

Clinical Practice Guidelines

Commercial | Colorado • Connecticut • Georgia • Indiana • Kentucky • Maine • Missouri • Nevada • New Hampshire • New York • Ohio • Virginia • Wisconsin

Date reviewed January 2024

Date adopted February 2024

Table of contents:

Adult health **Note:** Multiple documents also discuss the management of the referenced condition in the pediatric population.

Infectious disease

Pediatric/adolescent health

Substance use

Womens health

Other-technology

Condition/disease	Guideline title	Recognized source(s)	URL
Adult health Return to table of contents			
Adjustment disorder	<i>Adjustment Disorder</i> (2017)	John Hopkins Medicine	hopkinsguides.com/hopkins/view/Johns_Hopkins_Psychiatry_Guide/787068/all/Adjustment_Disorder#3.0
Alzheimer's disease/dementia	Health Systems and Medical Professionals resource site	Alzheimer's Association	alz.org/professionals/health-systems-medical-professionals
	<i>American Psychiatric Association Practice Guideline on the Use of Antipsychotics to Treat Agitation or Psychosis in</i>	American Psychiatric Association	psychiatryonline.org/doi/pdf/10.1176/appi.books.9780890426807

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem HealthChoice Assurance, Inc. and Anthem HealthChoice HMO, Inc. In these same counties, Anthem Blue Cross and Blue Shield HP is the trade name of Anthem HP, LLC and Anthem Blue Cross and Blue Shield Retiree Solutions is the trade name of Anthem Insurance Companies, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. Anthem Blue Cross and Blue Shield and its affiliate Healthkeepers, Inc. serve all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI). BCBSWI underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by Compcore Health Services Insurance Corporation (Compcore) or Wisconsin Collaborative Insurance Corporation (WCIC). Compcore underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

MULTI-BCBS-CM-052447-24 February 2024

Condition/disease	Guideline title	Recognized source(s)	URL
	<i>Patients with Dementia</i> (July 2018)		
Anxiety	<i>Anxiety Disorders</i> (Last revised July 2018)	National Institute of Mental Health (NIMH)	nimh.nih.gov/health/publications/anxiety-disorders/treatment-of-anxiety-disorders.shtml
Appendicitis	<i>Diagnosis and treatment of acute appendicitis: 2020 update of the WSES Jerusalem guidelines</i>	World Society of Emergency Surgery (WSES)	wses.org.uk/wp-content/uploads/2020/04/acute-appendicitis-update.pdf
Asthma	<i>Guidelines for the Diagnosis and Management of Asthma (EPR-3)</i> (August 2007)	National Heart, Lung and Blood Institute (NHLBI)	nhlbi.nih.gov/health-topics/guidelines-for-diagnosis-management-of-asthma
	<i>2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group</i>		nhlbi.nih.gov/health-topics/all-publications-and-resources/2020-focused-updates-asthma-management-guidelines
	Asthma clinical practice guidelines (2023)	Global Initiative for Asthma (GINA)	ginasthma.org/
Atopic dermatitis	<i>Atopic Dermatitis Clinical Guideline</i> (Last updated 2023)	American Academy of Dermatology	aad.org/member/clinical-quality/guidelines/atopic-dermatitis
Behavioral health screening, assessment, and treatment	<i>Practice Guidelines for the Psychiatric Evaluation of Adults, Third Edition</i> (August 2015)	American Psychiatric Association (APA)	psychiatryonline.org/doi/full/10.1176/appi.books.9780890426760.pe02

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	<i>National Guidelines for Behavioral Health Crisis Care Best Practice Toolkit</i> (2020)	Substance Abuse and Mental Health Services Administration (SAMHSA)	samhsa.gov/sites/default/files/national-guidelines-for-behavioral-health-crisis-care-02242020.pdf
Bipolar disorder* * Addresses diagnosis and treatment of bipolar disorder in special populations such as children and adolescents	CANMAT and International Society for Bipolar Disorders (ISBD) 2018 guidelines for the management of patients with bipolar disorder	Canadian Network for Mood and Anxiety Treatments (CANMAT)	canmat.org/2019/03/27/2018-bipolar-guidelines/
Coronary artery disease (CAD)	<i>AHA/ACCF Secondary Prevention and Risk Reduction Therapy for Patients with Coronary and Other Atherosclerotic Vascular Disease</i> (November 2011 Update)	American Heart Association/ American College of Cardiology Foundation (AHA/ACCF)	ahajournals.org/doi/pdf/10.1161/CIR.0b013e318235eb4d
	<i>Treatment of Hypertension in Patients with Coronary Artery Disease</i> (March 2015)	American Heart Association, American College of Cardiology, and American Society of Hypertension	ahajournals.org/doi/pdf/10.1161/CIR.00000000000000207
	<i>Effectiveness-Based Guidelines for the Prevention of Cardiovascular Disease in Women—2011 Update</i> (February 2011)	American Heart Association (AHA)	ahajournals.org/doi/pdf/10.1161/CIR.0b013e31820faaf8

