

Clinical Practice Guidelines

Guideline Number: MMG174.A
 Effective Date: February 1, 2021

[Instructions for Use](#)

Table of Contents	Page
Clinical Practice Guidelines	1
Guideline History/Revision Information	5
Instructions for Use	5

Related Medical Management Guideline
<ul style="list-style-type: none"> Preventive Care Services
Related Benefit Interpretation Policy
<ul style="list-style-type: none"> Family Planning – Infertility Services

Clinical Practice Guidelines

Clinical Practice Guideline	Description
Acute Myocardial Infarction with ST Elevation	<p><i>American College of Cardiology/American Heart Association</i></p> <ul style="list-style-type: none"> 2013 ACCF/AHA Guideline for the Management of ST-Elevation Myocardial Infarction http://circ.ahajournals.org/content/circulationaha/127/4/e362.full.pdf <p><i>American College of Cardiology/American Heart Association/Society for Cardiovascular Angiography and Interventions</i></p> <ul style="list-style-type: none"> 2015 ACC/AHA/SCAI Focused Update on Primary Percutaneous Coronary Intervention for Patients With ST-Elevation Myocardial Infarction https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000336
Acute Myocardial Infarction without ST Elevation	<p><i>American College of Cardiology/American Heart Association</i></p> <ul style="list-style-type: none"> ACC/AHA 2014 Guidelines for the Management of Patients with Unstable Angina/Non-ST Elevation Myocardial Infarction http://circ.ahajournals.org/content/circulationaha/130/25/e344.full.pdf
Asthma	<p><i>Global Initiative for Asthma (GINA)</i></p> <ul style="list-style-type: none"> 2020 Global Initiative for Asthma (GINA) https://ginasthma.org/
Atrial Fibrillation	<p><i>American Heart Association/American College of Cardiology/Heart Rhythm Society</i></p> <ul style="list-style-type: none"> 2014 AHA/ACC/HRS Guideline for the Management of Patients with Atrial Fibrillation https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000041 2019 AHA/ACC/HRS Focused Update of the 2014 AHA/ACC/HRS Guideline for the Management of Patients with Atrial Fibrillation https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000665
Attention Deficit Hyperactivity Disorder (ADHD)	<p><i>American Academy of Pediatrics</i></p> <ul style="list-style-type: none"> 2019 Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents https://pediatrics.aappublications.org/content/pediatrics/144/4/e20192528.full.pdf

Clinical Practice Guideline	Description
Behavioral Health Clinical Practice Guidelines	<p><i>American Psychiatric Association</i></p> <ul style="list-style-type: none"> Pharmacological Treatment of Patients With Alcohol Use Disorder (2018) Use of Antipsychotics to Treat Agitation or Psychosis in Patients With Dementia (2016) Psychiatric Evaluation of Adults (2015) <p><i>American Academy of Child & Adolescent Psychiatry (AACAP)</i></p> <ul style="list-style-type: none"> Autism (2014) Eating Disorders (2015) Reactive Attachment Disorders (2016) <p><i>U.S. Department of Veterans Affairs</i></p> <ul style="list-style-type: none"> Assessment and Management of Patients at Risk for Suicide (2019) <ul style="list-style-type: none"> Major Depressive Disorder (2016) Posttraumatic Stress Disorder (2017) Substance Use Disorder (2015) <p>https://www.providerexpress.com/content/ope-provexpr/us/en/clinical-resources/guidelines-policies/bpg.html</p>
Cardiovascular Disease: Lifestyle Management to Reduce Cardiovascular Risk	<p><i>American Heart Association/American College of Cardiology</i></p> <ul style="list-style-type: none"> 2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437740.48606.d1.full.pdf
Cardiovascular Disease: Guideline on the Primary Prevention of Cardiovascular Disease	<p><i>American College of Cardiology/American Heart Association</i></p> <ul style="list-style-type: none"> 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000678
Cholesterol Management: Guideline on the Management of Blood Cholesterol	<p><i>American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines</i></p> <ul style="list-style-type: none"> 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA /PCNA Guideline on the Management of High Blood Cholesterol https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000625
Chronic Obstructive Lung Disease	<p><i>Global Initiative for Chronic Obstructive Lung Disease (GOLD)</i></p> <ul style="list-style-type: none"> 2020 Global Strategy for the Diagnosis, Management and Prevention of COPD <ul style="list-style-type: none"> http://goldcopd.org/gold-reports/ https://goldcopd.org/wp-content/uploads/2019/12/GOLD-2020-Key-Changes-Summary-04-Nov-2019_Final.pdf
Dementia	<p><i>American Psychiatric Association</i></p> <ul style="list-style-type: none"> Treatment of Patients with Alzheimer’s Disease and Other Dementias, 2nd edition (2007) https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheimers.pdf Guideline Watch (October 2014) http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheimerwatch.pdf
Diabetes	<p><i>American Diabetes Association</i></p> <ul style="list-style-type: none"> 2020 Standards of Medical Care in Diabetes https://care.diabetesjournals.org/content/43/Supplement_1
Dietary Guidelines	<p><i>U.S. Department of Health and Human Services</i></p> <ul style="list-style-type: none"> Dietary Guidelines for Americans, 2015-2020, Eighth Edition http://health.gov/dietaryguidelines/2015/guidelines/
Fertility Solutions Medical Necessity Clinical Guidelines	<p><i>Optum Clinical Guideline - Infertility:</i></p> <ul style="list-style-type: none"> https://www.uhcprovider.com/content/dam/provider/docs/public/policies/clinical-guidelines/fertility-solutions-medical-necessity-clinical-guideline-infertility.pdf

