



Controlling High Blood Pressure (CBP)

CBP Measure Description¹

Assesses adults 18–85 years of age who had a diagnosis of hypertension and whose blood pressure was adequately controlled (<140/90 mm Hg).

Why is CBP Important?¹

Known as the “silent killer,” high blood pressure, or hypertension, increases the risk of heart disease and stroke, which are the leading causes of death in the United States.

Controlling high blood pressure is an important step in preventing heart attacks, stroke and kidney disease, and in reducing the risk of developing other serious conditions. Health care providers and plans can help individuals manage their high blood pressure by prescribing medications and encouraging low-sodium diets, increased physical activity and smoking cessation.

Best Practices

- ✓ Discuss with members the importance of physical activity and lifestyle changes such as:
 - Being active 5 days a week for at least 30 minutes a day.
 - Cessation of smoking if member is active smoker.
- ✓ Educate members on the importance of medication adherence and the risk factors.
- ✓ Educate members on how to properly measure blood pressure at home.
- ✓ Ask members to log their blood pressure and date when taken at home and bring it to all office visits.

Numerator Compliance²

Identify the most recent BP reading taken during the measurement year. Do not include CPT Category II codes with a modifier. Do not include BPs taken in an acute inpatient setting or during an ED visit.

The BP reading must occur on or after the date of the second diagnosis of hypertension.

The member is numerator compliant if the BP is <140/90 mm Hg. The member is not compliant if the BP is ≥140/90 mm Hg, if there is no BP reading during the measurement year or if the reading is incomplete (e.g., the systolic or diastolic level is missing). If there are multiple BPs on the same date of service, use the lowest systolic and lowest diastolic BP on that date as the representative BP.

Numerator Codes²

Refer to HEDIS Numerator Codes Dashboard on the Trillium HEDIS Resources website.

Data Collection Method²

Administrative (Claims + Supplemental Data)



Trillium Percentages/NCQA National Averages¹

CBP	Calendar Year	Trillium	NCQA National Average
Controlling High Blood Pressure	2022	38.7	60.9
	2021	22.4	58.6

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¹ Source: ncqa.org/hedis/measures

² Source: HEDIS MY 2024 Tech Specs Manual Vol. 2