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease (2019)	American College of Cardiology/American Heart Association (ACC/AHA)	jacc.org/doi/pdf/10.1016/j.jacc.2019.03.010
	2021 AHA/ACC/ASE/CHEST/SAEM/SCCT/SCMR Guideline for the Evaluation and Diagnosis of Chest Pain	American College of Cardiology/ American Heart Association/ Society of Cardiovascular Computed Tomography/ Society for Academic Emergency Medicine/Society for Cardiovascular Magnetic Resonance/ American College of Chest Physicians/ American Society of Echocardiography/ American Heart	jacc.org/doi/pdf/10.1016/j.jacc.2021.07.053
	2021 ACC/AHA/SCAI Guideline for Coronary Artery Revascularization	American College of Cardiology /American Heart Association /Society for Cardiovascular Angiography and Interventions	jacc.org/doi/10.1016/j.jacc.2021.09.006?_ga=2.60669549.1356655696.1641505900-317854238.1639608139
Celiac disease	ACG Clinical Guidelines: Diagnosis and Management of Celiac Disease (January 2023)	American College of Gastroenterology	journals.lww.com/ajg/fulltext/2023/01000/%20merican_college_of_gastroenterology_guidelines.17.aspx
Chronic kidney disease (CKD)	<i>The National Kidney Foundation Kidney Disease Outcomes Quality Initiative (NKF KDOQI)TM evidence-based clinical practice guidelines for all stages of chronic kidney disease (CKD) and related complications</i>	National Kidney Foundation	kidney.org/professionals/guidelines/guidelines_commentaries
	<i>Chronic Kidney Disease: Detection and Evaluation</i>	American Academy of Family Physicians (AAFP)	aafp.org/afp/2017/1215/p776.html

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	(2017)		
	KDIGO (Kidney Disease Improving Global Outcomes) 2012 clinical practice guideline for the evaluation and management of chronic kidney disease (January 2013)	International Society of Nephrology	kdigo.org/guidelines/ckd-evaluation-and-management/
	<i>KDIGO (Kidney Disease Improving Global Outcomes) 2017 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease</i> (July 2017)	International Society of Nephrology	kdigo.org/wp-content/uploads/2017/02/2017-KDIGO-CKD-MBD-GL-Update.pdf
Chronic obstructive pulmonary disease (COPD)	<i>Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease</i>	Global Initiative for Chronic Obstructive Lung Disease (GOLD)	goldcopd.org/gold-reports/
Depression	Depression in adults: screening (June 2023)	U.S. Preventive Services Task Force (USPSTF)	Recommendation: Depression and Suicide Risk in Adults: Screening United States Preventive Services Taskforce (uspreventiveservicestaskforce.org)
	CANMAT clinicians guidelines 2016 <i>Depression Guidelines</i>	Canadian Network for Mood and Anxiety Treatments (CANMAT)	canmat.org/2019/03/17/2016-depression-guidelines/
	<i>Nonpharmacologic Versus Pharmacologic Treatment of Adult Patients with Major</i>	American College of Physicians (ACP)	annals.org/aim/fullarticle/2490527/nonpharmacologic-versus-pharmacologic-treatment-adult-patients-major-depressive-disorder-

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	<i>Depressive Disorder: A Clinical Practice Guideline from the American College of Physicians</i> (2016)		clinical?_ga=2.240375883.977749235.1576523219-1562492790.1557437793
	<i>APA Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts</i> (February 2019)	American Psychological Association (APA)	apa.org/depression-guideline/guideline.pdf
Diabetes	Standards of medical care in Diabetes (2024)	American Diabetes Association (ADA)	diabetesjournals.org/care/issue/47/Supplement_1
Eating disorders	<i>Practice Guideline for the Treatment of Patients with Eating Disorders</i> Fourth Edition (2023)	American Psychiatric Association (APA)	ajp.psychiatryonline.org/doi/pdf/10.1176%2Fappi.ajp.23180001
Eosinophilic esophagitis	<i>AGA Institute and the Joint Task Force on Allergy-Immunology Practice Parameters Clinical Guidelines for the Management of Eosinophilic Esophagitis</i> (2020)	American Gastroenterological Association (AGA)	gastrojournal.org/action/showPdf?pii=S0016-5085%2820%2930265-1
Gender-dysphoria/ incongruence	<i>Endocrine Treatment of Gender-Dysphoric/ Gender-Incongruent Persons: An Endocrine Society* Clinical Practice Guideline</i> (September 2017)	The Endocrine Society	academic.oup.com/jcem/article/102/11/3869/4157558?login=true