Clinical Practice Guideline	Description
Heart Failure	<p><i>American College of Cardiology/American Heart Association</i></p> <ul style="list-style-type: none"> 2013 ACC/AHA Guideline for the Management of Heart Failure http://circ.ahajournals.org/content/128/16/e240.full.pdf <p><i>American College of Cardiology/American Heart Association/Heart Failure Society of America</i></p> <ul style="list-style-type: none"> 2016 ACC/AHA/HFSA Focused Update on New Pharmacological Therapy for Heart Failure: An Update of the 2013 ACC/AHA Guideline for the Management of Heart Failure https://circ.ahajournals.org/content/early/2016/05/18/CIR.000000000000435.full.pdf 2017 ACC/AHA/HFSA Focused Update of the 2013 ACC/AHA Guideline for the Management of Heart Failure http://circ.ahajournals.org/content/early/2017/04/26/CIR.000000000000509.full.pdf
Hemophilia and von Willebrand Disease	<p><i>World Federation of Hemophilia</i></p> <ul style="list-style-type: none"> Guidelines for the Management of Hemophilia, 2nd edition (2012) http://www1.wfh.org/publication/files/pdf-1472.pdf Updates to the Guidelines for the Management of Hemophilia http://www1.wfh.org/publications/files/pdf-1512.pdf
Human Immunodeficiency Virus (HIV)	<p><i>U.S. Department of Health and Human Services/HIV Medical Association of the Infectious Diseases Society of America</i></p> <ul style="list-style-type: none"> AIDS Info: Guidelines for the Prevention and Treatment of Opportunistic Infections in Adults and Adolescents with HIV https://aidsinfo.nih.gov/guidelines/html/4/adult-and-adolescent-opportunistic-infection/0 AIDS Info: Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents with HIV https://aidsinfo.nih.gov/guidelines/html/1/adult-and-adolescent-arv/0
Hypertension	<p><i>American College of Cardiology/American Heart Association et al.</i></p> <ul style="list-style-type: none"> 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults https://www.ahajournals.org/doi/epub/10.1161/HYP.0000000000000065
Kidney Disease	<p><i>National Kidney Foundation</i></p> <ul style="list-style-type: none"> National Kidney Foundation Kidney Disease Outcomes Quality Initiative (NKF KDOQI)TM https://www.kidney.org/professionals/guidelines/guidelines_commentaries
Mechanical Circulatory Support Devices (MCSD)	<p><i>Optum Clinical Guideline</i></p> <ul style="list-style-type: none"> https://www.uhcprovider.com/content/provider/en/viewer.html?file=%2Fcontent%2Fdam%2Fprovider%2Fdocs%2Fpublic%2Fpolicies%2Fclinical-guidelines%2Fmechanical-circulatory-support-device.pdf
NCCN Drugs and Biologic Compendium	<p><i>National Comprehensive Cancer Network</i></p> <ul style="list-style-type: none"> NCCN Drugs & Biologics Compendium[®] http://www.nccn.org/professionals/drug_compendium/content/contents.asp NCCN Guidelines[®] https://www.nccn.org/professionals/

