

CLINICAL PRACTICE GUIDELINES

Guideline Number: CPG001.J

Effective Date: July 1, 2019

[Instructions for Use](#) ⓘ

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Related Policies

None

CLINICAL PRACTICE GUIDELINES

Clinical Practice Guideline	Source/Location
Acute Cough Illness (Acute Bronchitis)	Centers for Disease Control <ul style="list-style-type: none"> https://www.cdc.gov/getsmart/community/materials-references/print-materials/hcp/adult-acute-cough-illness.pdf
Acute Myocardial Infarction with ST Elevation	American College of Cardiology/American Heart Association 2013 ACCF/AHA Guideline for the Management of ST-Elevation Myocardial Infarction http://circ.ahajournals.org/content/circulationaha/127/4/e362.full.pdf American College of Cardiology/American Heart Association/Society for Cardiovascular Angiography and Interventions <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	American College of Cardiology/American Heart Association <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	National Heart, Lung and Blood Institute <ul style="list-style-type: none"> 2007 National Asthma Education and Prevention Program Expert Panel Report 3 Guidelines for the Diagnosis and Management of Asthma www.nhlbi.nih.gov/guidelines/asthma/index.htm 2012 Asthma Care Quick Reference: Diagnosing and Managing Asthma https://www.nhlbi.nih.gov/sites/default/files/media/docs/asthma_qrg_0_0.pdf
Atrial Fibrillation	American Heart Association/American College of Cardiology/Heart Rhythm Society <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
Cardiovascular Disease: Lifestyle Management to Reduce Cardiovascular Risk	American Heart Association/American College of Cardiology <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

Clinical Practice Guideline	Source/Location
Cardiovascular Disease Prevention in Women	<i>American Heart Association</i> <ul style="list-style-type: none"> Effectiveness-Based Guidelines for the Prevention of Cardiovascular Disease in Women 2011 Update: A Guideline from the American Heart Association http://circ.ahajournals.org/content/123/11/1243.full.pdf
Cardiovascular Disease: Secondary Prevention and Risk Reduction Therapy for Patients with Coronary and Other Atherosclerotic Vascular Disease	<i>American College of Cardiology/American Heart Association</i> <ul style="list-style-type: none"> 2011 AHA/ACC Guidelines for Secondary Prevention and Risk Reduction Therapy for Patients with Coronary and Other Atherosclerotic Vascular Disease http://circ.ahajournals.org/content/124/22/2458.full
Cholesterol: Guideline on the Management of Blood Cholesterol	<i>American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines</i> <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 in Adults https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000625
Chronic Obstructive Lung Disease	<i>Global Initiative for Chronic Obstructive Lung Disease (GOLD)</i> <ul style="list-style-type: none"> 2019 Global Strategy for the Diagnosis, Management and Prevention of COPD http://goldcopd.org/gold-reports/
Diabetes	<i>American Diabetes Association</i> <ul style="list-style-type: none"> Standards of Medical Care in Diabetes – 2019 http://care.diabetesjournals.org/content/42/Supplement_1
Dietary Guidelines	<i>U.S. Department of Health and Human Services</i> <ul style="list-style-type: none"> Dietary Guidelines for Americans, 2015-2020, Eighth Edition http://health.gov/dietaryguidelines/2015/guidelines/
Heart Failure	<i>American College of Cardiology/American Heart Association</i> <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 <i>American College of Cardiology/American Heart Association/Heart Failure Society of America</i> <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.0000000000000509.full.pdf
Hemophilia and von Willebrand Disease	<i>World Federation of Hemophilia</i> <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 <i>National Heart, Lung, and Blood Institute</i> <ul style="list-style-type: none"> The Diagnosis, Management and Treatment of von Willebrand Disease: 2007 NHLBI Guidelines http://www.nhlbi.nih.gov/guidelines/vwd/vwd.pdf
Human Immunodeficiency Virus	<i>Infectious Diseases Society of America</i> <ul style="list-style-type: none"> Primary Care Guidelines for the Management of Persons Infected with HIV: 2013 Update https://www.idsociety.org/globalassets/idsa/practice-guidelines/primary-care-guidelines-for-the-management-of-persons-infected-with-hiv-2013-update-by-the-hiv-medicine-association-of-the-infectious-diseases-society-of-america.pdf

Clinical Practice Guideline	Source/Location
Hyperbilirubinemia in Newborns	<p><i>American Academy of Pediatrics</i></p> <ul style="list-style-type: none"> American Academy of Pediatrics Clinical Practice Guideline (2004): Management of Hyperbilirubinemia in the Newborn Infant 35 or More Weeks of Gestation http://pediatrics.aappublications.org/content/pediatrics/114/1/297.full.pdf American Academy of Pediatrics (2009): Hyperbilirubinemia in the Newborn Infant ≥35 Weeks' Gestation: An Update with Clarifications http://pediatrics.aappublications.org/content/124/4/1193.full.pdf
Hypertension	<p><i>American Medical Association</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 http://hyper.ahajournals.org/content/early/2017/11/10/HYP.000000000000065
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)[™] https://www.kidney.org/professionals/guidelines/guidelines_commentaries
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[®] http://www.nccn.org/professionals/physician_gls/f_guidelines.asp
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
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 Full Guidelines: https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf Executive Summary: https://health.gov/paguidelines/second-edition/pdf/PAG_ExecutiveSummary.pdf
Preventive Services	<p><i>Agency for Healthcare Research and Quality</i></p> <ul style="list-style-type: none"> Guide to Clinical Preventive Services, 2014: Recommendations of the U.S. Preventive Services Task Force https://www.ahrq.gov/sites/default/files/publications/files/cpsguide.pdf
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://journals.lww.com/ccmjournal/Fulltext/2017/03000/Surviving_Sepsis_Campaign_International.15.aspx
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%202020816_0.pdf
Spinal Stenosis	<p><i>North American Spine Society (NASS)</i></p> <ul style="list-style-type: none"> 2011 Evidence-Based Clinical Guidelines for Multidisciplinary Spine Care: Diagnosis and Treatment of Degenerative Lumbar Spinal Stenosis https://www.spine.org/Documents/ResearchClinicalCare/Guidelines/LumbarStenosis.pdf

Clinical Practice Guideline	Source/Location
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
Substance Use Disorders	<p><i>American Psychiatric Association</i></p> <ul style="list-style-type: none"> Practice Guideline for the Treatment of Patients with Substance Use Disorders, 2nd edition (2006) http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf Guideline Watch (April 2007) http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse-watch.pdf

GUIDELINE HISTORY/REVISION INFORMATION

Date	Action/Description
07/01/2019	<p>Clinical Practice Guidelines</p> <ul style="list-style-type: none"> Added reference links to clinical practice guidelines for: <ul style="list-style-type: none"> Acute Myocardial Infarction without ST Elevation Atrial Fibrillation Kidney Disease Updated reference links to reflect the most current clinical practice guidelines for: <ul style="list-style-type: none"> Acute Myocardial Infarction with ST Elevation Asthma Chronic Obstructive Lung Disease Diabetes Hemophilia and von Willebrand Disease Human Immunodeficiency Virus Physical Activity Substance Use Disorders Removed reference links to clinical practice guidelines for: <ul style="list-style-type: none"> Attention Deficit Hyperactivity Disorder Bipolar Disorder Chronic Kidney Disease Depression/Major Depressive Disorder Schizophrenia Tobacco Use <p>Supporting Information</p> <ul style="list-style-type: none"> Archived previous policy version CPG001.I

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 benefit 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.