

Clinical Practice Guidelines

UnitedHealthcare Community Plan has identified evidence-based clinical guidelines to guide our quality and health management programs. The following table lists those clinical guidelines and the websites where they can be found. UnitedHealthcare Community Plan respects the expertise of physicians and other health care professionals who participate in our network. We appreciate our collaboration to promote better health, improve health outcomes and lower overall costs to offer our members an exceptional patient experience.

If you have any questions, please contact your Physician Advocate or refer to the member's identification card. Thank you.

Topic	Guideline Title	Organization Name	Link to Document
Acute Myocardial Infarction with ST Elevation	2013 ACC/AHA Guideline for the Management of ST-Elevation Myocardial Infarction	American College of Cardiology/American Heart Association	http://circ.ahajournals.org/content/circulationaha/127/4/e362.full.pdf
Acute Myocardial Infarction without ST Elevation	2014 AHA/ACC Guideline for the Management of Patients with Non- ST-Elevation Acute Coronary Syndromes	American Heart Association/ American College of Cardiology	http://circ.ahajournals.org/content/circulationaha/130/25/e344.full.pdf
Asthma	2007 National Asthma Education and Prevention Program Expert Panel Report 3 Guidelines for the Diagnosis	National Heart, Lung and Blood Institute	http://www.nhlbi.nih.gov/health-pro/guidelines/current/asthma-guidelines
Attention Deficit Hyperactivity Disorder (ADHD)	2007 Practice Parameter for the Assessment and Treatment of Children and Adolescents with Attention Deficit Hyperactivity Disorder	American Academy of Child and Adolescent Psychiatry	http://www.jaacap.com/article/S0890-8567%2809%2962182-1/pdf
Bipolar Disorder: Adults	Guideline Watch (November 2005): Practice Guidelines for the Treatment of Patients with Bipolar Disorder, 2nd Edition	American Psychiatric Association	http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/bipolar-watch.pdf
Bipolar Disorder: Children & Adolescents	2007 Practice Parameter for the Assessment and Treatment of Children and Adolescents with Bipolar Disorder	American Academy of Child and Adolescent Psychiatry	http://www.jaacap.com/article/S0890-8567(09)61968-7/pdf

Cardiovascular Disease: Prevention in Women	Effectiveness-Based Guidelines for the Prevention of Cardiovascular Disease in Women 2011 Update: A Guideline from the American Heart Association	American Heart Association	http://circ.ahajournals.org/content/circulationaha/123/11/1243.full.pdf
Cardiovascular Disease: Secondary Prevention and Risk Reduction Therapy for Patients with Coronary and Other Atherosclerotic Vascular Disease	2011 AHA/ACC Guidelines for Secondary Prevention and Risk Reduction Therapy for Patients with Coronary and Other Atherosclerotic Vascular Disease	American College of Cardiology/American Heart Association	http://circ.ahajournals.org/content/circulationaha/124/22/2458.full.pdf
Cervical Cancer Screening	<p>ACOG Practice Bulletin #157 Cervical Cancer Screening and Prevention</p> <p>Approval requested by Community and State for all customers.</p> <p>To be posted on UHCCommunityPlan.com only.</p> <p>Guidelines for the Prevention and Early Detection of Cervical Cancer</p>	<p>American College of Obstetricians and Gynecologists</p> <p>Note: This guideline is not publically available. A user ID and password are required to access the document via the link provided.</p> <p>*The National Guideline Clearinghouse does not have a synopsis of updated guidelines.</p> <p>American Society for Colposcopy and Cervical Pathology (ASCCP)</p>	<p>http://www.acog.org/Resources-And-Publications/Practice-Bulletins-List</p> <p>How to access the document:</p> <ul style="list-style-type: none"> • Click on above Link • Click on member Login and enter • Username: cpgacog@uhc.com • Password: cpgacog#1 • Click Login • Locate and click Practice and Educational Bulletins • Search by Keyword “Cervical Cancer Screening” <p>https://www.asccp.org/guidelines</p>

