

Home Blood Pressure Monitoring for Providers

Objective

As healthcare organizations seek ways to limit face to face visits during the COVID-19 pandemic, it is critical that we ensure women are getting the proper care regardless of the setting. Hypertensive disorders of pregnancy affect 13% of pregnant women in North Carolina (There are established guidelines for the management of hypertensive disorders of pregnancy: <http://ccnc.care/pathways>).

NC Department of Health and Human Services wants to allow for home blood pressure (BP) monitoring in conjunction with telemedicine visits. In response to the pandemic, Medicaid will cover the cost of BP monitors (Source: [NC DHHS Special Bulletin COVID-19 #43](#)).

Target Patients

- Pregnant women in need of blood pressure monitoring
- Providers should use medical judgement to determine which patients they want to “independently monitor their blood pressure from home” since there is no prior authorization requirement

Getting BP Monitors to Patients

Automatic BP monitors can be dispensed by any willing NC enrolled DME provider with a prescription for medical necessity. DME companies will need a prescription from the physician, PA or NP, and a visit note. The visit note can be via a telehealth visit. Monitors can be shipped to the beneficiary or picked up at the DME location. If the below information is provided to the DME company upon the initial request the patient can expect to have the monitor within the week.

Prescription should be faxed to the DME company and should include:

- Prescription with the below information:
 - Patient’s name, DOB, and Medicaid ID number
 - Request for an appropriate size cuff (forearm circumference) with automatic BP monitor. Need to state on the prescription: “To be monitored regularly at home.”
 - ICD-10 code
 - Provider’s name and practice phone number
- Visit note
- DME will respond requesting signature on the following form: [Request for Prior Approval CMN/PA](#)

Education and Patient Follow Up

- Providers will designate appropriate staff to ensure proper cuff fit, as well as provide patient education on how to take an accurate blood pressure and the warning signs of worsening hypertension and preeclampsia
- Providers should give patients instructions on BP monitoring: <http://ccnc.care/homebp4patients>

- Each OB practice should have a system to check-in with patients to ascertain their blood pressure and to have protocols in place to determine which patients need to be seen in person at the office or hospital for further assessment

DMA Self-Measured Blood Pressure Monitoring (SMBPM) Codes

- **99473:** Self-measured BP using a device validated for clinical accuracy; patient education/training and device calibration
- **99474:** Separate self-measurements of two readings one minute apart, twice daily over a 30-day period (minimum of 12 readings), collection of data reported by the patient and/or caregiver to the physician or other qualified health professional, with report of average systolic and diastolic pressures and subsequent communication of a treatment plan to the patient

DME Providers

We have provided the following list of DME providers that have indicated they will bill Medicaid and provide BP monitors and will ship monitors anywhere in the state. This list is not all-inclusive, go [here](#) to view the full list. We are exploring the buy and bill option.

DME Company	Counties served	Method of Receipt	Monitor	Also provides	Contact
Affordable Medical	All NC Counties	Ship to Home	American Heart tech-speaking monitor with Spanish option & A&D & Jobar	-Wrist -XL cuff -Pulse oximeters and scales	Attn: Jennifer Ellis Phone: 336-420-8114 Fax: 855-999-2244
Carolina Healthcare Products, Inc. 20 Medical Campus Dr NW, Suite 102, Supply, NC; or 1635 N Howe St, Southport, NC	All NC Counties	Ship to Home or Pick up at DME location	Advocate	-XL cuff -Pulse oximeters and scales	Attn: Melissa Phone: 910-398-4948 or 910-755-6767 Fax: 910-755-6769
Carolina Home Medical	All NC Counties	Ship to Home	Drive		Attn: Christine Phone: 252-514-0461 Fax: 252-514-2254
Family Medical Supply			Blue Jay	-XL cuff	Phone: 800-892-3435 Fax: 910-467-8367
Piedmont Medical Supply 752 4th St SW, Hickory, NC	Caldwell, Catawba, Burke	Pick up at DME location	Omron	-Pulse oximeters and scales (only if Medicaid is primary)	Attn: Sarah Phone: 828-327-6970 Fax: 828-327-2878
Quality Home HealthCare 106 Park Ave, Sanford, NC	Lee, Harnett, Moore, Chatham	Pick up at DME location	Omron	-Pulse oximeters	Attn: Teresa Phone: 919-775-2001 Fax: 919-776-8122
Wincare	All NC Counties	Ship to Home	American Diagnostic Corp	-Wrist -Pulse oximeters and scales	Attn: Nicole Phone: 252-903-1173 Fax: 216-755-8614