2027 Blue Cross and Blue Shield Service Benefit Plan
FEP Blue Standard and FEP Blue Basic
Section 5(h). Wellness and Other Special Features

Hypertension Management Program

The **Hypertension Management Program** gives members age 18 and older with hypertension (otherwise known as high blood pressure) access to a free blood pressure monitor (BPM) to encourage members to make healthier choices to reduce the potential for complications from cardiac disease. This program is available to the contract holder and spouse who meet the following criteria.

You will be automatically enrolled in the program, and will be informed of your eligibility to receive a free BPM after the following criteria are met:

- You complete the Blue Health Assessment (BHA), and indicate that you have been diagnosed with hypertension.
- At least one medical claim has been processed during the past 12 months with a reported diagnosis of hypertension.

Once you meet these criteria, you will be sent a letter advising you of your eligibility for the free BPM. You are eligible to receive a free BPM every two calendar years. You must follow the directions in the letter, which include taking the letter to your healthcare provider. Your provider is responsible for documenting your most recent blood pressure reading, and identifying the appropriate BPM size for you.

The BPM must be received through this program. Benefits are not available for BPMs for members who do not meet the criteria or for those who obtain a BPM outside of this program. For more information, call us at the phone number on the back of your ID card. See Section 5(f) for information on preferred generic anti-hypertensive medications.