

## MCG message

Title: **Michigan Department of Health and Human Services (MDHHS) Blood Pressure Cuff Coverage Grid**

Posting date: **March 23, 2021**

### Summary

To increase patient access to home blood pressure cuffs and awareness of coverage benefits, the Michigan Department of Health and Human Services has developed a [Medicaid home blood pressure cuff coverage grid](#)\* for providers to reference prior to prescribing blood pressure cuffs to patients with hypertension for blood pressure self-monitoring. The grid details inclusion criteria, preauthorization requirements and special instructions for each Medicaid managed care plan in Michigan.

### Impact

According to the Centers for Disease Control and Prevention, uncontrolled hypertension is a major modifiable risk factor for cardiovascular disease and is associated with increased CVD morbidity and mortality as well as increased health care utilization. Approximately 46% of Americans have hypertension, and the condition is uncontrolled in half of these individuals. It is projected that the total direct costs of hypertension could increase to approximately \$221 billion by 2035. An estimated 12% of annual spending by Medicaid nationally can be attributed to treatment of cardiovascular disease.

In an effort to improve control of hypertension, reduce associated comorbidities, and decrease costs associated with health care resource utilization, the MDHHS Heart Disease and Stroke Prevention Unit promotes the use of self-measured blood pressure monitoring. Self-measured blood pressure monitoring is the regular measurement of blood pressure by the patient outside the clinical setting, usually in the home. Self-measured blood pressure monitoring tied with clinical support has been shown to improve blood pressure in patients with hypertension. This requires the use of a home blood pressure measurement device (cuff) by the patient to measure blood pressure in their usual environment.

Blue Cross Complete covers one blood pressure cuff for members 11-124 years of age, every two years with no pre-authorization required. To locate network durable medical equipment providers, contact Blue Cross Complete Customer Service at 1-800-228-8554.

\*Our website is [mibluecrosscomplete.com](http://mibluecrosscomplete.com). While website addresses for other organizations are provided for reference, Blue Cross Complete does not control these sites and is not responsible for their content.