# SELF-MEASUREMENT OF BLOOD PRESSURE (SMBP)

**Education and Billing Guide** 





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The tools and information in this guide are provided to assist pharmacies in serving the needs of patients with hypertension in need of automated blood pressure monitors. This information is not to be used as a substitute for professional training and judgment. PSW has made every effort to ensure the accuracy of the contents included in this guide. Use of this information indicates acknowledgment that PSW will not be responsible for any loss or injury, including death, sustained in connection with or as the result of using this information. When making judgments regarding specific medications, pharmacists should consult the complete information available in the product prescribing information or other published literature as appropriate. PSW is under no obligation to update information contained herein.

## **SMBP EDUCATION RESOURCES**

TIPS TO GET AN ACCURATE BLOOD PRESSURE READING



# Tips to Get an Accurate Blood Pressure Reading

#### **Preparation steps**

Avoid caffeine, smoking, alcohol, exercise, eating a large meal, or using decongestants 30 minutes prior to measurement.

- Feet should be flat on the floor, use a stool if needed
- · Back supported
- · Sit comfortably and relax for five minutes
- · Empty bladder beforehand

#### When Measuring

- Lower edge of the cuff is one inch above elbow
- Tight enough to fit two fingers under the cuff
- · Tubing runs down the arm

#### **Steps**

- · Press the button
- Write down the measurement
- Wait one minute and repeat

Don't Talk During Measurement

Don't watch tv, text, or have other distractions during the measurement

> Cuff Goes on Bare Arm

Back

Supported

Place arm slightly bent on table, palm up, upper arm close to heart level

#### Important

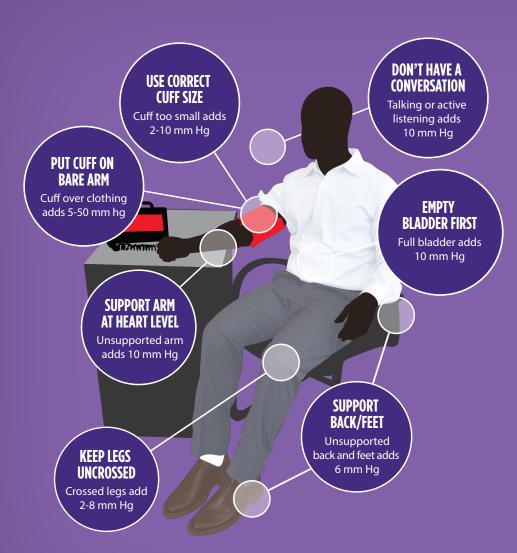
Feet supported Legs uncrossed

#### SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE READING









# 7 SIMPLE TIPS TO GET AN **ACCURATE BLOOD PRESSURE READING**

The common positioning errors can result in inaccurate blood pressure measurement. Figures shown are estimates of how improper positioning can potentially impact blood pressure readings.

- 1. Pickering, et al. Recommendations for Blood Pressure Measurement in Humans and Experimental Animals Part 1: Blood Pressure Measurement in Humans. Circulation, 2005:111:697-716.
- 2. Handler J. The importance of accurate blood pressure measurement. The Permanente Journal/Summer 2009/Volume 13 No. 3 51

This 7 simple tips to get an accurate blood pressure reading was adapted with permission of the American Medical Association and The Johns Hopkins University. The original copyrighted content can be found at www.ama-assn.org/ama-johns-hopkins-blood-pressure-resources.