Cholesterol Management	2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults	American College of Cardiology/American Heart Association	http://circ.ahajournals.org/content/129/25_suppl_2/S1.full
Chronic Obstructive Lung Disease (COPD)	Global Strategy for Diagnosis, Management and Prevention of COPD – 2016	Global Initiative for Chronic Obstructive Lung Disease (GOLD)	http://goldcopd.org/gold-reports/
Depression/ Major Depressive Disorder	Practice Guideline for the Treatment of Patients with Major Depressive Disorder, Third Edition	American Psychiatric Association	https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf
Diabetes	Standards of Medical Care in Diabetes – 2016	American Diabetes Association	http://care.diabetesjournals.org/content/suppl/2015/12/21/39.Supplement_1.DC2/2016-Standards-of-Care.pdf Summary of revisions: http://care.diabetesjournals.org/content/39/Supplement_1/S4.full.pdf
Dietary Guidelines	Dietary Guidelines for Americans, 2015-2020, Eighth Edition	U.S. Department of Health and Human Services	https://health.gov/dietaryguidelines/2015/guidelines/
Heart Failure	2013 ACCF/AHA Guideline for the Management of Heart Failure	American College of Cardiology/American Heart Association	http://circ.ahajournals.org/content/circulationaha/128/16/e240.full.pdf

Hemophilia and von Willebrand Disease	Guidelines for the Management of Hemophilia, 2 nd edition	World Federation of Hemophilia	http://www1.wfh.org/publication/files/pdf-1472.pdf
	The Diagnosis, Management and Treatment of von Willebrand Disease: 2007 NHLBI Guidelines	National Heart, Lung & Blood Institute	http://www.nhlbi.nih.gov/files/docs/guidelines/vwd.pdf
Human Immunodeficiency Virus (HIV)	Primary Care Guidelines for the Management of Persons Infected with HIV: 2013 Update	HIV Medicine Association of the Infectious Diseases Society of America	http://cid.oxfordjournals.org/content/58/1/1.full.pdf
Hyperbilirubinemia in Newborns	American Academy of Pediatrics Clinical Practice Guideline (2004): Management of Hyperbilirubinemia in the Newborn Infant 35 or More Weeks of Gestation	American Academy of Pediatrics	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	American Academy of Pediatrics Note: This guideline update is not publically available. A user ID and password are required to access the document.	http://pediatrics.aappublications.org/content/124/4/1193
Hypertension	2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults: Report from the Panel Members Appointed to the Eighth Joint National Committee (JNC 8)	Panel Members Appointed to the Eighth Joint National Committee (JNC 8) Note: Guideline is freely available, but registration may be required.	http://jamanetwork.com/journals/jama/fullarticle/1791497

Lifestyle Management to Reduce Cardiovascular Risk	2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk	American Heart Association/American College of Cardiology	http://circ.ahajournals.org/content/circulationaha/early/2013/11/11/01.cir.000437740.48606.d1.full.pdf
Obesity	2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults	American Heart Association/American College of Cardiology/The Obesity Society	http://circ.ahajournals.org/content/circulationaha/early/2013/11/11/01.cir.000437739.71477.ee.full.pdf
	Evidence Report: Managing Overweight and Obesity in Adults. Created as a public resource to complement the AHA/ACC/TOS guidelines (see above) Approval requested by Community and State for all customers. To be posted on the C&S portal only.	National Heart, Lung and Blood Institute	https://www.nhlbi.nih.gov/sites/www.nhlbi.nih.gov/files/obesity-evidence-review.pdf
	American Academy of Pediatrics (AAP) Obesity Portal Approval requested by Community and State for all customers. To be posted on UHCCommunityPlan.com only	American Academy of Pediatrics Institute for Healthy Childhood Weight	https://ihcw.aap.org/Pages/default.aspx

