



# CLINICAL PRACTICE GUIDELINES

AmeriHealth Caritas has adopted clinical practice guidelines for use in guiding the treatment of plan members, with the goal of reducing unnecessary variations in care. The following clinical practice guidelines represent current professional standards, supported by scientific evidence and research. These guidelines are intended to inform, not replace, a physician's clinical judgment. The physician remains responsible for determining applicable treatment for each individual.

\*This list of CPGs were reviewed and approved at UMC on 3/20/2026.

∞ **Click the links to search the guideline topics.**

<b>Advanced Care Planning</b>
<ul style="list-style-type: none"><li>∞ <a href="#">American Society of Clinical Oncology: Palliative care in the global setting (2018)</a></li><li>∞ <a href="#">American Medical Association: Advance Care Planning (2017)</a></li></ul>
<b>Asthma</b>
<ul style="list-style-type: none"><li>∞ <a href="#">National Heart Lung Blood Institute: Guidelines for the Diagnosis and Management of Asthma 2007 (EPR-3) and 2020 focused update</a></li><li>∞ <a href="#">European Respiratory Society/American Thoracic Society: Management of Severe Asthma (2019)</a></li><li>∞ <a href="#">National Asthma Education and Prevention Program: 2020 Focused Updates to the Asthma Management Guidelines (2020)</a></li><li>∞ <a href="#">American College of Chest Physicians: Managing Chronic Cough Due to Asthma and NAEB in Adults and Adolescents (2020)</a></li><li>∞ <a href="#">American College of Chest Physicians: Biologic Management in Severe Asthma for Adults (2025)</a></li></ul>
<b>Back Pain</b>
<ul style="list-style-type: none"><li>∞ <a href="#">North American Spine Society: Diagnosis and Treatment of Low Back Pain (2020)</a></li><li>∞ <a href="#">Academy of Orthopedic Physical Therapy: Interventions for the Management of Acute and Chronic Low Back Pain (2021)</a></li><li>∞ <a href="#">American College of Physicians: Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain (2017)</a></li></ul>
<b>Bipolar Disorder</b>
<ul style="list-style-type: none"><li>∞ <a href="#">American Academy of Family Physicians: Bipolar Disorders: Evaluation and Treatment (2021)</a></li></ul>
<b>Brain Death</b>
<ul style="list-style-type: none"><li>∞ <a href="#">American Academy of Neurology: Pediatric and Adult Brain Death/Death by Neurologic Criteria Consensus Guideline (2023)</a></li></ul>

Bronchitis
<ul style="list-style-type: none"> <li>∞ <a href="#">American College of Chest Physicians: Acute Cough Due to Acute Bronchitis in Immunocompetent Adult Outpatients (2020)</a></li> <li>∞ <a href="#">American Academy of Family Physicians: Acute Bronchitis (2016)</a></li> </ul>
Caring for Adult Patients with Suicide Risk
<ul style="list-style-type: none"> <li>∞ <a href="#">Suicide Prevention Resource Center: Caring for Adult Patients with Suicide Risk (2015)</a></li> <li>∞ <a href="#">The American Psychiatric Association: Practice Guidelines for the Psychiatric Evaluation of Adults (2015)</a></li> <li>∞ <a href="#">U.S. Preventive Services Task Force: Depression and Suicide Risk in Adults: Screening (2023)</a></li> </ul>
Chronic Obstructive Pulmonary Disease
<ul style="list-style-type: none"> <li>∞ <a href="#">US Preventive Services Task Force: Chronic Obstructive Pulmonary Disease: Screening (2022)</a></li> <li>∞ <a href="#">American Thoracic Society: Pharmacologic Management of COPD. A Clinical Practice Guideline (2020)</a></li> <li>∞ <a href="#">American Thoracic Society: Long-Term Noninvasive Ventilation in Chronic Stable Hypercapnic Chronic Obstructive Pulmonary Disease (2020)</a></li> <li>∞ <a href="#">Global Initiative for Chronic Obstructive Lung Disease, Inc.: Global Initiative for the Diagnosis, Management and Prevention of Chronic Obstructive Pulmonary Disease (2026)</a></li> </ul>
Depression – Adults
<ul style="list-style-type: none"> <li>∞ <a href="#">American Psychological Association: Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts (2019)</a></li> <li>∞ <a href="#">American College of Physicians: Nonpharmacologic and Pharmacologic Treatments of Adults in the Acute Phase of Major Depressive Disorder: A Living Clinical Guideline (2023)</a></li> </ul>
Diabetes
<ul style="list-style-type: none"> <li>∞ <a href="#">American Association of Clinical Endocrinologists: Clinical Practice Guideline for Development of a Diabetes Mellitus Comprehensive Care Plan (2022)</a></li> <li>∞ <a href="#">U.S. Preventive Services Task Force: Gestational Diabetes: Screening (2021).</a></li> <li>∞ <a href="#">American Diabetes Association: Standards of Care in Diabetes (2026)</a></li> <li>∞ <a href="#">Endocrine Society: Preexisting Diabetes and Pregnancy: Joint Clinical Practice Guideline (2025)</a></li> </ul>
Generalized Anxiety Disorder - Adults
<ul style="list-style-type: none"> <li>∞ <a href="#">American Academy of Family Physicians: Generalized Anxiety Disorder and Panic Disorder in Adults (2022)</a></li> </ul>

