CCNC OBSTETRICS

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. This list is not all-inclusive. We are exploring the buy and bill option.

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