

October 2023

Federal Employee Program

Help Patients Control Blood Pressure with Healthy Choices

Florida Blue patients ages 18 to 85 insured under the Blue Cross and Blue Shield Federal Employee Program® (FEP) may receive emails about the importance of managing high blood pressure.

FEP is encouraging members to make healthy life changes by limiting sodium intake, considering the DASH (Dietary Approach to Stop Hypertension), maintaining a healthy weight, and having regular primary care physician visits.

In addition to an essential aspect of patient health, controlling blood pressure is an important measure of the Healthcare Effectiveness Data and Information Set (HEDIS®¹).

How You Can Help Your Patients



Remind patients to take their blood pressure medications.



Encourage physical activity.



Encourage smoking cessation.



Encourage a healthy lifestyle.

If your patient's blood pressure is 140/90 or greater, please recheck the blood pressure before discharge for the most appropriate blood pressure CPT II codes for the office visit.

CPT Category II

Current Procedural Terminology Category II (CPT II) codes help provide valuable information regarding patients' health. Using CPT II codes allows us to track performance measures throughout the year and assist in closing care gaps. The following codes are helpful for tracking Systolic and Diastolic results for additional insights and guidance.

Systolic

3074F – Most recent systolic BP less than 130 mm Hg

3075F – Most recent systolic BP 130 - 139 mm Hg

3077F – Most recent systolic BP greater than or equal to 140 mm Hg

¹HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

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Diastolic

3078F – Most recent diastolic BP less than 80 mm Hg

3079F – Most recent diastolic BP 80 - 89 mm Hg

3080F – Most recent diastolic BP greater than or equal to 90 mm Hg

FEP patients can contact our Customer Service team for help at 1-800-333-2227 (TTY users, call 711) with questions about benefits and claims. We are available Monday through Thursday from 8 a.m. to 6 p.m. and Friday from 9 a.m. to noon, ET. Members can also visit [FEPBlue.org](https://www.fepblue.org) for more information.

To learn more about the Controlling Blood Pressure HEDIS measure for FEP members, click [here](#) or visit [FloridaBlue.com](https://www.floridablue.com). Select **For Providers, Tools & Resources, Programs, Federal Employee Program**, then **FEP Quick Reference Guide**.