



Self-Measured Blood Pressure Monitoring (SMBP) Resources

Featured Webpage:

- **Million Hearts® Self-Measured Blood Pressure Monitoring**
<http://millionhearts.hhs.gov/tools-protocols/smbp.html>
A webpage that features SMBP plus clinical support tools, references and resources, and success stories. (This web content is available for syndication at <https://tools.cdc.gov/medialibrary/index.aspx#/media/id/280741>.)

Featured Action Guides:

- **Million Hearts® Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians**
http://millionhearts.hhs.gov/files/MH_SMBP_Clinicians.pdf
A guide to facilitate the implementation of SMBP plus clinical support in preparing care teams to support SMBP, selecting and incorporating clinical support systems, empowering patients, and encouraging health insurance coverage for SMBP plus additional clinical support.
- **Million Hearts® Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners**
https://millionhearts.hhs.gov/files/MH_SMBP.pdf
A guide that outlines action steps that public health practitioners can take to scale and spread SMBP plus clinical support in the jurisdictions they serve.

Implementation Tools:

- **Million Hearts® Hypertension Control Change Package (Second Edition)**
https://millionhearts.hhs.gov/files/HTN_Change_Package.pdf
A revised quality improvement change package with a listing of process improvements that ambulatory clinical settings can implement as they seek optimal hypertension control. Includes 7 SMBP-related change ideas and 27 practice- or evidence-based SMBP implementation tools and resources.
- **American Medical Association (AMA) 7-Step SMBP Quick Guide**
<https://www.ama-assn.org/system/files/2020-06/7-step-smbp-quick-guide.pdf> (guide)
<https://www.ama-assn.org/smbp-guide> (guide webpage)
AMA's webpage featuring 7 key steps for physician and care teams can take to us SMBP with adult patients with high blood pressure. This tool includes links to supporting tools.
- **Target: BP™ Implement SMBP**
<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/>
A step-by-step guide to launching a SMBP program within your medical practice. This online content includes concrete tools to help clinicians secure and loan out home blood pressure monitors, train patients on SMBP, and collect data to inform treatment.
- **National Association of Community Health Centers (NACHC) SMBP Implementation Guide**
<https://www.nachc.org/wp-content/uploads/2018/09/NACHC-Health-Care-Delivery-SMBP-Implementation-Guide-08222018.pdf>
This implementation guide is designed to help health care delivery organizations implement SMBP into practice or optimize existing SMBP processes. It includes implementation tips and tools.

Provider Webinars:

- **Center for Care Innovations Webinar: What's New in Self-Measured Blood Pressure Monitoring**
<https://www.careinnovations.org/resources/webinar-whats-new-in-self-monitored-blood-pressure-monitoring/>
A July 2020 webinar featuring presenters from AMA speaking about the steps for SMBP use, the 2020 CPT® codes to support SMBP use, and changes to blood pressure quality measures.
- **Million Hearts® SMBP Forum: SMBP For Pregnant and Post-Partum Women**
<https://www.youtube.com/watch?v=o1v7QTERIXQ>
A recording of the June 2020 SMBP Forum featuring an introduction from the Director of CDC's Division for Reproductive Health and brief presentations by subject matter experts.

Patient Training Videos:

- **National Association of Community Health Centers (NACHC): How to Use Your Home BP Monitor**
<https://www.youtube.com/watch?v=0tGyRJxbYpQ> (English)
<https://www.youtube.com/watch?v=AQLDGAwQvzE> (Spanish)
A brief video explaining the value of SMBP to patients and the key steps they should follow to take an accurate blood pressure measurement outside of the clinical office.
- **Target: BP™ SMBP Training Video**
<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/smbp-training-patients/self-measured-blood-pressure-video-no-cc/> (English)
<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/smbp-training-patients/self-measured-blood-pressure-video-spanish/> (Spanish)
A brief video that defines SMBP, explains its value in treating hypertension, and provides detailed information and guidance on how to measure blood pressure outside of the clinical setting.
- **Release the Pressure Campaign SMBP Training Video (English)**
<https://www.youtube.com/watch?v=qObBwGZPLkU>
A “Real Talk” consumer-facing video that stresses the value of self-measured blood pressure measurement, especially for Black women, and how to take an accurate blood pressure measurement.

Resources to Find a Home Blood Pressure Monitor:

- **AMA SMBP cuff selection**
<https://www.ama-assn.org/system/files/2020-05/smbp-cuff-selection.pdf>
One-page instructions on how to find the appropriate upper arm cuff size.
- **US Blood Pressure Validated Device Listing (VDL™)**
<https://www.validatebp.org/>
A website, managed by the AMA, with a listing of automatic home blood pressure monitors that are independently reviewed and validated to ensure clinical accuracy.
- **Hypertension Canada Blood Pressure Measurement Device Recommendation Program**
<https://hypertension.ca/hypertension-and-you/managing-hypertension/measuring-blood-pressure/devices/>
This website provides information to help clinicians and/or patients with home blood pressure monitor purchasing decisions. It identifies the devices that have been tested to ensure clinical accuracy.
- **Target: BP™ Purchasing Devices**
<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/smbp-device-loaner-program/>
Lists recommended device features for ensuring the most accurate blood pressure measurement.

- **Topline Findings: A National Analysis of Self-Measured Blood Pressure Monitoring Coverage and Reimbursement**

https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/website-2020/consultants/cvh/smbp/smbp_coverage_topline_analys.pdf

A listing of public and private payers that offer coverage of home blood pressure monitors.

Select Case Studies:

- **National Association of Community Health Centers (NACHC): Self-measurement: How patients and care teams are bringing blood pressure to control**

<https://www.youtube.com/watch?v=XGO-I59UMDg> (full video)

<https://youtu.be/VNQQ8ranUZo> (D'Angelo's Story)

<https://youtu.be/malq4KnCESY> (Natalia's Story)

A video describing the experience of three community health centers in providing SMBP and the stories of their patients who used SMBP to improve their health.

- **Hypertension Control Champions Success Stories**

https://millionhearts.hhs.gov/partners-progress/champions/success_stories.html

A webpage with SMBP success stories from the Million Hearts® Hypertension Control Champions, those clinicians, practices, and/or health systems recognized by CDC for achieving exemplary hypertension control rates.

- **Lone Star Circle of Care**

<https://www.ama-assn.org/delivering-care/hypertension/bp-control-success-story-starts-patient-homes>

- **Ochsner Health Hypertension Digital Medicine Program**

<https://www.ochsner.org/services/hypertension-digital-medicine/>

- **Heart Safe Motherhood**

<https://heartsafemotherhood.org/>

Other SMBP Resources:

- **AMA SMBP CPT® coding**

<https://www.ama-assn.org/system/files/2020-06/smbp-cpt-coding.pdf>

A 4-page description of CPT® codes that may be used to bill for SMBP services.

- **AMA Self-measured Blood Pressure: Seven-day Recording Log**

<https://www.ama-assn.org/system/files/2019-01/smbp-recording-log.pdf>

An online file available to download and print for patients to manually enter their blood pressure readings if their home blood pressure monitor does not have the ability to store readings.

- **AMA BP Average Calculator**

<https://www.ama-assn.org/node/27271>

An online tool to quickly calculate a patient's average systolic and diastolic blood pressure.

- **Target: BP™ How to Accurately Measure Blood Pressure [infographic]**

https://targetbp.org/tools_downloads/how-to-accurately-measure-blood-pressure-2/

A one-page infographic for patients that outlines steps to perform SMBP monitoring correctly. It includes information on preparation, positioning, and measurement techniques.