Clinical Practice Guideline	Description
Neonatal Resource Services Medical Necessity Clinical Guidelines	<p><i>Apnea and Bradycardia</i></p> <ul style="list-style-type: none"> https://www.uhcprovider.com/content/provider/en/viewer.html?file=%2Fcontent%2Fdam%2Fprovider%2Fdocs%2Fpublic%2Fpolicies%2Fclinical-guidelines%2Fnrs-medical-necessity-clinical-guideline-apnea-and-bradycardia-09292020.pdf <p><i>Discharge Planning</i></p> <ul style="list-style-type: none"> https://www.uhcprovider.com/content/provider/en/viewer.html?file=%2Fcontent%2Fdam%2Fprovider%2Fdocs%2Fpublic%2Fpolicies%2Fclinical-guidelines%2Fnrs-medical-necessity-clinical-guideline-discharge-planning-09292020.pdf <p><i>Early-Onset Neonatal Sepsis</i></p> <ul style="list-style-type: none"> https://www.uhcprovider.com/content/provider/en/viewer.html?file=%2Fcontent%2Fdam%2Fprovider%2Fdocs%2Fpublic%2Fpolicies%2Fclinical-guidelines%2Fnrs-med-ec-clinical-guideline-early-onset-neonatal-sepsis-09292020.pdf <p><i>Feeding the Neonate</i></p> <ul style="list-style-type: none"> https://www.uhcprovider.com/content/provider/en/viewer.html?file=%2Fcontent%2Fdam%2Fprovider%2Fdocs%2Fpublic%2Fpolicies%2Fclinical-guidelines%2Fnrs-medical-necessity-clinical-guideline-feeding-the-neonate-09292020.pdf
Obesity	<p><i>American Heart Association/American College of Cardiology/The Obesity Society</i></p> <ul style="list-style-type: none"> 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437739.71477.ee.full.pdf <p><i>American Academy of Pediatrics</i></p> <ul style="list-style-type: none"> Bright Futures, 4th edition, 2017, Guidelines for Health Supervision of Infants, Children, and Adolescents, Promoting Healthy Weight - p. 151 https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4_HealthyWeight.pdf
Physical Activity	<p><i>U.S. Department of Health and Human Services</i></p> <ul style="list-style-type: none"> 2018 Physical Activity Guidelines for Americans, 2nd edition https://health.gov/our-work/physical-activity/current-guidelines
Preventive Pediatric Health Care Screening	<p><i>American Academy of Pediatrics/Bright Futures</i></p> <ul style="list-style-type: none"> 2020 Recommendations for Preventive Pediatric Health Care https://www.aap.org/en-us/Documents/periodicity_schedule.pdf
Preventive Services	<p><i>U.S. Preventive Services Task Force (USPSTF) Recommendations for Primary Care Practice</i></p> <ul style="list-style-type: none"> https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=P
Sepsis	<p><i>Surviving Sepsis Campaign/Society for Critical Care Medicine</i></p> <ul style="list-style-type: none"> The Third International Consensus Definitions for Sepsis and Septic Shock (Sepsis-3) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4968574/ Surviving Sepsis Campaign: International Guidelines for Management of Sepsis and Septic Shock 2016 https://link.springer.com/content/pdf/10.1007%2Fs00134-017-4683-6.pdf
Sickle Cell Disease	<p><i>National Heart, Lung and Blood Institute</i></p> <ul style="list-style-type: none"> Evidence-Based Management of Sickle Cell Disease: Expert Panel Report, 2014 https://www.nhlbi.nih.gov/sites/default/files/media/docs/sickle-cell-disease-report%20020816_0.pdf