# **Home Blood Pressure Diary**

Name:	Target Blood Pressure: lower than
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Remember to bring this diary with you to your next appointment/review

	Systelia Diastalia Systelia Diastalia								
Date		Time	Systolic Top number	Diastolic Bottom Number	Arm	Systolic Top Number	Diastolic Bottom Number	Arm	Notes
Sample:	AM	8:25	144	94	L	146	96	L	Felt a bit dizzy when I woke up
7/27	РМ	6:30	136	88	L	136	88	L	Low stress day at work

#### TRAINING RESOURCES

#### **Blood Pressure Measurement Instructions**

https://www.heart.org/-/media/files/health-topics/high-blood-pressure/how\_to\_measure\_your\_blood\_pressure\_letter\_size.pdf

#### **Healthy Recommendations for Adults**

https://www.pswi.org/Portals/94/Resources/Toolkits%20and%20Manuals/Lifestyle%20Toolkit\_11%20X%208.5.pdf?ver=6bsTUYDMUTMAh2TmS-9PDA%3d%3d

#### How to Manage Weight

https://www.heart.org/-/media/healthy-living-files/infographics/lifes-simple-7-manage-weight-infographic.pdf?la=en

#### How to Be More Active

https://www.heart.org/-/media/healthy-living-files/infographics/lifes-simple-7-move-more-be-active-infographic.pdf?la=en

#### Hypertension Guideline Toolkit for Pharmacists

http://aha-clinical-review.ascendeventmedia.com/books/aha-high-blood-pressure-toolkit-pharmacists/

#### Metastar Video: Patient Self Management of Blood Pressure

https://www.metastar.com/providers/elearning-modules/elearning-module-patient-self-measure-ment-blood-pressure/

#### Small Steps for Your Health

https://professional.diabetes.org/sites/professional.diabetes.org/files/pel/source/sci-advisor\_2019\_t2d\_small\_steps\_for\_health\_final.pdf

#### A Snapshot: Blood Pressure in the U.S.: Make Control Your Goal

https://www.cdc.gov/bloodpressure/infographic.htm

# **SMBP BILLING RESOURCES**

### **BLOOD PRESSURE MONITOR REQUEST TEMPLATE**

Patient Name:	DOB:
Phone #:	Dr
through their insurance for a	eive an automated blood pressure monitor t-home monitoring. Please review the folment, and fax to XXX-XXX-XXXX.
We will review how to use the pressure goals as documented	e monitor, proper positioning, and blood ed below.
Please contact us with quest	zions.
Sincerely,	
Pharmacist Name Pharmacy	
Patient:	Date:
DOB:	
Rx: Automated Blood Pro	essure Monitor
Directions: Use as direct pressure monitoring.	ted at least once daily for at home blood
Qty: 1 DX/ICD-10: BP Goal:	NPI/DEA#:
Refills: PRN	MD Signature:

#### WISCONSIN FORWARDHEALTH FEE FOR SERVICE

- A patient presents with a prescription for an Automatic Blood Pressure Monitor (or pharmacy staff flags patient as eligible patient for blood pressure monitoring at home and obtains a prescription from the patient's prescriber).
- The prescription needs to contain the prescriber's name, NPI, and Diagnosis (Dx) code. Directions should contain daily monitoring of blood pressure as medically necessary.
- Log into the Forward Health Portal.
  - Submit Professional Claim
    - » Enter Member ID # and hit tab
    - » Enter Total Charge (the pharmacy Usual & Customary amount)
    - » Click Diagnosis
    - » Enter Dx code (without decimal point) in box 1
    - » From/To DOS is the date the patient received the monitor
    - » Procedure code: A4670
    - » Dx code pointer: 1
    - » Units: 1
    - » Charge: must be same Usual & Customary amount entered above
    - » Place of Service: 01 (pharmacy)
    - » Rendering Provider: prescriber NPI number, click search and select prescriber
    - » Submit
- The <u>ForwardHealth Online Handbook For Blood Pressure Monitor topic</u> (#1842) contains more information on coverage of blood pressure cuffs and monitors.
- The <u>Durable Medical Equipment Index</u> (see Home Health) identifies all allowable HCPCS codes and Medicaid Fee-for-Service reimbursement including automatic blood pressure monitors.

