

# SUMMARY PLAN DESCRIPTION LANGUAGE

## Summary Plan Description Language: Hypertension (Screening)

### Covered Screening

Conventional measure using an arm cuff and an appropriately validated aneroid (containing no liquid) or digital sphygmomanometer (blood pressure meter).

### Initiation, Cessation, and Interval

Screening is a covered benefit for all children, adolescents, and adults, and may be conducted as medically indicated.

## Summary Plan Description Language: Hypertension (Counseling and Treatment)

### Covered Counseling and Treatments

Covered treatment for hypertension includes:

- Counseling to promote therapeutic lifestyle changes
- Office visits to monitor hypertension and treatment efforts
- Medications used to treat hypertension

### Initiation, Cessation, and Interval

Six (6) counseling, treatment, and monitoring sessions are covered per calendar year. Additional counseling sessions are covered, as medically indicated.

Beneficiaries undergoing treatment with hypertension-lowering medications qualify for additional medication management visits, as medically indicated.