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	Correction to clinical practice guideline (February 2018)		academic.oup.com/jcem/article/103/2/699/4675081
	Correction to clinical practice guideline (July 2018)		academic.oup.com/jcem/article/103/7/2758/5036711
	<i>Standards of Care for the Health of Transgender and Gender Diverse People, Version 8</i>	World Professional Association for Transgender Health (WPATH)	wpath.org/publications/soc
Fall risk	<i>Falls Prevention in Community-Dwelling Older Adults: Interventions</i>	U.S. Preventive Services Task Force (USPSTF)	uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/falls-prevention-in-older-adults-interventions1
	Evidence-based falls prevention programs: Resources for professionals and advocates	National Council on Aging	ncoa.org/older-adults/health/prevention/falls-prevention
Heart failure (HF)	2022 ACCF/AHA Guideline for the Management of Heart Failure: A Report of the American College of Cardiology Foundation/ American Heart Association Task Force on Practice Guidelines ACCF/AHA/HFSA Guideline for the Management of Heart Failure (Focused Update 2017)	American College of Cardiology Foundation/American Heart Association Task Force on Practice Guidelines/ Heart Failure Society of America (ACCF/ AHA/HFSA)	ahajournals.org/doi/epub/10.1161/CIR.0000000000001063 onlinejacc.org/content/70/6/776?_ga=2.23313085.667318568.1514996759-679389624.1511900706

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
Hyperlipidemia	2018 AHA/ACC/AACVPR/A APA/ABC/ACPM/ADA/ AGS/APhA/ASPC/NLA /PCNA <i>Guideline on the Management of Blood Cholesterol</i> (June 2019)	American College of Cardiology/American Heart Association/American Association of Cardiovascular and Pulmonary Rehabilitation/American Academy of Physician Assistants/Association of Black Cardiologists/American College of Preventive Medicine/American Diabetes Association/American Geriatrics Society/American Pharmacists Association/American Society of Preventive Cardiology/National Lipid Association/Preventive Cardiovascular Nurses Association (ACC/AHA/AACVPR/AAPA/ABC/ACPM/AD A/AGS/APhA/ASPC/NLA/PCNA)	acc.org/~media/Non-Clinical/Files-PDFs-Excel-MS-Word-etc/Guidelines/2018/Guidelines-Made-Simple-Tool-2018-Cholesterol.pdf
Hypertension	ACC/AHA/AAPA/ABC/AC PM/AGS/APhA/ASH/ASP C/NMA/PCNA <i>Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults</i> (November 2017) Correction to guideline (May 2018)	American College of Cardiology (ACC)/ American Heart Association (AHA)/ American Academy of Physician Assistants (AAPA)/ Association of Black Cardiologists (ABC)/ American College of Preventive Medicine (ACPM)/ American Geriatrics Society (AGS)/ American Pharmacists Association (APhA)/ American Society of Hypertension (ASH)/ American Society for Preventive Cardiology (ASPC)/ National Medical Association (NMA)/ Preventive Cardiovascular Nurses Association (PCNA)	onlinejacc.org/content/early/2017/11/04/j.jacc.2017.11.006?sso=1&sso_redirect_count=1&access_token= onlinejacc.org/content/71/19/2275
Low back pain	<i>Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline from the American College of Physicians</i> (2017)	American College of Physicians (ACP)	annals.org/aim/fullarticle/2603228/noninvasive-treatments-acute-subacute-chronic-low-back-pain-clinical-practice?_ga=2.247433220.1028399561.1575492235-1562492790.1557437793

