



**Clinical Guidelines: Cardiovascular Disease:
Lifestyle Management to Reduce Cardiovascular Risk**

Description

This guideline presents evidence that particular dietary patterns, nutrient intake and levels and types of physical activity can play a major role in cardiovascular disease prevention and treatment through effects on modifiable risk factors such as blood pressure and lipids. Clinical guidelines are not used within UnitedHealthcare to decide benefit coverage. Benefit coverage decisions are based upon language in the member specific benefit plan document.

To Review Guideline

Name of Guideline	Source/Location
2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk	American Heart Association/American College of Cardiology: http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437740.48606.d1.full.pdf