# Clinical practice guidelines

The clinical practice guidelines (CPGs) accessed from links provided on this website are for educational purposes only. These resources provide information on the management of common medical and behavioral health conditions from subject matter experts but do not constitute coverage criteria nor guarantee coverage. Coverage is based on the individual's plan benefit document. Additional information about coverage criteria may be found at Humana.com/coveragepolicies and in the member's plan benefit documents. CarePlus members should contact customer service with questions related to their plan benefits.

A copy of CarePlus' Clinical Practice Guidelines is available online at CarePlusHealthPlans.com/Providers/Educational-Resources/Updates.

Clinical practice guidelines are resources for CarePlus-participating physicians and other CarePlus-contracted healthcare professionals.

## Back pain

Department of Veterans Affairs Department of Defense (VA/DoD)
VA/DoD Clinical Practice Guideline for the Diagnosis and Treatment of Low Back Pain, 2022

## Cardiovascular

### Cardiovascular Disease Risk Predictor (Updated June 2026)

American Heart Association (AHA) PREVENT™ Online Calculator

### Atrial fibrillation

American College of Cardiology (ACC)/American Heart Association (AHA)/American College of Clinical Pharmacy (ACCP)/Heart Rhythm Society (HRSA)
ACC/AHA/ACCP/HRSA Joint Committee on Clinical Practice Guidelines: Guideline for the diagnosis and management of atrial fibrillation, 2023

### Heart failure

American Heart Association/American College of Cardiology/Heart Failure Society of America
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

Cardiovascular disease and stroke

American College of Cardiology (ACC)/American Heart Association (AHA) Task Force on Clinical Practice Guidelines

ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines, 2019

Valvular heart disease

American College of Cardiology (ACC)/American Heart Association (AHA) Joint Committee on Clinical Practice Guidelines Task Force

2020 ACC/AHA Guideline for the Management of Patients With Valvular Heart Disease: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines

Cholesterol treatment

Department of Veterans Affairs Department of Defense (VA/DoD)

Lipids Management for Cardiovascular Disease Risk Reduction (2025)

Chronic multisymptom illness

Department of Veterans Affairs/Department of Defense (VA/DoD)

Clinical Practice Guideline for the Management of Chronic Multisymptom Illness, 2021

COVD-19

Infectious Diseases Society of America (IDSA)

IDSA Guidelines on the Treatment and Management of Patients with COVID-19, 2025

Depression in primary care (adults)

Department of Veterans Affairs Department of Defense (VA/DoD)

Managing Depression in Primary Care, 2020

Diabetes

American Diabetes Association (ADA) (updated June 2026)

American Diabetes Association Standards of Care in Diabetes, 2026

American Diabetes Association (ADA) (added June 2026)

Summary of Revisions Standards of care in Diabetes – 2026

American College of Lifestyle Medicine (added June 2026)

Lifestyle Interventions for treatment and remission 0f type 2 diabetes and prediabetes in adults 2025

Fall Prevention

The Task Force on Global Guidelines for Falls in Older Adults

World Guidelines for Falls Prevention and Management for Older Adults: A Global Initiative, 2022

Centers for Disease Control and Prevention (CDC) Stopping Elderly Accidents, Deaths, and Injuries (STEADI) 2025

## Headache/migraine

Department of Veterans Affairs/Department of Defense (VA/DoD)
VA/DoD Clinical Practice Guideline: Management of Headache, 2023

## Human immunodeficiency virus (HIV)

Human Immunodeficiency Virus Medical Association (HIVMA) Infectious Disease Society of America (IDSA)
HIVMA/IDSA Primary Care Guidance for Providers Who Care for Persons With Human Immunodeficiency Virus: 2024

## Hypertension

American Heart Association (AHA)/American College of Cardiology (ACC)/American Association Nurse Practitioners (AANP)/American Academy of Physician Associates (AAPA)/Association of Black Cardiologists (ABC)/American College of Clinical Pharmacy ACCP/ American College of Preventive Medicine (ACPM)/American Geriatrics Society (AGS)/American Medical Association (AMA)/American Society of Preventive Cardiology (ASPC)/National Medical Association (NMA)/Preventive Cardiovascular Nurses Association (PCNA)/Society of General Internal Medicine (SGIM)
Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines

## Immunizations

### Adult immunizations (updated June 2026)

American Academy of Family Physicians
Adults 19 and Older Immunization Schedule 2025

## Incontinence urinary

### Women

Journal of Women's Health
Female Urinary Incontinence Evidence-Based Treatment Pathway: An Infographic for shared decision-making, 2022

