 (facility).

$51.54 [4]

Relates to steps 3, 4

99453
Reimbursement for the work associated with onboarding a new patient onto an RPM service, setting up the equipment and educating the patient on using the equipment.

$19.46 [4]

Relates to steps 3, 4

99454
Reimbursement for providing the patient with a RPM device for a 30-day period. Can be billed each 30 days.

$64.15 [4]

1. For additional information regarding SMBP processes, see TargetBP.com, NACHC SMBP Implementation Guide, and the Million Hearts Hypertension Control Change Package for Clinicians***

2. For complete information regarding use of CPT codes, see the American Medical Association.

3. Propeller Blog, "Your Guide to the New CPT Codes for Remote Patient Monitoring (RPM)." Propeller Health. Apr 4, 2019.

4. Average National Medicare Payment as of January 2020