

## Is ABPM a reimbursable procedure?

**Yes.** Medicare will reimburse an ABPM test for suspected **white-coat hypertension**, while private insurance carriers may reimburse for additional indications.

Medicare criteria for ABPM reimbursement includes:

- Clinic blood pressure > 140/90 mmHg at 3 separate clinic visits with 2 measurements made at each visit.
- At least 2 documented bp measurements taken outside the clinic < 140/90 mmHg.
- No evidence of end-organ damage.

Private carriers may reimburse additional indications including:

- evaluation of anti-hypertensive therapy
- resistant hypertension
- nocturnal angina
- episodic hypertension
- autonomic dysfunction
- masked hypertension
- failed home bp management

## What codes do I need to know?

**CPT code: 93784** - Ambulatory blood pressure monitoring utilizing a system such as magnetic tape and/or computer disk, for 24 hours or longer; including recording, scanning analysis, interpretation, and report.

**ICD-9 code: 796.2** – white-coat hypertension. Elevated blood pressure reading without diagnosis of hypertension.

\*Private insurance carriers may reimburse the indications listed above under additional ICD-9 codes.

## How much is reimbursement?

Medicare: **\$60 - \$120**, depending on your region

Private insurance carriers: **\$75 - \$225**<sup>1</sup>

## What can I do to insure claims are not denied?

- To ensure properly filed claims are not denied, contact your private insurance carriers and inform them that an ambulatory blood pressure monitor has been added to your practice.
- Confirm specific requirements and coding, coverage, medical necessity, and reimbursement guidelines of the payer before submitting claims by reviewing your managed care contracts or contacting provider services.

## How often will an ABPM test be reimbursed?

Medicare and private insurance carriers do not specify how often physicians may prescribe an ABP test for an individual patient and qualify for reimbursement. Physicians should ensure that the patient meets the qualifying criteria for testing and contact insurance carriers for more information.<sup>2</sup>

## How long will it take me to pay for my ABP device?

ROI Schedule for an ABP (\$2600)				
	Medicare		Private Insurance	
	Min	Max	Min	Max
Payout per ABP study	\$60	\$120	\$75	\$225
# of ABP tests to pay for device	43	22	35	12
Payback period (1 test per week)	10 months	5 months	8 months	3 months

1. Cahn, F. and Jaeger, V. (2008). Report and Recommendations for Reimbursement of Ambulatory Blood Pressure Monitoring.

2. Cahn, F. and Jaeger, V. (2008). Addendum to the Report for SunTech Medical on Reimbursement for ABPM.

National Insurance Carriers	
<b>Aetna</b>	White-coat hypertension, Resistant hypertension, Evaluation of hypotensive symptoms, Nocturnal angina, Episodic hypertension, Evaluation of syncope
<b>Cigna</b>	White-coat hypertension, Resistant hypertension, Episodic hypertension, Hypertensive patients with hypotensive symptoms thought to be related to antihypertensive, Medications or neurological symptoms, Suspected masked hypertension, Suspected nocturnal hypertension, Large discrepancy between clinic and home BP measurements, Management of isolated systolic hypertension in patients age 60 or older
<b>United Healthcare/ Oxford Health Plans</b>	White-coat hypertension, Resistant hypertension
<b>Humana</b>	White-coat hypertension
<b>Anthem Blue Cross and Blue Shield</b>	White-coat hypertension, Resistant hypertension, Hypertensive individuals with hypotensive symptoms and/or syncopal events, Episodic hypertension, Suspected autonomic dysfunction

Regional Insurance Carriers	
<b>Premara Blue Cross (Washington and Alaska)</b>	White-coat hypertension, Resistant hypertension, Evaluation of syncope
<b>Fallon Community Health Plan (Massachusetts)</b>	White-coat hypertension
<b>Preferred Care Medical Policy (New York)</b>	White-coat hypertension
<b>Blue Cross and Blue Shield of Florida</b>	White-coat hypertension
<b>Blue Cross Blue Shield of Minnesota</b>	White-coat hypertension
<b>Highmark Health Insurance Company (Pennsylvania)</b>	White-coat hypertension
<b>Blue Cross and Blue Shield of Kansas</b>	Failed home blood pressure monitoring, Office pressure greater than 180/95 but less than 105 diastolic, Treatment resistant and taking multiple medications, apparently resistant to therapy
<b>Blue Cross and Blue Shield of Montana</b>	White-coat hypertension, Severely hypertensive members who are refractory to intensive hypertensive drug therapy (3 drugs simultaneously in max doses), Patients receiving antihypertension therapy but are reporting hypotensive symptoms, Autonomic dysfunctions
<b>Wellmark Blue Cross and Blue Shield (Iowa)</b>	At least one of the following have to be met: Unusual variability of blood pressure over the same or different visits, Suspected white coat hypertension, Symptoms suggesting hypotensive episodes, Hypertension resistant to drug treatment
<b>WellChoice Insurance of New Jersey</b>	White-coat hypertension, Resistant hypertension and being treated with 3 or more medications, Hypertensive with hypotensive symptoms or syncopal events, Episodic hypertension, Suspected autonomic dysfunction
<b>Empire Blue Cross/Blue Shield (New York)</b>	White-coat hypertension, Resistant hypertension, Hypertensive with hypotensive symptoms, Episodic hypertension

\*This data was reported in December 2008 and is subject to change.<sup>1</sup>

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