Perinatal Care	<p>Guidelines for Perinatal Care, 7th edition</p> <p>Approval requested by Community and State for all customers.</p> <p>To be posted on UHCommunityPlan.com only.</p>	<p>American Academy of Pediatrics and American College of Obstetricians and Gynecologists</p> <p>Note: This resource is not publically available.</p>	<p>Providers and Members:</p> <p>Download Adobe Digital Editions: http://www.adobe.com/support/digitaleditions/downloads.html Once downloaded, access the 83.EB156 Guidelines for Perinatal Care, 7th Edition eBook Link.</p> <p>*UnitedHealthcare employees will need to contact the Business Segment Liaison (BSL) and obtain Adobe Digital Editions. Once downloaded, click on above link to access.</p>
		<p>Alternatively, the book can be purchased from the American Academy of Pediatrics website.</p>	<p>http://ebooks.aappublications.org/content/guidelines-for-perinatal-care-7th-edition</p>
	<p>Society for Maternal Fetal Medicine (SMFM) Clinical Guidelines</p> <p>Approval requested by Community and State for all customers.</p> <p>To be posted on UHCommunityPlan.com only.</p>	<p>Guidelines are searchable by topic</p>	<p>https://www.smfm.org/clinical-guidelines</p>
Physical Activity	<p>2008 Physical Activity Guidelines for Americans</p> <p>Approval requested by OptumHealth</p>	<p>U.S. Department of Health and Human Services</p>	<p>https://health.gov/paguidelines/pdf/paguide.pdf</p>

<p>Preventive Pediatric Health Care Screening</p>	<p>2016 Recommendations for Preventive Pediatric Health Care</p> <p>Approval requested by Community and State.</p> <p>Document needed for New Mexico market requirements for visit periodicity per Bright Futures guideline</p> <p>To be posted on the UHCCommunityPlan.com only.</p>	<p>American Academy of Pediatrics</p>	<p>https://www.aap.org/en-us/Documents/periodicity_schedule.pdf</p> <p>If you experience a script error with this URL, click Yes and close out of dialog box.</p>
<p>Preventive Services</p>	<p>Guide to Clinical Preventive Services, 2014: Recommendations of the U.S. Preventive Services Task Force</p>	<p>Agency for Healthcare Research and Quality</p>	<p>http://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/guide/cpsguide.pdf</p>
<p>Schizophrenia</p>	<p>Guideline Watch (September 2009): Practice Guideline for the Treatment of Patients with Schizophrenia</p>	<p>American Psychiatric Association/ PsychiatryOnline Guideline Watch</p>	<p>http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/schizophrenia-watch.pdf</p>
<p>Sickle Cell Disease</p>	<p>Evidence-Based Management of Sickle Cell Disease: Expert Panel Report, 2014</p>	<p>National Heart, Lung and Blood Institute</p>	<p>https://www.nhlbi.nih.gov/sites/www.nhlbi.nih.gov/files/sickle-cell-disease-report.pdf</p>
<p>Spinal Stenosis</p>	<p>2011 Evidence-Based Clinical Guidelines for Multidisciplinary Spine Care: Diagnosis and Treatment of Degenerative Lumbar Spinal Stenosis</p>	<p>North American Spine Society</p>	<p>https://www.spine.org/Documents/ResearchClinicalCare/Guidelines/LumbarStenosis.pdf</p>

Stable Ischemic Heart Disease	2012 Guideline for the Diagnosis and Management of Patients with Stable Ischemic Heart Disease	American College of Cardiology/American Heart Association et al.	http://circ.ahajournals.org/content/126/25/e354.full.pdf%2Bhtml
	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/circulationaha/130/19/1749.full.pdf
Substance Use Disorders	Guideline Watch (April 2007): Practice Guideline for the Treatment of Patients with Substance Use Disorders	American Psychiatric Association/ PsychiatryOnline Guideline Watch	http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse-watch.pdf
	Treatment of Patients with Substance Use Disorders	American Psychiatric Association	http://www.psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf
Tobacco Use	Treating Tobacco Use and Dependence: 2008 Update Approval requested by Optum Behavioral Health.	U.S. Department of Health and Human Services	http://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating_tobacco_use08.pdf
	Supplement: Corrections and Additions to the 2008 Guideline Update		http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/correctadd.html