



Clinical practice guidelines

Clinical practice guidelines are resources* for CarePlus-contracted physicians and other CarePlus-contracted healthcare professionals. CarePlus has adopted the following guidelines:

Adult immunizations

Centers for Disease Control and Prevention (CDC)

[Recommended Adult Immunization Schedule – United States, 2024/CDC](#)

Asthma care

Global Initiative for Asthma (GINA)

[2023 Global Initiative for Asthma \(GINA\) Report: Global Strategy for Asthma Management and Prevention Updated/Global Initiative for Asthma](#)

Atrial fibrillation

National Institute of Health (NIH)

[Atrial Fibrillation: Diagnosis and Management National Institute for Health and Care Excellence \(NICE\) 2022](#)

Back pain

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

[Department of Veterans Affairs Department of Defense \(VA/DoD\) Guideline for the Diagnosis and Treatment of Low Back Pain 2022](#)

Cholesterol management

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

[Lipids Management for Cardiovascular Disease Risk Reduction \(2025\)](#)

Chronic obstructive pulmonary disease (COPD)

Global Initiative for Chronic Obstructive Lung Disease (GOLD)

[Global Strategy for The Diagnosis, Management and Prevention of Chronic Obstructive Pulmonary Disease, 2023 Update/The Global Initiative for Chronic Obstructive Lung Disease \(GOLD\)](#)

COVID-19

Infectious Disease Society of America

[Infectious Disease Society of America, Guidelines on the treatment and management of patients with COVID-19 2023](#)

Depression (for primary care providers)

Department of Defense (VA/DoD)

[Managing Depression in Primary Care – 2020 Veterans Affairs/Department of Defense \(VA/DoD\)](#)

Diabetes care

American Diabetes Association (ADA)

[Standards of Medical Care in Diabetes – 2023/ American Diabetes Association \(ADA\)](#)

Fall Prevention

British Geriatric Society

[Age and Aging Global Falls Guideline Task Force World Guidelines for Falls Prevention and Management for Older Adults: A Global Initiative 2022](#)

Headache

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

[The Primary Care Management of Headache – 2023 – VA/DoD](#)

Heart failure

Cardiology/American Heart Association

[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 \(ahajournals.org\)](#)

Heart risk calculator

American College of Cardiology (ACC)

[Heart risk calculator \(ASCVD Risk Estimator Plus\)/ACC 2023](#)

Human immunodeficiency virus

National Institute of Health (NIH)

[HIV Clinical Information 2024](#)

Hypertension

American College of Cardiology (ACC)

[Harmonization of the American College of Cardiology/American Heart Association and European Society of Cardiology /European Society of Hypertension Blood](#)

[Pressure/Hypertension Guidelines: Comparisons, Reflections, and Recommendations 2022](#)

Insomnia

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

[The Management of Chronic Insomnia Disorder and Obstructive Sleep Apnea -2025-VA/DoD](#)

Kidney disease

National Kidney Foundation (NKF)

[KDOQI Guidelines/Commentaries](#)

Medical records documentation guidelines

CarePlus has adopted guidelines based on accreditation and state medical record documentation (MRD) requirements, via [www. careplushealthplans.com](http://www.careplushealthplans.com)

[CarePlus Provider Manual, pages 89-91](#)

Opioid 1

Centers for Disease Control and Prevention (CDC)

[CDC Clinical Practice Guideline for Prescribing Opioids for Pain \(CDC\) 2022](#)

Opioid 2

Health and Human Services (HHS)

[HSS Guide for Clinicians on the Appropriate Dosage Reduction or Discontinuation of Long-Term Opioid Analgesics/ Health and Humana Services \(HHS\) 2019](#)

Oxygen therapy

American Thoracic Society

[Home Oxygen Therapy for Adults with Chronic Lung Disease An Official American Thoracic Society Clinical Practice Guideline/ American Thoracic Society 2020](#)

Palliative/end of life hospice

National Coalition for Hospice and Palliative Care (NCHPC)

[National Coalition for Hospice and Palliative Care Clinical Practice Guidelines for Quality Palliative Care, 4th edition 2018](#)

Preventive care guidelines

U.S. Preventive Services Task Force (USTFPS)

[Preventive Services Selector/ United States Task Force on Preventive Services \(USTFPS\) 2024](#)

Primary prevention of cardiovascular disease and stroke

ACC/AHA Task Force on Clinical Practice Guidelines

[2019 Guideline on the Primary Prevention of Cardiovascular Disease Guideline/ACC/AHA Task Force](#)

Sickle cell anemia

American Society of Hematology

[ASH Clinical Practice Guidelines](#)

Sleep apnea

American Society of Anesthesiologists

[Practice Guidelines for the Perioperative Management of Patients with Obstructive Sleep/ American Society of Anesthesiologists Task Force on Perioperative Management of Patients with Obstructive Sleep Apnea 2014](#)

Syphilis

Centers for Disease Control Prevention (CDC)

[Centers for Disease Control Prevention \(CDC\) Sexually Transmitted Infections Guidelines: Syphilis 2021](#)

Telehealth

American Medical Association (AMA)

[2022 American Medical Association Digital Health Implementation Play Book Series](#)

Transgender 1

American College of Obstetricians and Gynecologists (ACOG)

[Committee Opinion Health Care for Transgender and Gender Diverse Individuals – 2021 – American College of Obstetricians and Gynecologists \(ACOG\)](#)

Transgender 2

World Professional Association for Transgender Health (WPATH)

[Standards of Care for the Health of Transgender and Gender Diverse People, Ver 8](#)

Urinary Incontinence (Female)

National Institute of Health (NIH)

[Female Urinary Incontinence Evidence-Based Treatment Pathways: An Infographic for shared decision making – 2022 – Journal of Women’s Health](#)

Urinary Incontinence (Male)

National Institute of Health (NIH)

[Lower Urinary Tract Symptoms in Men Management National Institute for Health and Care Excellence \(NICE\) 2015](#)

Valvular heart disease

American College of Cardiology (ACC)/American Heart Association (AHA)
[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/ ACC/ AHA Task Force](#)

Well-woman routine care

The American College of Obstetricians and Gynecologists (ACOG)
[Recommendations for Well-Woman Care 2023/ American College of Obstetricians and Gynecology \(ACOG\)](#)

CarePlus periodically monitors compliance with nationally recognized clinical practice guidelines.

*CarePlus publishes medical guidelines from several well-respected national sources. These guidelines may have some differences in recommendations. Information contained in the guidelines is not a substitute for a physician's or other healthcare professional's clinical judgment and is not always applicable to an individual. Therefore, the physician or healthcare professional and patient should work in partnership in the decision-making process regarding the patient's treatment. Furthermore, using this information will not guarantee a specific outcome for each patient. None of the information in the guidelines is intended to interfere with or prohibit clinical decisions made by a treating physician or other healthcare professional regarding medically available treatment options for patients.

Publication of these guidelines is not a promise or guarantee of coverage. Your CarePlus-covered patients should review their Evidence of Coverage for detailed information.

Links to other websites are provided for your convenience and information only, and do not constitute or imply CarePlus' endorsement of these sites, products or services described on these sites, or of any other material contained therein. When you select a link to an external website, you are leaving the CarePlus website and are subject to the privacy and security policies of the sponsors of that external website. CarePlus disclaims responsibility for their content and accuracy.