Procedure Code	Full Description	Additional Service Code Description	Allowable or Required Modifiers	Rental Days Before PA / Max Fee	Purchase PA Needed / Max Fee	Life Expectancy	In NH Facility Rate?	Allowable Provider Types	Effective Date	Allowable Place of Service
A4630	Replacement batteries, medically necessary, transcutaneous electrical stimulator, owned by patient			No Rental	N / \$50.43	2 Per 3 Months	In Rate	04, 05, 17, 24, 25, 53, 77	20080701	01, 03, 04, 05, 06, 07, 08, 11, 12, 13, 14, 19, 33, 49, 50, 71, 72
A4635	5 Underarm pad, crutch, replacement, each			No Rental	N / \$4.55	2 Per Year	In Rate	04, 05, 17, 24, 25, 53, 77	20080701	01, 03, 04, 05, 06, 07, 08, 11, 12, 13, 14, 19, 33, 49, 50, 71, 72
A4636	A4636 Replacement, handgrip, cane, crutch, or walker, each			No Rental	N / \$3.74	2 Per Year	In Rate	04, 05, 17, 24, 25, 53, 77	20080701	01, 03, 04, 05, 06, 07, 08, 11, 12, 13, 14, 19, 33, 49, 50, 71, 72
A4637	Replacement, tip, cane, crutch, walker, ear		No Rental	N / \$1.88	1 Per Year	In Rate	04, 05, 17, 24, 25, 53, 77	20080701	01, 03, 04, 05, 06, 07, 08, 11, 12, 13, 14, 19, 33, 49, 50, 71, 72	
A4640	Replacement pad for use with medically necessary alternating pressure pad owned by patient.			No Rental	N / \$39.86	1 Year	In Rate	05, 24, 25, 53	20080701	01, 03, 04, 05, 06, 07, 08, 11, 12, 13, 14, 19, 33, 49, 50, 71, 72
A4660	Sphygmomanometer/blood pressure apparatus with cuff and stethoscope			No Rental	N / \$33.80	1 Per 2 Years	In Rate	05, 24, 25	20180101	01, 03, 04, 05, 06, 07, 08, 11, 12, 13, 14, 19, 33, 49, 50, 54, 71, 72
A4663	Blood pressure cuff only			No Rental	N / \$22.88	1 Per Year	In Rate	05, 24, 25	20180101	01, 03, 04, 05, 06, 07, 08, 11, 12, 13, 14, 19, 33, 49, 50, 54, 71, 72
A4670	Automatic blood pressure monitor			No Rental	N / \$63.90	1 Per 5 years	In Rate	05, 24, 25	20180101	01, 03, 04, 05, 06, 07, 08, 11, 12, 13, 14, 19, 49, 50, 54, 71, 72
					N / See Topic	0 Day 12	Not in	04 06 17 24		01, 03, 04, 05, 06, 07, 08, 11, 12,

- Blood pressure cuffs and automatic blood pressure monitors are covered through Wisconsin Medicaid <u>Fee-for-Service</u> without prior authorization. The product must be medically necessary. There is no diagnosis restriction for reimbursement.
- Pharmacies do <u>not</u> need to be Medicaid enrolled as a DME vendor to submit these claims.
- It is important to ensure Medicaid eligibility:
  - » Check patient eligibility on the ForwardHealth portal and/or:
  - » Run a Medicaid test claim in your dispensing software system
- All providers have up to one year to bill; therefore:
  - » Ask the patient if they have an automatic blood pressure monitor covered by Medicaid from another provider.
  - » Consider calling the DAPO center to ensure that the patient hasn't received an automatic blood pressure monitor from another entity recently. This helps to ensure your payment without a PA.
- Medicaid managed care organizations (MCOs) must cover the same procedure codes as Fee-for-Service. Prior authorization and reimbursement processes may be different. If a provider is working with a specific Wisconsin Medicaid MCO, they should contact the specific Medicaid MCO for further information.
- Note: WI SeniorCare members are not eligible for this benefit.
- The pharmacy is required to have a prescription on file for the blood pressure monitor. A fax template to customize is included in this guide, or consider developing a collaborative practice agreement with specific physicans.
- Pharmacies can also bill through Part B vendors as done for other DME supplies:

BIN#: 004766 PCN: WIDME

ID: patient Medicaid ID

Cost sharing for DME is as listed in this table from the DME Index:

#### Cost Sharing

Copayments amounts are NOT listed in the DME Index tables. ForwardHealth requires certified providers to collect copayments for equipment and services when applicable. ForwardHealth establishes the following co-payment amounts for BadgerCare Plus and Wisconsin Medicaid members. Some members may be exempt from copayments.

