

## **2026 Blue Cross and Blue Shield Service Benefit Plan - FEP Blue Focus**

### **Section 5(h). Wellness and Other Special Features**

#### **Hypertension Management Program**

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The **Hypertension Management Program** gives members with hypertension (otherwise known as high blood pressure) access to a free blood pressure monitor (BPM) to encourage members to make healthier choices to reduce the potential for complications from cardiac disease.

To qualify, you must be the contract holder or covered spouse (age 18 and over) and have at least one medical claim processed during the past 12 months reporting a diagnosis of hypertension or high blood pressure. If you qualify, you will receive a letter and a notice will be sent to your MyBlue account (visit [www.fepblue.org](http://www.fepblue.org) to set up your account) with instructions on how you may receive a blood pressure monitor from us at no cost if your healthcare provider's treatment plan includes home blood pressure monitoring for your diagnosis. You may receive this benefit once every two years. If you have questions, please call the customer service phone number listed on the back of your ID card.

The BPM must be received through this program. Benefits are not available for BPMs for members who do not meet the criteria or for those who obtain a BPM outside of this program. For more information, call us at the phone number on the back of your ID card.