



## Clinical Guidelines: Obesity

### Description

These guidelines outline interventions and practices for maintaining a healthy weight in children, adolescents and adults. 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/TOS Guideline for the Management of Overweight and Obesity in Adults	American Heart Association/American College of Cardiology/The Obesity Society: <a href="http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437739.71477.ee.full.pdf">http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437739.71477.ee.full.pdf</a>
Bright Futures, 4 <sup>th</sup> edition, 2017 Guidelines for Health Supervision of Infants, Children, and Adolescents Promoting Healthy Weight - p. 151	American Academy of Pediatrics: <a href="https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4_HealthyWeight.pdf">https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4_HealthyWeight.pdf</a>