Clinical Practice Guideline	Description
Stable Ischemic Heart Disease	<p><i>American College of Cardiology/American Heart Association et al.</i></p> <ul style="list-style-type: none"> 2012 Guideline for the Diagnosis and Management of Patients with Stable Ischemic Heart Disease http://circ.ahajournals.org/content/126/25/e354.full.pdf+html 2014 ACC/AHA/AATS/PCNA/SCAI/STS Focused Update of the Guideline for the Diagnosis and Management of Patients with Stable Ischemic Heart Disease http://circ.ahajournals.org/content/130/19/1749.full.pdf
Tobacco Use	<p><i>American College of Cardiology</i></p> <ul style="list-style-type: none"> 2018 Expert Consensus Decision Pathway on Tobacco Cessation Treatment http://www.onlinejacc.org/content/accj/72/25/3332.full.pdf?download=true
Transplant Review Guidelines	<p><i>Chimeric Antigen Receptor T-cell Therapy</i></p> <ul style="list-style-type: none"> https://www.uhcprovider.com/content/dam/provider/docs/public/policies/clinical-guidelines/chimeric-antigen-receptor-tcell-therapy.pdf <p><i>Hematopoietic Stem Cell Transplantation</i></p> <ul style="list-style-type: none"> https://www.uhcprovider.com/content/provider/en/viewer.html?file=%2Fcontent%2Fdam%2Fprovider%2Fdocs%2Fpublic%2Fpolicies%2Fclinical-guidelines%2Ftransplant-review-guidelines-hematopoietic-stem-cell-transplantation.pdf <p><i>Solid Organ Transplantation</i></p> <ul style="list-style-type: none"> https://www.uhcprovider.com/content/dam/provider/docs/public/policies/clinical-guidelines/transplant-review-guidelines-solid-organ-transplantation.pdf
Violence and Abuse	<p><i>American Medical Association</i></p> <ul style="list-style-type: none"> 2016 AMA Code of Medical Ethics, Section 8.10 Preventing, Identifying and Treating Violence and Abuse https://www.ama-assn.org/delivering-care/ethics/preventing-identifying-treating-violence-abuse

Guideline History/Revision Information

Date	Summary of Changes
02/01/2021	<p>Clinical Guidelines</p> <ul style="list-style-type: none"> Updated reference link to the <i>Mechanical Circulatory Support Devices Clinical Guideline</i>, refer to the guideline for complete details on the applicable changes effective Feb. 1, 2021 <p>Supporting Information</p> <ul style="list-style-type: none"> Archived previous policy version CPG001.O

Instructions for Use

This Medical Management Guideline provides assistance in interpreting UnitedHealthcare standard benefit plans. When deciding coverage, the member specific benefit plan document must be referenced as the terms of the member specific benefit plan may differ from the standard plan. In the event of a conflict, the member specific benefit plan document governs. Before using this guideline, please check the member specific benefit plan document and any applicable federal or state mandates. UnitedHealthcare reserves the right to modify its Policies and Guidelines as necessary. This Medical Management Guideline is provided for informational purposes. It does not constitute medical advice.

UnitedHealthcare may also use tools developed by third parties, such as the MCG™ Care Guidelines, to assist us in administering health benefits. UnitedHealthcare West Medical Management Guidelines are intended to be used in connection with the independent professional medical judgment of a qualified health care provider and do not constitute the practice of medicine or medical advice.

Member benefit coverage and limitations may vary based on the member's benefit plan Health Plan coverage provided by or through UnitedHealthcare of California, UnitedHealthcare Benefits Plan of California, UnitedHealthcare of Oklahoma, Inc., UnitedHealthcare of Oregon, Inc., UnitedHealthcare Benefits of Texas, Inc., or UnitedHealthcare of Washington, Inc.