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
ACC/AHA/HRS
2019 Focused Update of the 2014 Guideline for Management of Patients with Atrial Fibrillation/American College of Cardiology (ACC)/ American Heart Association (AHA) /Heart Rhythm Society (HRS)

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)

COVD-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 - 2020 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

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 Processional 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
National Institute of Health (NIH)
Female Urinary Incontinence Evidence-Based Treatment Pathways: An Infographic for shared decision making – 2022 – Journal of Women's Health

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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