**Description:** High blood pressure (HBP) is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems. “Blood pressure” is the force of blood pushing against the walls of the arteries as the heart pumps blood. Blood pressure is measured as systolic (sis-TOL-ik) and diastolic (di-ah-STOL-ik) pressures. “Systolic” refers to blood pressure when the heart beats while pumping blood. “Diastolic” refers to blood pressure when the heart is at rest between beats.

**Causes:** Blood pressure tends to rise with age, unless you take steps to prevent or control it. Some medical problems—such as chronic kidney disease, thyroid disease, and sleep apnea—may cause blood pressure to rise. Some medicines also may raise your blood pressure. Examples include asthma medicines (for example, corticosteroids) and cold-relief products. If you have HBP, let your doctor know about all of the medicines you take, including over-the-counter products.

**Diagnostic Tests:** High blood pressure (HBP) is diagnosed using a blood pressure test several times to make sure the results are correct. If your numbers are high, you may have to return for repeat tests. If your blood pressure is 140/90 mmHg or higher over time, your doctor will likely diagnose you with HBP. If you have diabetes or chronic kidney disease, a blood pressure of 130/80 mmHg or higher is considered HBP.

**Conversation with Member:**

- **General opening such as:** “I see that you are on a medication for high blood pressure. How are things going with taking that medication?”
- **Offer information:** “Can we take a few minutes and talk about high blood pressure and how important it is to take your medication to manage blood pressure?”
- **Get more specific:** “Based on your doctor’s diagnosis you have high blood pressure (hypertension) and your doctor has prescribed (see med list below). Do you have any barriers in taking that medication?”
- **Lifestyle impacts:** “Along with taking your medication for hypertension regularly, you can make some changes such as following a healthy diet plan, being physically more active, maintaining a healthy weight and managing your stress to keep your blood pressure in the normal range.”
- **Medical treatment:** “High blood pressure (HBP) is treated with lifestyle changes and medicines. Sticking to your treatment plan can help prevent problems related to HBP to help you stay healthy. Talk with your doctor about your plan to treat hypertension.”
- **Review the member’s plan of action:** “What is your plan to ensure that you are taking your high blood pressure medications as prescribed?”

**National Standard:** Gap for HEDIS & Stars: Taking Cholesterol Lowering Medication as Prescribed

**Medication List:**
- Lisinopril (Zestril, Prinvil)
- Ramipril (Altace)
- Quinapril (Accupril)
- Losartan (Cozaar)
- Olmesartan (Benicar)
- Valsartan (Diovan)
- Hydrochlorothiazide, Furosemide, Metropolol, Atenolol, Carvedilol, Amlodipine, Verapamil, Diltiazem

**References:**
- National Heart, Lung and Blood Institute (NHLBI)