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
Obesity	<i>Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions</i> (September 2018)	U.S. Preventive Services Task Force (USPSTF)	uspreventiveservicestaskforce.org/uspstf/recommendation/obesity-in-adults-interventions
	<i>AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults</i> (November 2013)	American College of Cardiology (ACC)/ American Heart Association (AHA) Task Force on Practice Guidelines and The Obesity Society (TOS)	circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437739.71477.ee
Oppositional defiant disorder (ODD)	<i>Common Questions about Oppositional Defiant Disorder</i> (April 2016)	American Academy of Family Physicians (AAFP)	aafp.org/dam/brand/aafp/pubs/afp/issues/2016/0401/p586.pdf
Posttraumatic stress disorder	<i>Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder (PTSD) in Adults</i> (February 2017)	American Psychological Association (APA)	apa.org/ptsd-guideline
	<i>VA/DoD Clinical Practice Guideline for the Management of Posttraumatic Stress Disorder and Acute Stress Disorder</i> (2024)	Department of Veterans Affairs Department of Defense: The Management of Posttraumatic Stress Disorder Work Group	healthquality.va.gov/guidelines/MH/ptsd/VA-DoD-CPG-PTSD-Full-CPGAug242023.pdf
	<i>PTSD Screening Instruments</i>	Department of Veterans Affairs: PTSD: National Center for PTSD	ptsd.va.gov/professional/assessment/screens/index.asp
Rheumatoid arthritis	<i>2021 American College of Rheumatology Guideline for the</i>	American College of Rheumatology (ACR)	assets.contentstack.io/v3/assets/bltee37abb6b278ab2c/blt9e44ccb701e1918c/63360f6775c0be225b8d943a/ra-guideline-2021.pdf

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	<i>Treatment of Rheumatoid Arthritis</i>		
Rhinitis	<i>Rhinitis 2020: A practice parameter update</i>	American Academy of Allergy, Asthma, and Immunology (AAAAI)	jacionline.org/action/showPdf?pii=S0091-6749%2820%2931023-X
Schizophrenia	<i>Practice Guideline for the Treatment of Patients with Schizophrenia</i> , Third Edition (2021) <i>VA/DoD Clinical Practice Guideline for Management of First-Episode Psychosis and Schizophrenia</i>	American Psychiatric Association (APA) Veterans Administration/Department of Defense (VA/DoD)	s21151.pcdn.co/wp-content/uploads/APA-Practice-Guideline-for-the-Trmt-of-Patients-with-Schizophrenia-3rd-Edition-SRC-1-8-21-CMMC-1.pdf healthquality.va.gov/guidelines/MH/scz/VADoD_CPGSchizophreniaCPG_Final_508.pdf
Sickle cell anemia	<i>American Society of Hematology 2020 guidelines for sickle cell disease: management of acute and chronic pain</i>	American Society of Hematology	ashpublications.org/bloodadvances/article/4/12/2656/460974/
Suicide risk	<i>SAFE-T: Suicide Assessment Five-Step Evaluation and Triage</i> <i>Assessment and Management of Patients at Risk for Suicide</i> (2019)	Suicide Prevention Resource Center (SPRC) Veterans Administration/Department of Defense (VA/DoD)	samhsa.gov/resource/dbhis/safe-t-pocket-card-suicide-assessment-five-step-evaluation-triage-safe-t-clinicians healthquality.va.gov/guidelines/mh/srb/index.asp
Surgery	<i>Surgical technical evidence review for gynecologic surgery conducted for the Agency for Healthcare Research and Quality Safety Program for</i>	Agency for Healthcare Research and Quality (AHRQ)	ajog.org/article/S0002-9378(18)30583-0/pdf

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	<p><i>Improving Surgical Care and Recovery</i> (December 2018)</p> <p><i>Surgical Technical Evidence Review for Colorectal Surgery Conducted for the AHRQ Safety Program for Improving Surgical Care and Recovery</i> (October 2017)</p> <p><i>Surgical Technical Evidence Review for Elective Total Joint Replacement Conducted for the AHRQ Safety Program for Improving Surgical Care and Recovery</i> (February 2018)</p>	<p>AHRQ</p> <p>AHRQ</p>	<p>ncbi.nlm.nih.gov/pubmed/28797562</p> <p>journals.sagepub.com/doi/pdf/10.1177/2151458518754451</p>
Trauma care	<p>A treatment improvement protocol: <i>Trauma-Informed Care in Behavioral Health Services</i> (2014)</p> <p>Trauma-informed care in behavioral health services: Treatment improvement protocol (TIP) series</p>	Substance Abuse and Mental Health Services Administration (SAMHSA)	<p>store.samhsa.gov/product/Trauma-Informed-Care-in-Behavioral-Health-Services/SMA15-4420</p> <p>store.samhsa.gov/?f%5B0%5D=series%3A1078</p>
Infectious disease	Return to table of contents		
Chlamydia/human papillomavirus (HPV)	Sexually transmitted diseases treatment guidelines (2021)	Center for Disease Control and Prevention (CDC)	cdc.gov/std/default.htm

