



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, 2023/Centers for Disease Control](#)

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)

[Department of Veterans Affairs Department of Defense \(VA/DoD\) The Management of Dyslipidemia for Cardiovascular Risk Reduction 2020](#)

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

National Institute of Health (NIH)

[Guideline for the Management of COVID-19/ National Institute Health 2023 \(NIH\)](#)

Depression (for primary care providers)

Department of Veterans Affairs 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 \(ADA\)](#)

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)

[Guidance for people with HIV](#)

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 –2019- VA/DoD](#)

Kidney disease

National Kidney Foundation (NKF)

[Evidence-based clinical practice guidelines for all stages of chronic kidney disease/ National Kidney Foundation 2023](#)

Medical records documentation guidelines

CarePlus has adopted guidelines based on accreditation and state medical record documentation (MRD) requirements. Refer to the CarePlus provider manual at:

[CarePlus Provider Forms and Resource Library \(careplushealthplans.com\)](#)

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 \(USTFPS\) 2023](#)

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

National Institute of Health (NIH)

[Evidence-Based Management of Sickle Cell Disease: Expert Panel Report, 2014/National Institute for Health \(NIH\)](#)

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](#)

Telehealth

American Medical Association (AMA)

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

Transgender 1

American College of Obstetricians and Gynecologist (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, Version 8 – 2022 – World Professional Association for Transgender Health \(WPATH\)](#)

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.

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