

CLINICAL PRACTICE GUIDELINES 2021

VALOR HEALTH PLAN adopts Clinical Practice Guidelines for the purpose of improving health care and reducing unnecessary variations in care.

The guidelines are evidence-based, sourced from recognized organizations, approved by the Valor Health Plan Quality Improvement Committee, disseminated to Valor Health Plan healthcare providers, reviewed annually, and updated as needed.

The Clinical Practice Guidelines in this document are considered essential to healthcare for the member population we serve.

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| Asthma | https://www.nhlbi.nih.gov/sites/default/files/media/docs/NAEPPCC%20Guidelines%20Update%20Summary_May2020.pdf OR https://ginasthma.org/wp-content/uploads/2019/04/GINA-2019-main-Pocket-Guide-wms.pdf |
| Breast Cancer Screening | https://www.cdc.gov/cancer/breast/pdf/BreastCancerScreeningGuidelines.pdf OR https://www.aafp.org/afp/2020/0201/p184.html |
| Cholesterol Management for Adults | https://www.heart.org/-/media/files/health-topics/cholesterol/chlstrmngmntgd_181110.pdf |
| Chronic Obstructive Pulmonary Disease (COPD) | https://goldcopd.org/wp-content/uploads/2020/03/GOLD-2020-POCKET-GUIDE-ver1.0_FINAL-WMV.pdf |
| Colorectal Cancer Screening | https://www.aafp.org/afp/2020/0815/p250.html |
| Congestive Heart Failure | https://www.onlinejacc.org/content/70/6/776?_ga=2.188270378.382151954.1598974584-590634044.1539114657 |
| Diabetes | https://care.diabetesjournals.org/content/diacare/suppl/2019/12/20/43.Supplement_1.DC1/Standards_of_Care_2020.pdf OR https://professional.diabetes.org/content-page/practice-guidelines-resources |
| Falls Prevention | https://www.cdc.gov/steady/materials.html OR https://www.aafp.org/afp/2017/0815/p240.html |

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| Glaucoma | http://annals.org/aim/fullarticle/1742588/screening-glaucoma-u-s-preventive-services-task-force-recommendation-statement OR http://www.icoph.org/downloads/ICOGlaucomaGuidelines.pdf |
| Hypertension | http://annals.org/aim/fullarticle/2598413/pharmacologic-treatment-hypertension-adults-aged-60-years-older-higher-versus OR http://www.onlinejacc.org/content/early/2017/11/04/j.jacc.2017.11.006 OR http://thepafp.org/website/wp-content/uploads/2017/05/2014-JNC-8-Hypertension.pdf |
| Immunizations | https://www.cdc.gov/vaccines/schedules/hcp/adult.html OR https://www.aafp.org/patient-care/public-health/immunizations/schedules/adult-schedule.html |
| Low Back Pain | https://www.acpjournals.org/doi/10.7326/M16-2367 |
| Obesity | https://www.cmaj.ca/content/192/31/E875 OR https://onlinelibrary.wiley.com/doi/full/10.1111/obr.12889 |
| Osteoporosis | https://my.nof.org/file/bonesource/Clinicians-Guide.pdf OR https://journals.aace.com/doi/pdf/10.4158/GL-2020-0524SUPPL |
| Smoking and Tobacco Cessation | https://www.cdc.gov/tobacco/data_statistics/sgr/2020-smoking-cessation/fact-sheets/healthcare-professionals-health-systems/index.html OR http://annals.org/aim/fullarticle/2443060/behavioral-pharmacotherapy-interventions-tobacco-smoking-cessation-adults-including-pregnant-women |
| Urinary Incontinence | http://annals.org/aim/fullarticle/1905131/nonsurgical-management-urinary-incontinence-women-clinical-practice-guideline-from-american |