## Heart Failure - Adults

- ∞ [American Heart Association/American College of Cardiology/Heart Failure Society of America: Management of Heart Failure \(2023\)](#)
- ∞ [American College of Emergency Physicians: Clinical Policy: Critical Issues in the Evaluation and Management of Adult Patients Presenting to the Emergency Department With Acute Heart Failure Syndromes \(2022\)](#)
- ∞ [American College of Cardiology/American Heart Association: Guideline for the Management of Adults With Congenital Heart Disease \(2025\)](#)

## HIV/AIDS

- ∞ [US Preventive Services Task Force: Human Immunodeficiency Virus \(HIV\) Infection: Screening \(2019 – Update in Progress\)](#)
- ∞ [US Preventive Services Task Force: Prevention of Acquisition of HIV: Preexposure Prophylaxis \(2023\)](#)
- ∞ [Infectious Diseases Society of America: Primary Care Guidance for Providers Who Care for Persons With Human Immunodeficiency Virus: 2024 Update](#)
- ∞ [National Institutes of Health: Opportunistic Infections in Adults and Adolescents With HIV: Prevention and Treatment \(2025\)](#)
- ∞ [Community Preventive Services Task Force: HIV Prevention: Clinical Decision Support System to Increase HIV Screening \(2020\)](#)
- ∞ [Community Preventive Services Task Force: HIV Prevention and Control: Partner Services to Increase HIV Testing \(2021\)](#)
- ∞ [Centers for Disease Control and Prevention: Clinical Recommendation for Injectable Lenacapavir as HIV PrEP \(2025\)](#)
- ∞ [Centers for Disease Control and Prevention: Updated Guidelines for Nonoccupational Post-Exposure Prophylaxis \(2025\)](#)

## Hypertension- Adults

- ∞ [American College of Cardiology/American Heart Association: Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults \(2025\)](#)
- ∞ [American Academy of Family Physicians: Blood Pressure Targets in Adults With Hypertension \(2022\)](#)
- ∞ [Endocrine Society: Clinical Practice Guideline for Primary Aldosteronism \(2025\)](#)

## Kidney Disease - Adults

- ∞ [Kidney Disease: Improving Global Outcomes: KDIGO Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease \(2024\)](#)
- ∞ [Kidney Disease: Improving Global Outcomes: KDIGO Clinical Practice Guideline for Anemia in Chronic Kidney Disease \(2025\)](#)

- ∞ [Kidney Disease: Improving Global Outcomes: KDIGO Clinical Practice Guideline for Autosomal Dominant Polycystic Kidney Disease \(2025\)](#)

