

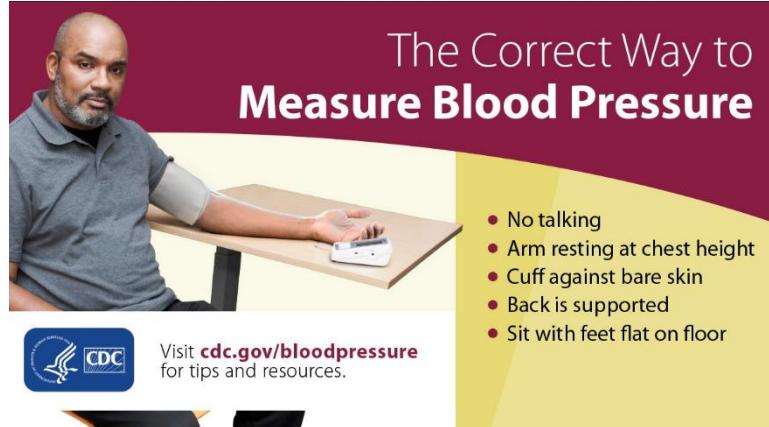
## Measuring Blood Pressure

### Neighborhood News – January 2026

Accurate blood pressure measurement is essential, high blood pressure often shows no symptoms, and many people don't know they have it

#### Patient Tips for Accurate Readings

- Avoid eating or drinking 30 minutes before the measurement.
- Use the restroom beforehand.
- Sit in a supported chair for at least five minutes.
- Keep both feet flat on the floor, legs uncrossed.
- Rest the arm on a table at chest level
- Place the cuff snugly on bare skin (not over clothing.)
- Stay silent during the measurement.



#### Neighborhood's Performance:

In Measurement Year (MY) 2024, Neighborhood achieved a **76.64%** Healthcare Effectiveness Data Information Set (HEDIS®) rate for controlling high blood pressure among Medicaid members, placing us in the **90<sup>th</sup> percentile** of the Medicaid Quality Compass®. This reflects strong performance and the ongoing need for improvement.

#### Best Practices for Providers:

- Measure and document blood pressure at every visit for patients with hypertension.
- Follow the tips above for accuracy.
- Re-measure high readings before the patient leaves and document the results.
- Avoid rounding up when using manual cuffs.
- Educate patients on blood pressure goals and associated risks.
- Share hypertension records with specialists and primary care providers for continuity of care.

For more details, visit the [CDC's Blood Pressure Measurement Guide](http://CDC's Blood Pressure Measurement Guide).

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