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
Hepatitis B	<i>AASLD Guidelines for Treatment of Chronic Hepatitis B</i> (August 2015)	American Association for the Study of Liver Diseases (AASLD)	aasldpubs.onlinelibrary.wiley.com/doi/epdf/10.1002/hep.28156
	<i>Update on Prevention, Diagnosis, and Treatment of Chronic Hepatitis B: AASLD 2018 Hepatitis B Guidance</i> (Jan 2018)		ncbi.nlm.nih.gov/pmc/articles/PMC5975958/pdf/nihms957253.pdf
Hepatitis C	HCV guidance: recommendations for testing, managing and treating hepatitis C	Infectious Diseases Society of America (IDSA)/ American Association for the Study of Liver Disease (AASLD)	hcvguidelines.org/
	<i>Guidelines for the screening, care and treatment of persons with chronic hepatitis C infection</i> (2017)	World Health Organization (WHO)	who.int/publications/i/item/9789241550345
HIV/AIDS	Primary care guidelines for the management of persons infected with HIV: 2013 Update by the HIV Medicine Association of the Infectious Diseases Society of America (2020)	HIV Medicine Association of the Infectious Diseases Society of America (IDSA)	idsociety.org/practice-guideline/primary-care-management-of-people-with-hiv/
	<i>HIV Guidelines</i>	Centers of Disease Control and Prevention (CDC)	cdc.gov/hiv/guidelines/index.html
	<i>2017 HIVMA of IDSA Clinical Practice Guideline for the Management of Chronic Pain in Patients Living with HIV</i> (2017)	Infectious Diseases Society of America	idsociety.org/globalassets/idsa/practice-guidelines/2017-hivma-of-idsa-clinical-practice-guideline-for-the-management-of-chronic-pain-in-patients-living-with-hiv.pdf

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	<i>HIV and adolescents: Guidance for HIV testing and counselling and care for adolescents living with HIV</i> (2013)	World Health Organization (WHO)	who.int/publications/i/item/9789241506168
Lyme disease	Clinical practice guidelines by the Infectious Diseases Society of America (IDSA), American Academy of Neurology (AAN), and American College of Rheumatology (ACR): <i>2020 Guidelines for the Prevention, Diagnosis and Treatment of Lyme Disease</i>	Infectious Diseases Society of America (IDSA), American Academy of Neurology (AAN), and American College of Rheumatology (ACR)	idsociety.org/practice-guideline/lyme-disease/#null
Upper respiratory infections	<i>Treatment of the Common Cold</i> (2019)	American Academy of Family Physicians (AAFP)	aafp.org/pubs/afp/issues/2019/0901/p281.html
	<i>Adult Outpatient Treatment Recommendations</i> (Last reviewed October 3, 2017)	Centers for Disease Control and Prevention (CDC)	cdc.gov/antibiotic-use/clinicians/adult-treatment-rec.html
	<i>Pediatric Outpatient Treatment Recommendations</i> (Last reviewed February 1, 2017)	Centers for Disease Control and Prevention (CDC)	cdc.gov/antibiotic-use/clinicians/pediatric-treatment-rec.html
	<i>IDSA Guidelines on the Treatment and Management of Patients with COVID-19</i> (Document updated on a regular basis)	Infectious Diseases Society of America	idsociety.org/practice-guideline/covid-19-guideline-treatment-and-management/

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
Tuberculosis	<i>Treatment of Drug-Resistant Tuberculosis. An Official ATS/CDC/ERS/IDSA Clinical Practice Guideline (2019)</i>	American Thoracic Society (ATS), the Centers for Disease Control and Prevention (CDC), the European Respiratory Society, and Infectious Diseases Society of American (IDSA)	idsociety.org/practice-guideline/treatment-of-drug-resistant-tb/#null
Pediatric/adolescent health) Return to table of contents			
Adjustment disorder	<i>Adjustment Disorder: Collection of evidence-based practices, Seventh Edition</i>	Virginia Commission on Youth	vcoy.virginia.gov/009%20adj.pdf
Anxiety	Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents with Anxiety Disorders (2020)	American Academy of Adolescent Psychiatry	Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents With Anxiety Disorders - Journal of the American Academy of Child & Adolescent Psychiatry (jaacap.org)
Attention deficit hyperactivity disorder (ADHD)	<i>Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents (October 2019)</i>	American Academy of Pediatrics (AAP)	pediatrics.aappublications.org/content/144/4/e20192528
Autism	<i>Identification Evaluation and Management of Children with Autism Spectrum Disorder (January 2020)</i>	American Academy of Pediatrics (AAP)	pediatrics.aappublications.org/content/pediatrics/early/2019/12/15/peds.2019-3447.full.pdf