## Lipid Disorders

- ∞ [American College of Cardiology/American Heart Association: AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/ NLA/PCNA Guideline on the Management of Blood Cholesterol \(2019\)](#)
- ∞ [American Association of Clinical Endocrinology: Management of Nonalcoholic Fatty Liver Disease \(2022\)](#)
- ∞ [American Association of Clinical Endocrinology: Pharmacologic Management of Adults with Dyslipidemia \(2025\)](#)
- ∞ [American College of Cardiology/American Heart Association: Guideline for the Management of Patients With Acute Coronary Syndromes \(2025\)](#)

## Office-Based Surgery Sedation

- ∞ [American Society of Anesthesiologists: Practice Guidelines for Moderate Procedural Sedation and Analgesia \(2018\)](#)
- ∞ [American Society of Anesthesiologists: Statement on Office-Based Anesthesia \(2024\)](#)
- ∞ [American Academy of Dermatology: Use of Local Anesthesia in Office-Based Dermatologic Surgery \(2016\)](#)
- ∞ [American College of Surgeons: Patient Safety Principles for Office-Based Surgery Utilizing Moderate Sedation/Analgesia \(2019\)](#)

## Opioid Addiction

- ∞ [American Society of Addiction Medicine: Treatment of Opioid Use Disorder \(2020\)](#)
- ∞ [American Society of Addiction Medicine: Joint Clinical Practice Guideline on Benzodiazepine Tapering \(2025\)](#)

## Opioid Prescribing

- ∞ [Centers for Disease Control and Prevention: Guideline for Prescribing Opioids for Chronic Pain \(2022\)](#)

## Orthognathic Surgery

- ∞ [American Association of Oral and Maxillofacial Surgeons: Criteria for Orthognathic Surgery \(2025\)](#)

## Osteoarthritis- Adults

- ∞ [American College of Rheumatology/Arthritis Foundation: Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee \(2020\)](#)
- ∞ [American Academy of Orthopedic Surgeons: Management of Osteoarthritis of the Knee \(Non-Arthroplasty\) \(2021\)](#)

## Osteoporosis

- ∞ [American College of Physicians: Pharmacologic Treatment of Primary Osteoporosis or Low Bone Mass to Prevent Fractures in Adults \(2023\)](#)
- ∞ [US Preventive Services Task Force: Screening for Osteoporosis to Prevent Osteoporotic Fractures in Women 65 Years or Older \(2025\)](#)
- ∞ [American College of Radiology: Osteoporosis and Bone Mineral Density \(2022\)](#)
- ∞ [American College of Obstetricians and Gynecologists: Osteoporosis Prevention, Screening, and Diagnosis \(2021\)](#)
- ∞ [American College of Obstetricians and Gynecologists: Management of Postmenopausal Osteoporosis \(2022\)](#)

## Overweight and Obesity- Adults

- ∞ [American Diabetes Association: Weight Stigma and Bias: Standards of Care in Overweight and Obesity—2025 \(2025\)](#)
- ∞ [American Gastroenterological Association: Clinical Practice Guideline on Pharmacological Interventions for Adults With Obesity \(2022\)](#)
- ∞ [American Association of Clinical Endocrinology: Algorithm for Evaluation and Treatment of Adults with Obesity \(2025\)](#)

## Post-Traumatic Stress Disorder

- ∞ [American Psychological Association: Clinical Practice Guideline for the Treatment of PTSD in Adults \(2025\)](#)

## Pregnancy Prenatal and Postnatal Care

- ∞ [American College of Obstetricians and Gynecologists: Clinical Practice Guidelines \(2025\)](#)
- ∞ [US Preventive Services Task Force: Hypertensive Disorders of Pregnancy: Screening Asymptomatic Pregnant Persons \(2023\)](#)
- ∞ [US Preventive Services Task Force: Breastfeeding: Primary Care Behavioral Counseling Interventions \(2025\)](#)
- ∞ [American College of Obstetricians and Gynecologists: Tailored Prenatal Care Delivery for Pregnant Individuals \(2025\)](#)
- ∞ [American College of Obstetricians and Gynecologists: Cervical Ripening in Pregnancy \(2025\)](#)
- ∞ [American College of Obstetricians and Gynecologists: Screening for Fetal Chromosomal Abnormalities \(2026\)](#)

