

## CLINICAL PRACTICE GUIDELINES 2023

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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| <b>Asthma</b>                                       | <a href="https://www.nhlbi.nih.gov/sites/default/files/media/docs/NAEPPCC%20Guidelines%20Update%20Summary_May2020.pdf">https://www.nhlbi.nih.gov/sites/default/files/media/docs/NAEPPCC%20Guidelines%20Update%20Summary_May2020.pdf</a><br>OR<br><a href="https://ginasthma.org/gina-reports/">https://ginasthma.org/gina-reports/</a>   |
| <b>Breast Cancer Screening</b>                      | <a href="https://www.cdc.gov/cancer/breast/pdf/breast-cancer-screening-guidelines-508.pdf">https://www.cdc.gov/cancer/breast/pdf/breast-cancer-screening-guidelines-508.pdf</a><br>OR<br><a href="https://www.aafp.org/afp/2020/0201/p184.html">https://www.aafp.org/afp/2020/0201/p184.html</a>   |
| <b>Cholesterol Management for Adults</b>            | <a href="https://www.heart.org/en/health-topics/cholesterol">https://www.heart.org/en/health-topics/cholesterol</a><br>OR<br><a href="https://www.jacc.org/doi/10.1016/j.jacc.2022.07.006">https://www.jacc.org/doi/10.1016/j.jacc.2022.07.006</a>   |
| <b>Chronic Obstructive Pulmonary Disease (COPD)</b> | <a href="https://goldcopd.org/wp-content/uploads/2021/12/GOLD-POCKET-GUIDE-2022-v1.1-22Nov2021_WM.V.pdf">https://goldcopd.org/wp-content/uploads/2021/12/GOLD-POCKET-GUIDE-2022-v1.1-22Nov2021_WM.V.pdf</a>  |
| <b>Colorectal Cancer Screening</b>                  | <a href="https://www.aafp.org/pubs/afp/issues/2022/0300/p327.html">https://www.aafp.org/pubs/afp/issues/2022/0300/p327.html</a>  |
| <b>Congestive Heart Failure</b>                     | <a href="https://www.ahajournals.org/doi/10.1161/CIR.0000000000001063">https://www.ahajournals.org/doi/10.1161/CIR.0000000000001063</a>  |
| <b>Diabetes</b>                                     | <a href="https://www.niddk.nih.gov/health-information/professionals/diabetes-discoveries-practice/ada-2022-standards-of-medical-care-in-diabetes-update">https://www.niddk.nih.gov/health-information/professionals/diabetes-discoveries-practice/ada-2022-standards-of-medical-care-in-diabetes-update</a><br>OR<br><a href="https://professional.diabetes.org/content-page/practice-guidelines-resources">https://professional.diabetes.org/content-page/practice-guidelines-resources</a> |
| <b>Falls Prevention</b>                             | <a href="https://www.cdc.gov/steady/materials.html">https://www.cdc.gov/steady/materials.html</a><br>OR<br><a href="https://ncoa.org/older-adults/health/prevention/falls-prevention">https://ncoa.org/older-adults/health/prevention/falls-prevention</a>   |

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| <b>Glaucoma</b>                      | <a href="https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/primary-open-angle-glaucoma-screening">https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/primary-open-angle-glaucoma-screening</a><br>OR<br><a href="https://jamanetwork.com/journals/jama/fullarticle/2792610">https://jamanetwork.com/journals/jama/fullarticle/2792610</a>  |
| <b>Hypertension</b>                  | <a href="https://www.ahajournals.org/doi/pdf/10.1161/HYPERTENSIONAHA.121.18192?download=true">https://www.ahajournals.org/doi/pdf/10.1161/HYPERTENSIONAHA.121.18192?download=true</a><br>OR<br><a href="https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.121.054602">https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.121.054602</a><br>OR<br><a href="http://thepafp.org/website/wp-content/uploads/2017/05/2014-JNC-8-Hypertension.pdf">http://thepafp.org/website/wp-content/uploads/2017/05/2014-JNC-8-Hypertension.pdf</a> |
| <b>Immunizations</b>                 | <a href="https://www.cdc.gov/vaccines/schedules/hcp/adult.html">https://www.cdc.gov/vaccines/schedules/hcp/adult.html</a><br>OR<br><a href="https://www.acpjournals.org/doi/10.7326/M22-0036">https://www.acpjournals.org/doi/10.7326/M22-0036</a>  |
| <b>Low Back Pain</b>                 | <a href="https://www.jospt.org/doi/full/10.2519/jospt.2021.0304">https://www.jospt.org/doi/full/10.2519/jospt.2021.0304</a>   |
| <b>Obesity</b>                       | <a href="https://www.cmaj.ca/content/192/31/E875">https://www.cmaj.ca/content/192/31/E875</a><br>OR<br><a href="https://onlinelibrary.wiley.com/doi/full/10.1111/obr.12889">https://onlinelibrary.wiley.com/doi/full/10.1111/obr.12889</a>  |
| <b>Osteoporosis</b>                  | <a href="https://pro.ace.com/disease-state-resources/bone-and-parathyroid/clinical-practice-guidelines/clinical-practice">https://pro.ace.com/disease-state-resources/bone-and-parathyroid/clinical-practice-guidelines/clinical-practice</a><br>OR<br><a href="https://www.mahealthcare.com/pdf/practice_guidelines/Osteoporosis.pdf">https://www.mahealthcare.com/pdf/practice_guidelines/Osteoporosis.pdf</a>  |
| <b>Smoking and Tobacco Cessation</b> | <a href="https://www.cdc.gov/tobacco/data_statistics/sgr/2020-smoking-cessation/fact-sheets/healthcare-professionals-health-systems/index.html">https://www.cdc.gov/tobacco/data_statistics/sgr/2020-smoking-cessation/fact-sheets/healthcare-professionals-health-systems/index.html</a><br>OR<br><a href="https://www.ahrq.gov/prevention/guidelines/tobacco/prescrib.html">https://www.ahrq.gov/prevention/guidelines/tobacco/prescrib.html</a>  |
| <b>Urinary Incontinence</b>          | <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6831340/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6831340/</a>   |