

Heart Failure

Recommended management steps include:

- Medication management
 - Complete medication reconciliation.
 - Review medications to follow heart failure management guidelines from the 2022 American College of Cardiology/American Heart Association on Clinical Practice Guidelines and the Heart Failure Society of America.
- Create an action plan for the member and caregiver.
 - Include a review of the importance of daily weight measurement and what to do when weight increases.
- Refer members for outpatient cardiopulmonary exercise.
 - Referrals should include the clinical requirements met and a signed plan of care.
 - Monitor exercise for at least 36 sessions.
- Conduct annual testing for heart failure management (EKG, echocardiogram, cholesterol panel).
- Provide healthy behavior education and referrals for smoking cessation and a heart-healthy diet.
- Provide a durable medical equipment referral for oxygen.

Referral to Humana Healthy Horizons® in Florida case management for Regions A-I

- Email: FL_MMA_CMReferrals@humana.com
- Case management phone main line: 800-229-9880, Monday – Friday, 8:30 a.m. – 5 p.m., Eastern time

These recommendations were derived from the most current clinical practice guidelines for asthma.

References:

Heidenreich, Paul A., Biykem Bozkurt, David Aguilar, et al. “2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines.” *Circulation* 145, no. 18 (May 3, 2022), accessed December 2, 2025, doi:10.1161/cir.0000000000001063.

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