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
Celiac disease	<i>Guideline for the Diagnosis and Treatment of Celiac Disease in Children: Recommendations of the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition</i> (January 2005)	North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition (NASPGHAN)	naspghan.org/files/documents/pdfs/position-papers/celiac_guideline_2004_jpgn.pdf
Depression	<i>Depression and Suicide Risk in Children and Adolescents: Screening</i> (October 2022)	U.S. Preventive Services Task Force (USPSTF)	uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-children-adolescents
	<i>APA Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts</i> (February 2019)	American Psychological Association (APA)	apa.org/depression-guideline/guideline.pdf
Hypertension in children and adolescents	<i>Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents</i> (September 2017)	American Academy of Pediatrics (AAP)	publications.aap.org/pediatrics/article/140/3/e20171904/38358/Clinical-Practice-Guideline-for-Screening-and
Obesity	<i>Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents with Obesity</i> (January 2023)	American Academy of Pediatrics (AAP)	publications.aap.org/pediatrics/article/doi/10.1542/peds.2022-060640/190443/Clinical-Practice-Guideline-for-the-Evaluation-and?autologincheck=redirected
	<i>Clinical report: The Role of the Pediatrician in</i>	American Academy of Pediatrics (AAP)	pediatrics.aappublications.org/content/early/2015/06/23/peds.2015-1558

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	<i>Primary Prevention of Obesity</i> (July 2015)		
Oppositional defiant disorder (ODD)	<i>Fifty years of preventing and treating childhood behavior disorders: a systematic review to inform policy and practice</i> (April 2017)	National Institute of Health (NIH) PubMed	ncbi.nlm.nih.gov/pubmed/articles/PMC5950520/
Pharmacologic monitoring of antipsychotics	<i>Evidence-Based Recommendations for Monitoring Safety of Second Generation Antipsychotics in Children and Youth</i> (2011)	Canadian Institutes of Health Research	ncbi.nlm.nih.gov/pubmed/articles/PMC3143700/pdf/ccap20_3p218.pdf
Substance use	Return to table of contents		
	<i>The ASAM Criteria: Treatment Criteria for Addictive, Substance-Related, and Co-occurring Conditions, Volume 1: Adults, 4th Edition</i>	American Society of Addiction Medicine	asam.org/asam-criteria Document requires purchase
	<i>Medication-Assisted Treatment of Adolescents with Opioid Use Disorders</i> (September 2016)	American Academy of Pediatrics (AAP)	publications.aap.org/pediatrics/article/138/3/e20161893/52715/Medication-Assisted-Treatment-of-Adolescents-With
	American Society of Addiction Medicine consensus statement — <i>Appropriate Use of Drug Testing in Clinical Addiction Medicine</i>	American Society of Addiction Medicine	asam.org/quality-care/clinical-guidelines/drug-testing

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	(Reviewed December 2019)		
	<i>Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions</i> (November 2018)	U.S. Preventive Services Task Force (USPSTF)	uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/unhealthy-alcohol-use-in-adolescents-and-adults-screening-and-behavioral-counseling-interventions
	<i>CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2022</i>	Centers for Disease Control and Prevention (CDC)	cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm?s_cid=rr7103a1.htm_w
	<i>American Society of Addiction Medicine Clinical Practice Guideline on Alcohol Withdrawal Management</i> (2020)	American Society of Addiction Medicine	asam.org/docs/default-source/quality-science/the_asam_clinical_practice_guideline_on_alcohol-1.pdf?sfvrsn=ba255c2_2
	<i>American Psychiatric Association Practice Guideline for the Pharmacological Treatment of Patients with Alcohol Use Disorder</i> (Reviewed 2020)	American Psychiatric Association	psychiatryonline.org/doi/pdf/10.1176/appi.books.9781615371969
	<i>The National Practice Guideline for the Treatment of Opioid Use Disorder — 2020 Focused Update</i>	American Society of Addiction Medicine	asam.org/quality-care/clinical-guidelines/national-practice-guideline
Cigarette cessation	<i>Medication for Substance Use Disorders</i>	Substance Abuse Mental Health Services Administration (SAMHSA)	samhsa.gov/medication-assisted-treatment

