

Self-measured blood pressure

Quick start guide

Self-measured blood pressure (SMBP) monitoring refers to the regular measurement of blood pressure (BP) by a patient in their home or elsewhere outside the clinical setting. SMBP enables health care providers to better diagnose and manage hypertension and helps patients take an active role in the process. Here are some steps you can take to incorporate evidence-based SMBP resources into your workflows.

1

Assess how your health care organization currently uses SMBP.

It is important to understand how you and your health care organization currently use SMBP in order to identify ways to improve.



Use the [SMBP Pre-assessment tool](#) to help establish a baseline.

2

Build your health care organization's knowledge in SMBP.



Review '[A Look at SMBP](#)' for an overview and an introduction to the Patient-Measured BP section of the Target: BP website.



Review our [library of on-demand webinars](#) for additional offerings. CME/CE options are available.







Review this [CPT code one-pager](#) to learn about new CPT codes to cover SMBP.

3 Consider developing an SMBP loaner device program. *(optional)*

 <p>SMBP Loaner Device Agreement*</p>	 <p>Device Inventory Management</p>
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4 Provide care teams with resources to check SMBP device accuracy for patients, train patients on proper SMBP techniques and average SMBP measurements for provider interpretation.

 <p>Device Accuracy Test</p>	 <p>Patient Training Checklist</p>
 <p>Patient Training Checklist for Loaner Devices <i>(optional)</i></p>	 <p>SMBP Average Calculator</p>

5 Set your patients up for success with resources to educate them on how to properly perform SMBP monitoring and record SMBP measurements.

 <p>What is SMBP?</p>	 <p>SMBP Training Video*</p>
 <p>SMBP Infographic*</p>	 <p>SMBP Recording Log</p>

The AMA's MAP Self-Measured Blood Pressure solution (MAP SMBP) provides health care organizations with tools and resources to help ensure out-of-office blood pressure measurements are performed in accordance with the latest evidence-based clinical guidance.

To get the latest information from Target: BP, sign up for the [newsletter](#).

*Available in Spanish

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