Making the Case for SMBP in New York State
A STRATEGY TO MANAGE HYPERTENSION

THE BURDEN of hypertension (HTN) and cardiovascular disease (CVD):

1 in 3 U.S. adults has HTN. That’s 75 million people.

Only half of people with HTN have it under control.

HTN accounts for 37% of CVD deaths. CVD is the leading cause of death in New York.

THE COST of hypertension and cardiovascular disease:

$316 BILLION
Each year, cardiovascular disease and stroke cost the United States over $193 billion in medical-associated costs and about $123 billion in lost productivity.

$32.6 BILLION
Annual healthcare costs related to treating CVD, including heart disease and strokes, total more than $32.6 billion in New York.

Self-measured blood pressure (SMBP) is a cost-effective way to improve blood pressure control.

ONE PRACTICE’S SUCCESS WITH A SMBP LOANER PROGRAM

• Increased practice HTN control rate by 3.0%
• Decreased emergency department visits among patients in program.
• Demonstrated success = leadership investment in additional blood pressure (BP) monitors.

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KEYS TO SUCCESS
Staff training
Protocol adoption
Evaluation plan
Patient navigator
Track the data
Start small
Project champion
Patient education

SMBP COST SAVINGS AND RETURN ON INVESTMENT

Insurers’ cost savings related to SMBP
$33 - $166 in the first year
$415 - $1364 over time

Return on Investment
$0.85 - $3.75 per dollar in the first year
$7.50 - $19.34 per dollar over time