Item Max Fee	Copayment
\$0.00 - \$10.00	\$0.50
\$10.01 - \$25.00	\$1.00
\$25.01 - \$50.00	\$2.00
\$50.01 and up	\$3.00

▶ Rental equipment is not subject to copayment, but rental payments do count towards the max fee of the item, and copayment is required if the equipment is later purchased.

## FORWARDHEALTH PORTAL SCREENSHOTS

Professional Claim						
Required fields are in	dicated with an ast	erisk (*).				
ICN 22	20048004705		Rendering Provider	1245249614	NPI [ Search ]	
Provider ID 12	45249614 NPI		Referring Provider 1		[Search]	
Member ID* 12	34567890		Referring Provider 2		[Search]	
Last Name Fr			Medicare Disclaimer		•	
First Name, MI Fre		R Othe	r Insurance Indicator	<b>V</b>		
Date of Birth 01 Patient Account #	/13/1979		Total Charge*	+50.00		
Medical Record			Total Charge*			
Number		Oth	er Insurance Amount	\$0.00		
SOI Date			Total Amount Paid	\$63.9	90	
Diagnosis Condition	n <u>Medicare</u> <u>Anes</u>	thesia Other I	nsurance			
Diagnosis						
Sequence 1	Diagnosis 1	I10	[Search]			
Sequence 2	Diagnosis 2		[Search]			
Sequence 3	Diagnosis 3		[Search]			
Sequence 4	Diagnosis 4		[Search]			
Sequence 5	Diagnosis 5		[ Search ]			
Sequence 6	Diagnosis 6		[Search]			
Sequence 7	Diagnosis 7		[Search]			
Sequence 8	Diagnosis 8		[Search]			
Sequence 9	Diagnosis 9		[Search]			
Sequence 10	Diagnosis 10		[Search]			
Sequence 11	Diagnosis 11		[Search]			
Sequence 12	Diagnosis 12		[ Search ]			
Detail						
	rom Date of Servic			de Mod1 Mod2 Mod3 Mo		
M 1 0	2/17/2020	02/17/2020	A4670 Type cha	anges below.	PAY 1.00 \$69.	99
Line Numl	ber 1			Rendering Provide	der 1245249614	NPI [ Search ]
From Date of Service				Referring Provide		[ Search ]
To Date of Service	ce* 02/17/2020			Referring Provide	r 2	[Search]
Procedure Cod	de* A4670	[ Search ]		Ordering Provid	der 1215904891	NPI [Search]
Modifi		rch ]	[ Search ]	[ Search ] [ Sea	rch_]	
Diagnosis Code Point Unit						
Charg		\$69.99		Sta	tus PAY	
Place of Service Cod				Allowed Amou		j
Emerger	ncy •			CoPay Amou	unt \$0.00	
Family Plann	ing 🔻					
No	tes		P	rofessional Service Descript	ion	
					De	lete Add
NDCs for JCode						

