

Clinical Guideline: Cardiovascular Disease: Primary Prevention

Description

This guideline addresses the primary prevention of cardiovascular disease (CVD) in adults (≥ 18 years of age), focused on outcomes of atherosclerotic CVD (i.e., acute coronary syndromes, myocardial infarction, stable or unstable angina, arterial revascularization, stroke, transient ischemic attack or peripheral arterial disease of atherosclerotic origin), as well as heart failure and atrial fibrillation. The guideline presents recommendations to prevent CVD that are related to lifestyle factors (e.g., diet and exercise or physical activity), other factors affecting CVD risk (e.g., obesity, diabetes, blood cholesterol, high blood pressure, smoking, aspirin use), patient-centered approaches (e.g., team-based care, shared decision-making, assessment of social determinants of health) and considerations of the cost and value of primary prevention. 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
2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease	American College of Cardiology/American Heart Association: https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000678