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	(Last updated February 1, 2024)		
	Relearn life without cigarettes	National Alliance for Tobacco Cessation (NATC)	becomeanex.org/
	<i>Identifying and Treating Patients Who Use Tobacco</i> (July 2017)	U.S. Department of Health and Human Services	millionhearts.hhs.gov/files/Tobacco-Cessation-Action-Guide.pdf
	<i>ACC Expert Consensus Decision Pathway on Tobacco Cessation Treatment</i> (2018)	American College of Cardiology (ACC)	jacc.org/doi/pdf/10.1016/j.jacc.2018.10.027
Electronic cigarettes	<i>Electronic Cigarettes</i>	Centers for Disease Control and Prevention (CDC)	cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
	American Academy of Pediatrics policy statement — <i>E-Cigarettes and Similar Devices</i> (February 2019)	American Academy of Pediatrics (AAP)	publications.aap.org/pediatrics/article/143/2/e20183652/37305/E-Cigarettes-and-Similar-Devices
All states offer free smoking cessation telephone quit line services. Dialing 800-QUIT NOW will connect the caller to their state quit line.			
Women's health Return to table of contents			
Perinatal depression	<i>Perinatal Depression: AAP Policy Statement on Recognition and Management</i> (2019)	American Academy of Pediatrics (AAP)	aafp.org/pubs/afp/issues/2019/1001/p443.pdf
Routine antepartum care	American Academy of Pediatrics, <i>Guidelines for Perinatal Care, Eighth Edition</i> (September 2017)	American Academy of Pediatrics (AAP) & American Congress of Obstetrics and Gynecology (ACOG)	acog.org/clinical-information/physician-faqs/-/media/3a22e153b67446a6b31fb051e469187c.ashx
Preventive care	<i>Women's Preventive Services Guidelines</i> (Last reviewed 2022)	Health Resources and Services Administration (HRSA)	hrsa.gov/womens-guidelines-2016/index.html

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
Cancer screening	Women's Health Care Physicians: <i>Cervical Cancer FAQs</i> (May 2023)	American Congress of Obstetrics and Gynecology (ACOG)	acog.org/womens-health/faqs/cervical-cancer-screening
	<i>Cervical Cancer: Screening</i> (August 2018)	U.S. Preventive Services Task Force (USPSTF)	uspreventiveservicestaskforce.org/uspstf/recommendation/cervical-cancer-screening
Diabetes and pregnancy	<i>Management of Diabetes in Pregnancy</i> (January 2022)	American Diabetes Association (ADA)	diabetesjournals.org/care/article/47/Supplement_1/S282/153948/15-Management-of-Diabetes-in-Pregnancy-Standards
	<i>Gestational Diabetes Screening</i> (August 2021)	United States Preventive Services Task Force (USPSTF)	uspreventiveservicestaskforce.org/uspstf/recommendation/gestational-diabetes-mellitus-screening?ds=1&s=gestational%20diabetes
	<i>Gestational Diabetes Mellitus</i>	American Congress of Obstetrics and Gynecology (ACOG)	acog.org/clinical/clinical-guidance/practice-bulletin/articles/2018/02/gestational-diabetes-mellitus Members only
Care of complications during pregnancy	<i>WHO recommendations for Prevention and treatment of pre-eclampsia and eclampsia</i> (2011) <i>Updates in 2018, 2020 2021</i>	World Health Organization (WHO)	who.int/publications/i/item/9789241548335
	<i>Committee Opinion, Number 455 • Magnesium Sulfate Before Anticipated Preterm Birth for Neuroprotection</i> (Reaffirmed 2020)	American Congress of Obstetrics and Gynecology (ACOG)/ Society for Maternal Fetal Health (SMFH)	acog.org/-/media/project/acog/acogorg/clinical/files/committee-opinion/articles/2010/03/magnesium-sulfate-before-anticipated-preterm-birth-for-neuroprotection.pdf

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	<i>Pre-Gestational Diabetes Mellitus</i> , Number 201 (December 2018)	American Congress of Obstetrics and Gynecology (ACOG)	acog.org/clinical/clinical-guidance/practice-bulletin/articles/2018/12/pregestational-diabetes-mellitus Members only
	<i>Management of Preterm Labor</i> , Number 171 (Reaffirmed 2018)	American Congress of Obstetrics and Gynecology (ACOG)	acog.org/clinical/clinical-guidance/practice-bulletin/articles/2016/10/management-of-preterm-labor Members only
	<i>Chronic Hypertension in Pregnancy</i> (January 2019)	American Congress of Obstetrics and Gynecology (ACOG)	acog.org/clinical/clinical-guidance/practice-bulletin/articles/2019/01/chronic-hypertension-in-pregnancy Members only
Substance use specific to women	Alcohol Abuse and Other Substance Use Disorders: Ethical Issues in Obstetric and Gynecologic Practice. Number 633 (Reaffirmed 2021)	American Congress of Obstetricians and Gynecologists (ACOG)	acog.org/clinical/clinical-guidance/committee-opinion/articles/2015/06/alcohol-abuse-and-other-substance-use-disorders-ethical-issues-in-obstetric-and-gynecologic-practice
	Guidelines for the identification and management of substance use and substance use disorders in pregnancy (2014)	World Health Organization (WHO)	who.int/publications/i/item/9789241548731
	Substance Abuse and Mental Health Services Association — <i>Clinical Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder and Their Infants</i> (May 2018)	Substance Abuse and Mental Health Services Association	store.samhsa.gov/sites/default/files/d7/priv/sma18-5054.pdf