## Blood Pressure Monitor Coverage through BadgerCare Plus MCOs

НМО	Can Pharmacy Provide BP Monitor?	Pharmacy Requirement & Reimbursement Process	Notes	Counties Covered
Anthem Blue Cross and Blue Shield	Yes	Prescription must come from primary provider or specialist.     Prior Authorization (PA) will need to be submitted by prescriber.     CMS 1500 form; Submit electronically to ForwardHealth Portal or Mail physical copy.	BCBS is contracted with Edgepark Medical Supplies for distributing DME. If unable to get it covered through the pharmacy, providers can send prescription to Edge-park Medical Supplies. Mail order service provided.  Provider's customer service: 1-855-558-1443  Edgepark Medical Supplies: 1-800-321-0591  Mailing Address: 213 Blettner Blvd. Madison, WI. 53714	All counties
Children's Community Health Plan	No	N/A		Brown, Calumet, Door, Fond du Lac, Green Lake, Jefferson, Kenosha, Kewaunee, Lincoln, Manitowoc, Marinette, Milwaukee, Oconto, Onei- da, Outagamie, Ozaukee, Racine, Rock, Shawano, Sheboygan, Vilas, Washington, Waukesha, Waupaca, Waushara, Winnebago
Dean Health Plan	No	N/A	<ul> <li>DME for BP monitors billed under medical. Dean has specific vendors that they work with (SSM Health at Home and others), depending on where the patient is located.</li> <li>Customer service: 1-800-279-1301</li> </ul>	Columbia, Dane, Dodge, Fond du Lac, Green Lake, Iowa, Jefferson, Rock, Sauk
Group Health Cooperative - Eau Claire	Yes	1. Fill out paper CMS 1500 form 2. Mail to: Group Health Cooperative P.O. Box 3217 Eau Claire, WI 54702	<ul> <li>Pharmacy needs to be contracted as DME provider.</li> <li>Customer service: 1-888-203-7770</li> </ul>	Adams, Ashland, Barron, Bayfield, Buffalo, Burnett, Chippewa, Clark, Columbia, Crawford, Douglas, Dunn, Eau Claire, Forest, Grant, Green, Iowa, Iron, Jackson, Juneau, La Crosse, Lafayette, Langlade, Lincoln, Marathon, Monroe, Oneida, Pepin, Pierce, Polk, Portage, Price, Richland, Rusk, St Croix, Sawyer, Shawano, Sauk, Taylor, Trempealeau, Vernon, Vilas, Washburn, Wood
Group Health Cooperative - South Central Wisconsin	Yes	1. Contract with GHC-SCW by filling out this form.  2. In notes section, pharmacies should write "My pharmacy wants to join the GHC-SCW network to be able to bill for blood pressure cuffs for BadgerCare Plus Members (per the Medicaid benefit)"  3. GHC-SCW will then approve and send a contract for pharmacy to sign 4. Identify patients who are eligible and would benefit from a BP monitor  5. Obtain an order from a physician for an "A4670 – Automatic Blood Pressure Monitor"  6. Fill out paper CMS 1500 form Mail to: Group Health Cooperative of South Central Wisconsin ATTN: Claims Department 1265 John Q Hammons Drive, Ste 200 P.O. Box 44971 Madison, WI 53717-1962  7. Reimbursement of \$63.90 will be provided to the pharmacy	Jack Donisch, Government Programs Contract Administraor. Contact: jdonisch@ghcscw.com	Dane