## Pregnancy Prevention - Adults

- ∞ [American College of Obstetricians and Gynecologists: Patient-Centered Contraceptive Counseling \(2022\)](#)
- ∞ [Centers for Disease Control and Prevention: Medical Eligibility for Contraceptive Use \(2024\)](#)
- ∞ [American College of Obstetricians and Gynecologists: Access to Contraception \(2025\)](#)

## Preventive Care- Adults

- ∞ [American Academy of Family Physicians: Adults 19 and Older Immunization Schedule \(2025\)](#)
- ∞ [American College of Obstetricians and Gynecologists: Updated Maternal Immunization Guidance for COVID-19, Influenza, and RSV \(2025\)](#)
- ∞ [US Preventive Services Task Force: Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: Preventive Medication \(2022\)](#)
- ∞ [US Preventive Services Task Force: Screening: Asymptomatic Adults at Increased Risk of Latent Tuberculosis Infection \(2023\)](#)
- ∞ [US Preventive Services Task Force: Breast Cancer: Screening \(2024\)](#)
- ∞ [US Preventive Services Task Force: Screening for Food Insecurity \(2025\)](#)

## Schizophrenia

- ∞ [American Psychiatric Association: Treatment of Patients With Schizophrenia \(2020\)](#)

## Sexually Transmitted Diseases

- ∞ [Centers for Disease Control and Prevention: Sexually Transmitted Infections Treatment Guidelines \(2021\)](#)
- ∞ [US Preventive Services Task Force: Syphilis Infection in Nonpregnant Adolescents and Adults: Screening \(2022\)](#)
- ∞ [US Preventive Services Task Force: Screening for Syphilis Infection in Pregnant Persons \(2025\)](#)

## Sickle Cell Disease

- ∞ [American Society of Hematology: Guidelines on Sickle Cell Disease \(2019-2021\)](#)
- ∞ [Society for Maternal-Fetal Medicine: Sickle cell disease in pregnancy \(2024\)](#)

## Substance Use

- ∞ [American Society of Addiction Medicine: Various Guidelines](#)
- ∞ [American Society of Addiction Medicine/American Academy of Addiction Psychiatry: Clinical Practice Guideline on the Management of Stimulant Use Disorder \(2024\)](#)

## Tobacco Control

- ∞ [US Preventive Services Task Force: Smoking Cessation in Adults, Including Pregnant Persons: Interventions \(2021\)](#)
- ∞ [American Thoracic Society: Initiating Pharmacologic Treatment in Tobacco-Dependent Adults \(2025\)](#)

## Transgender Health

- ∞ [Endocrine Society: Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons \(2017\)](#)
- ∞ [World Professional Association for Transgender Health \(WPATH\): Standards of Care Version 8 \(2022\)](#)

## Venous Thrombosis

- ∞ [American Society of Hematology: Guidelines for Management of Venous Thromboembolism: Treatment of Deep Vein Thrombosis and Pulmonary Embolism \(2020\)](#)

## Vision Care

- ∞ [American Academy of Ophthalmology/American Glaucoma Society: Position Statement on Nicotinamide Use for Glaucoma Neuroprotection - 2025 \(2025\)](#)
- ∞ [American Optometric Association: Care of the Patient With Primary Open-Angle Glaucoma \(2024\)](#)
- ∞ [American Optometric Association: Comprehensive Adult Eye and Vision Examination, 2nd ed. \(2023\)](#)
- ∞ [American Optometric Association: Eye Care of the Patient with Diabetes Mellitus, 2nd ed. \(2019\)](#)
- ∞ [U.S. Preventive Services Task Force: Impaired Visual Acuity in Older Adults: Screening \(2022\)](#)
- ∞ [American Academy of Ophthalmology: Age-Related Macular Degeneration Preferred Practice Pattern \(2025\)](#)
- ∞ [American Academy of Ophthalmology: Diabetic Retinopathy Preferred Practice Pattern \(2025\)](#)