



Dear Provider:

Cigna-HealthSpring will initiate a 2-year Quality Improvement Project focused on: **Improving Blood Pressure Control for Members Diagnosed with Hypertension** in January 2019. Our organization has identified Hypertensive Heart Disease as one of the top five diagnoses for inpatient claims with our MMP members. Approximately 82% of coronary heart disease deaths occur among those who are over the age of 64 and we would like to partner with you to implement strategies and decrease the risk of this disease.

How can you assist us in this project?

- Have the patient sit quietly with feet on the floor and legs uncrossed before the test begins. The patient's arm should be supported so the elbow is at a heart level and instruct against talking during the test
 - Repeat blood pressure measurement before member leaves
- Review hypertensive medication history and patient compliance;
 - Consider modifying treatment plans for uncontrolled blood pressure, as needed.
 - Stress importance of medication and diet compliance.
- Follow up abnormal values with treatment, repeat testing, and initiate appropriate referrals.
- Have the patient return in 3 months until blood pressure is controlled (<140/90)
- Order an automated blood pressure machine for member to use at home
- Contact Cigna-HealthSpring for:
 - Pharmacists who can speak with you or the member to address medication issues
 - Disease Management Program that assists members with the understanding and management of cardiovascular disease, including hypertension. For more information or member referrals, email TXSTARPLUSDM@healthspring.com

If you have any questions or feedback about our Quality Improvement Project, please contact Jeannine Sidberry, RN Quality Management Sr. Specialist at either: 817-554-5662 or Medicaid_Quality@Cigna.com.

Thank you for partnering with Cigna-HealthSpring and for providing quality care to our members. .

For your reference, we have provided the following links:

Clinical Practice Guideline: Hypertension <https://www.cigna.com/assets/docs/careplantx/hcp/clinical-practice-guidelines.pdf>

HEDIS® Controlling High Blood Pressure: <https://www.ncqa.org/hedis/measures/controlling-high-blood-pressure/>

Sincerely,

Dr. Laurie Greenberg
Sr. Medical Director Cigna-HealthSpring

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including HealthSpring Life & Health Insurance Company, Inc. The Cigna name, logos, and other Cigna marks are owned by Cigna Intellectual Property, Inc. Cigna-HealthSpring CarePlan is a health plan that contracts with both Medicare and Texas Medicaid to provide benefits of both programs to enrollees. © 2019 Cigna

H8423_19_74293_PR Approved