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
Equity in healthcare	<i>Importance of Social Determinants of Health and Cultural Awareness in the Delivery of Reproductive Health Care</i> (Reaffirmed 2018)	American Congress of Obstetrics and Gynecology (ACOG)	acog.org/-/media/project/acog/acogorg/clinical/files/committee-opinion/articles/2018/01/importance-of-social-determinants-of-health-and-cultural-awareness-in-the-delivery-of-reproductive-health-care.pdf
	<i>Committee Opinion 749 — Marriage and Family Building Equality for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and Gender Nonconforming Individuals</i> (Reaffirmed 2021)	American Congress of Obstetrics and Gynecology (ACOG)	acog.org/-/media/project/acog/acogorg/clinical/files/committee-opinion/articles/2018/08/marriage-and-family-building.pdf
	<i>Committee Opinion 586 — Health Disparities in Rural Women</i> (Reaffirmed 2021)	American Congress of Obstetrics and Gynecology (ACOG)	acog.org/-/media/project/acog/acogorg/clinical/files/committee-opinion/articles/2014/02/health-disparities-in-rural-women.pdf
Smoking cessation during pregnancy	<i>Tobacco and Nicotine Cessation During Pregnancy</i> , ACOG Number 807 (Reaffirmed 2023)	American Congress of Obstetrics and Gynecology (ACOG)	acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/05/tobacco-and-nicotine-cessation-during-pregnancy
	<i>Need Help Putting Out That Cigarette?</i>	American Congress of Obstetrics and Gynecology (ACOG)	tobacco-cessation.org/PDFs/NeedHelpBooklet.pdf
	<i>“Smoking Cessation for Pregnancy and Beyond: A Virtual Clinic,” an Innovative Web-Based Training for Healthcare Professionals</i>	Dartmouth Medical School	ncbi.nlm.nih.gov/pmc/articles/PMC4394722/
Other technology	Return to table of contents		

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs

Condition/disease	Guideline title	Recognized source(s)	URL
	<i>Guidelines for the Practice of Telepsychology</i> (Last updated 2023)	American Psychological Association (APA)	apa.org/practice/guidelines/telepsychology s21151.pcdn.co/wp-content/uploads/APA-Guideline-for-the-Practice-of-Telepsychology.pdf
	<i>Best Practices in Videoconferencing-Based Telemental Health</i> (April 2018)	American Psychiatric Association (APA) and American Telemedicine Association (ATA)	s21151.pcdn.co/wp-content/uploads/APA-ATA-Best-Practices-in-Videoconferencing-Based-Telemental-Health.pdf
	<i>AACAP's Telepsychiatry Toolkit</i>	American Academy of Child & Adolescent Psychiatry (AACAP)	aacap.org/AACAP/Clinical_Practice_Center/Business_of_Practice/Telepsychiatry/toolkit_videos.aspx
	<i>Telehealth in Oncology: ASCO Standards and Practice Recommendations</i> (September 2021)	American Society of Clinical Oncology (ASCO)	ascopubs.org/doi/full/10.1200/OP.21.00438
	<i>Telehealth and Telemedicine</i>	American Academy of Family Physicians (AAFP)	aafp.org/family-physician/practice-and-career/managing-your-practice/telehealth-and-telemedicine.html
	<i>Standards for Technology in Social Work Practice</i>	National Association of Social Workers (NASW), Association of Social Work Boards (ASWB), Council on Social Work Education (CSWE) & Clinical Social Work Affiliation (CSWA)	Standards for Technology in Social Work Practice (socialworkers.org)

Date reviewed January 2024

Date adopted February 2024

Updated:

Commercial/Exchange Quality Improvement Committee

Quality Improvement Committee (GBD)

CPGs are applicable to all LOBs