



## Blood Pressure Control for Patients with Diabetes (BPD-E)

### BPD-E Measure Description<sup>1</sup>

Assesses the percentage of members 18–75 years of age with diabetes (type 1 or type 2) whose blood pressure was adequately controlled (<140/90 mm Hg) during the measurement period.

### Why is BPD-E Important?<sup>1</sup>

Diabetes is a chronic condition marked by high blood sugar due to the body's inability to make or use insulin. Left unmanaged, diabetes can lead to more serious health conditions, including high blood pressure.

People with diabetes are especially prone to high blood pressure because of the amount of insulin in their body. From 2017–2020 data, 70.8% of individuals with diabetes had a systolic blood pressure of  $\geq 140$  mm Hg or a diastolic blood pressure of  $\geq 90$  mm Hg or were on prescription medication for their high blood pressure. Proper blood pressure management is essential to avoid further complications, including heart attack, stroke, kidney disease and blindness.

### Best Practices

- ✓ If there are multiple BPs on the same date of service, use the lowest systolic and lowest diastolic BP on that date as the representative BP.
- ✓ Encourage your patient to monitor their BP at home using a digital BP machine. BP readings taken by the member and documented in the member's medical record meet criteria for this measure.
- ✓ Ranges and thresholds do not meet criteria for this measure. A distinct numeric result for both the systolic and diastolic BP reading is required for numerator compliance.
- ✓ A BP documented as an "average BP" (e.g. "average BP: 139/70") is eligible for use.

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<sup>1</sup> Source: <https://www.ncqa.org/report-cards/health-plans/state-of-health-care-quality-report/>

<sup>2</sup> Source: HEDIS MY 2026 Tech Specs Manual Vol. 2

Numerator Compliance<sup>2</sup>

The member is numerator compliant if the BP is <140/90 mm Hg.

Identify the most recent BP reading taken during the measurement year. Do not include CPT Category II codes with a modifier. Do not include BPs taken in an acute inpatient setting or during an ED visit.

The member is not compliant if the BP is ≥140/90 mm Hg, if there is no BP reading during the measurement year or if the reading is incomplete (e.g., the systolic or diastolic level is missing).

If there are multiple BPs on the same date of service, use the lowest systolic and lowest diastolic BP on that date as the representative BP.

Summary of Changes to HEDIS MY 2026<sup>2</sup>

- No changes to this measure.

Data Collection Method<sup>2</sup>

Administrative (Claims)

Trillium Percentages/National Averages<sup>3</sup>

| BPD   | Measurement Year | Trillium | National Average |
|-------|------------------|----------|------------------|
| Total | 2025             | 42.31    | 72.97            |

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<sup>2</sup> Source: HEDIS MY 2026 Tech Specs Manual Vol. 2  
<sup>3</sup> Source: <https://www.ncqa.org/programs/data-and-information-technology/data-purchase-and-licensing/quality-compass/>