	Can			
нмо	Pharmacy Provide BP Monitor?	Pharmacy Requirement & Reimbursement Process	Notes	Counties Covered
Inclusa (Family Care)	Yes	1. Identify patients who are eligible and would benefit from a BP monitor 2. Obtain an order from a physician 3. Contact patient's managed care nurse and ask for an authorization for HCPCS: A4670 (BP monitor) for total dollar amount of the BP monitor 4. Once approved, pharmacy should receive authorization on the Inclusa portal 5. Print out authorization and dispense the monitor 6. Recommendation: bill claims on paper once weekly	Pharmacy needs to be contracted If pharmacy able to provide equipment on DME side, then pharmacy should be able to provide BP monitors  Eligibility: If a Medicaid patient would benefit from a BP monitor but you are unsure of whether they are eligible check MCO coverage on Medica.	
Independent Care Health Plan (iCare)	No	N/A	Blood pressure monitors are billed on the medical side. Providers who are billing for DME must have a contract with I-Care. Does not matter what kind of policy the patient has. No out-of-network coverage for DME supplies.     Provider customer service: 1-877-333-6820	Adams, Brown, Calumet, Columbia, Crawford, Door, Florence, Fond du Lac, Grant, Green, Green Lake, Iowa, Jackson, Juneau, Kenosha, Kewaunee, La Crosse, Lafayette, Manitowoc, Marinette, Marquette, Milwaukee, Monroe, Oconto, Outagamie, Ozaukee, Racine, Richland, Sauk, Shawano, Sheboygan, Trempealeau, Vernon, Walworth, Washington, Waukesha, Waupaca, Winnebago
MHS Health Wisconsin and Network Health Plan  Network Health Plan uses MHS to administer health plans that are con- tracted with WI DHS	No	N/A	<ul> <li>Blood pressure monitors are billed on the medical side. Must be dis- pensed through the DME provider that MHS contracts with.</li> <li>Provider customer service: 1-800- 222-9831</li> </ul>	All counties
MercyCare Insurance Company	No	N/A	Blood pressure monitors are billed on the medical side. Requires a prescription be sent to supplier. MercyCare uses Mercy Health at Home as the DME supplier.     Customer service: 1-800-895-2421	Rock, Walworth
Molina Health Care	No	N/A	<ul> <li>In WI, Molina Health Care covers blood pressure monitors on the medical side through their contract- ed suppliers.</li> <li>Customer service: 1-888-999-2404</li> </ul>	Brown, Calumet, Dane, Dodge, Door, Florence, Fond du Lac, Forest, Green Lake, Jefferson, Kenosha, Kewaunee, Lincoln, Manitowoc, Marathon, Marinette, Marquette, Milwaukee, Oconto, Oneida, Outagamie, Ozaukee, Portage, Racine, Shawano, Sheboygan, Vilas, Walworth, Washington, Waukesha, Waupaca, Waushara, Winnebago
Security Health Plan of Wisconsin	No	N/A	Blood pressure monitors are only processed on the medical side and provided through Northwood, Inc DMEPOS Services.     Customer service: 1-800-791-3044     Northwood, Inc: 1-866-532-1344	Adams, Ashland, Barron, Bayfield, Buffalo, Burnett, Chippewa, Clark, Crawford, Dodge, Douglas, Dunn, Eau Claire, Forest, Green Lake, Iron, Jackson, Juneau, La Crosse, Langlade, Lincoln, Marathon, Marquette, Monroe, Oneida, Outagamie, Pepin, Pierce, Polk, Portage, Price, Richland, Rusk, St. Croix, Sawyer, Shawano, Taylor, Trempealeau, Vernon, Vilas, Washburn, Waupaca, Waushara, Woo

нмо	Can Pharmacy Provide BP Monitor?	Pharmacy Requirement & Reimbursement Process	Notes	Counties Covered
Quartz	Yes	1. Fill out CMS 1500 form using CPT code: A4670 2. Mail to: P.O. Box 610 Sauk City, WI. 53583-0610	<ul> <li>Pharmacy needs to be contracted for DME</li> <li>Customer service: 1-800 362-3310</li> </ul>	Adams, Buffalo, Columbia, Craw- ford, Dane, Dodge, Fond du Lac, Grant, Green, Iowa, Jackson, Jeffer- son, Juneau, La Crosse, Lafayette, Mar-quette, Mon-roe, Richland, Rock, Sauk, Trempealeau, Vernon
Trilogy Health Insurance	Yes	Process blood pressure monitor prescription as you would a regular prescription.     PA required for items that cost \$500 or more	• Customer service: 1-855-530-6790	
United- Healthcare of Wisconsin	No	N/A	DME only covered under health plan if there is a prescription or is medically necessary.     Customer service: 1-800-504-9660     Member advocate team – 1-888-246-8140	All counties
Care Wisconsin Health Plan	No	N/A	<ul> <li>Prescription sent by physician does not automatically qualify patient to receive BP monitor</li> <li>Script must be sent to Care Wisconsin Health Plan</li> <li>Script gets reviewed by a case manager and a nurse. If approved, Care Wisconsin will provide through their vendor.</li> </ul>	

PSW appreciates readers sharing updates, successes and challenges from pharmacies regarding this information. Please email <a href="mailto:info@pswi.org">info@pswi.org</a> with comments.