Have a heart. Help others manage their hypertension.

The problem.

29% 29% of adults in the United States have hypertension.

National medical expenditures associated with hypertension increased from $58.7 billion to $109.1 billion between 2000-2013.

70% Among the Medicare eligible population, 70% are hypertensive.

The number of adults with hypertension is expected to increase from 72.2 million to 103.3 million. This is a 43% increase.

Lifestyle changes that can lower blood pressure.

- Maintain healthy diet
- Improve physical fitness
- Reduce body weight
- Quit smoking

How to bring lifestyle counseling to Medicare patients.

- Fund reimbursement for evidence-based lifestyle counseling
- Expand counseling coverage under Medicare
- Include home-based blood pressure devices in list of covered equipment
- Modify Medicare Benefit Policy Manual to prioritize plant-based diets

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