

CLINICAL PRACTICE GUIDELINES 2026

Valor Health Plan (HMO-ISNP) 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.

Asthma	https://www.nhlbi.nih.gov/sites/default/files/media/docs/NAEPPCC%20Guidelines%20Update%20Summary_May2020.pdf OR https://ginasthma.org/gina-reports/
Breast Cancer Screening	https://www.cdc.gov/breast-cancer/screening/?CDC_AAref_Val=https://www.cdc.gov/cancer/breast/basic_info/screening.htm OR https://www.aafp.org/afp/2020/0201/p184.html
Cholesterol Management for Adults	https://www.heart.org/en/health-topics/cholesterol
Chronic Obstructive Pulmonary Disease (COPD)	https://goldcopd.org/2025-gold-report/
Colorectal Cancer Screening	https://www.aafp.org/pubs/afp/issues/2022/0300/p327.html
Congestive Heart Failure	https://www.ahajournals.org/doi/10.1161/CIR.0000000000001063
Diabetes	https://www.niddk.nih.gov/health-information/professionals/diabetes-discoveries-practice/ada-2022-standards-of-medical-care-in-diabetes-update OR https://professional.diabetes.org/standards-of-care
Falls Prevention	https://www.cdc.gov/steady/hcp/clinical-resources/?CDC_AAref_Val=https://www.cdc.gov/steady/materials.html OR https://ncoa.org/older-adults/health/prevention/falls-prevention
Glaucoma	https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/primary-open-angle-glaucoma-screening OR https://jamanetwork.com/journals/jama/fullarticle/2792610
Hypertension	https://www.justintimemedicine.com/curriculum/201
Immunizations	https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-schedule-vaccines.html
Low Back Pain	https://www.jospt.org/doi/full/10.2519/jospt.2021.0304
Obesity	https://www.cmaj.ca/content/192/31/E875
Osteoporosis	https://www.aafp.org/pubs/afp/afp-community-blog/entry/acp-updates-clinical-recommendations-on-treatment-of-osteoporosis.html
Smoking and Tobacco Cessation	https://www.cdc.gov/tobacco/hcp/patient-care/clinical-cessation-tools.html OR https://www.ahrq.gov/prevention/guidelines/tobacco/prescrib.html
Urinary Incontinence	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6831340/