### Men

National Institute for Health and Care Excellence (NICE)
Lower Urinary Tract Symptoms in Men, 2015

## Kidney disease

National Kidney Foundation (NKF) (Updated June 2026)
Kidney Disease Outcomes Quality Initiative (KDOQI)(opens in new window)
Evidence-based clinical practice guidelines for all stages of chronic kidney disease, 2025

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## Lifestyle medicine (added June 2026)

Public Health Reports
Integration of Lifestyle Medicine into Primary Care: A comprehensive Review, 2026

## Medical records documentation guidelines

CarePlus has adopted guidelines based on accreditation and state medical record documentation (MRD) requirements, via www.careplushealthplans.com
CarePlus Provider Manual, pages 89-91

## Obesity (adults)

Department of Veterans Affairs/Department of Defense
Clinical Practice Guideline for the Management of Adult Overweight and Obesity 2025

## Opioid

Opioid prescribing
Centers for Disease Control and Prevention (CDC)
CDC Clinical Practice Guideline for Prescribing Opioids for Pain (CDC), 2022

Dosage reduction
Health and Human Services (HHS)
HSS Guide for Clinicians on the Appropriate Dosage Reduction or Discontinuation of Long-Term Opioid Analgesics, 2019

## Oxygen therapy

American Thoracic Society (ATS)
Home Oxygen Therapy for Adults with Chronic Lung Disease. An Official American Thoracic Society Clinical Practice Guideline, 2020

## Palliative care

National Coalition for Hospice and Palliative Care
Clinical Practice Guidelines for Quality Palliative Care, 4th edition, 2018

## Posttraumatic stress disorder

Department of Veterans Affairs/Department of Defense (VA/DoD)
Management of Posttraumatic Stress Disorder, 2023

## Preventive services

All ages (USPSTF)
United States Preventive Services Task Force (USPSTF)
USPSTF Guidelines – All Topics, 2025

Well-Women routine care
Well-women
The American College of Obstetricians and Gynecologists (ACOG)
Recommendations for Well-Woman Care, 2026

## Respiratory

Asthma
GINA © 2026 Global Initiative for Asthma, reprinted with permission. Available from www.ginasthma.org
2026 Global Strategy for Asthma Management and Prevention, 2026

Chronic Obstructive Pulmonary Disease (COPD) (Updated June 2026)
Global Initiative for Chronic Obstructive Lung Disease (GOLD)
®2026, Global Initiative for Chronic Obstructive Lung Disease, available from www.goldcopd.org, published in Deer Park, IL, USA.
Global Strategy for the Prevention, Diagnosis and Management of COPD, 2026 Report

## Sickle cell anemia

American Society of Hematology
Clinical Practice Guidelines on Sickle Cell Disease, 2024

## Sleep apnea

American Society of Anesthesiologists (ASA) Task Force on Perioperative Management of Patients with Obstructive Sleep Apnea
Practice Guidelines for the Perioperative Management of Patients with Obstructive Sleep Apnea, 2014

## Sleep/insomnia

Department of Veterans Affairs/Department of Defense (VA/DoD)
VA/DoD Clinical Practice Guidelines for the Management of Chronic Insomnia Disorder and Obstructive Sleep Apnea (Insomnia/OSA), 2025

**Syphilis (including congenital syphilis)**
Centers for Disease Control and Prevention (CDC)
Sexually Transmitted Infections Treatment Guidelines: Syphilis, 2021(opens in new window)

**Telehealth**
American Medical Association (AMA)
Digital health implementation playbook series, 2024

**Transgender**
**ACOG statement**
American College of Obstetricians and Gynecologists (ACOG)
ACOG Committee Opinion Health Care for Transgender and Gender Diverse Individuals, 2024

**Standard of care**
World Professional Association for Transgender Health (WPATH)
Standards of Care for the Health of Transgender and Gender Diverse People, Version 8, 2023

**Psychological care**
American Psychological Association
APA Guidelines for Psychological Practice with Sexual Minority Persons, 2021

To comply with state and federal requirements, CarePlus provides access to medical and behavioral health guidelines developed by reputable sources. The inclusion of recommendations for specific tests or therapeutic interventions does not guarantee coverage, and these guidelines do not constitute coverage criteria. Information about coverage criteria is available at Humana.com/coveragepolicies and in the member's plan benefit documents.

These guidelines are not a substitute for the clinical judgment of a physician or other healthcare professional and may not apply to every individual. Treatment decisions should be made collaboratively by the patient and the treating physician or healthcare professional. Use of the guidelines does not guarantee a specific patient outcome and is not intended to interfere with or restrict clinical decisions regarding medically available treatment options.

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