



Aetna Better Health® of West Virginia

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Clinical practice guidelines

Aetna Better Health adopts evidence-based clinical practice guidelines (CPGs) from nationally-recognized sources. We do this to promote consistent application of evidence-based treatment methodologies. CPGs are made available to our network practitioners to help improve health care. We review CPGs at least every two years, or more frequently if national guidelines change within the two-year period.

Aetna Better Health provides CPGs for informational purposes only. They are not intended to direct coverage or benefit determinations, or individual treatment decisions. All patient care and related decisions are the sole responsibility of providers. These guidelines don't dictate or control a practitioner's clinical judgment regarding the appropriate treatment of a patient in any given case.

Aetna Better Health's CPGs can be accessed using the links below.

Guideline	Description	Date Adopted
ADHD	American Academy of Pediatrics (AAP) Clinical Practice Guideline for the Diagnosis, Evaluation and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents (October 2019) https://pediatrics.aappublications.org/content/144/4/e20192528	October 2024
Alcohol Use Disorder	American Society of Addiction Medicine Alcohol Withdrawal Management (January 2020) https://www.asam.org/docs/default-source/quality-science/the_asam_clinical_practice_guideline_on_alcohol-1.pdf?sfvrsn=ba255c2_2 US Preventive Services Task Force Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions (November 2018) https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/unhealthy-alcohol-use-in-adolescents-and-adults-screening-and-behavioral-counseling-interventions	October 2024
Anxiety Disorder	National Institute of Mental Health Anxiety Disorders (July 2018) https://www.nimh.nih.gov/health/topics/anxiety-disorders	October 2024

Guideline	Description	Date Adopted
Asthma	National Heart, Lung and Blood Institute (NHLBI) 2020 Focused Updates to the Asthma Management Guidelines (2020) https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates	October 2024
Cardiovascular Disease	ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease (2019) https://www.jacc.org/guidelines/prevention	October 2024
Chronic Obstructive Lung Disease (COPD)	Centers for Disease Control COPD Resources for Health Professionals (2024) https://www.cdc.gov/copd/php/key-resources/index.html	October 2024
Congestive Heart Failure (CHF)	AHA/ACC/HFSA Guideline for the Management of Heart Failure: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines (2022) https://www.jacc.org/doi/10.1016/j.jacc.2021.12.012?_gl=1*x9itci*_ga*MjA0MDE3MjI0NC4xNjU1Mzk1MDg4*_ga_2V8VW4Y237*MTY2MDc0Nzg5NS4yLjEuMTY2MDc0Nzk0Ny44LjAuMA..&_ga=2.192326766.51064336.1660747895-2040172244.1655395088	October 2024
Diabetes <i>ADA's current clinical practice recommendations</i>	American Diabetes Association (ADA) Standards of Medical Care in Diabetes - 2024 Volume 47 Issue Supplement 1 Diabetes Care American Diabetes Association (diabetesjournals.org)	October 2024
Eating Disorders	American Academy of Pediatrics Identification and Management of Eating Disorders in Children and Adolescents (January 2021) https://pediatrics.aappublications.org/content/147/1/e2020040279	October 2024
Hepatitis C	US Preventative Services Task Force Hepatitis C Virus Infection in Adolescents and Adults: Screening (March 2020) https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/hepatitis-c-screening	October 2024
HIV/Aids	Health Resources & Services Administration Clinical Care Guidelines and Resource https://hab.hrsa.gov/clinical-quality-management/clinical-care-guidelines-and-resources	October 2024
Hypertension (HTN)	American College of Cardiology 2017 Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults https://www.acc.org/education-and-meetings/image-and-slide-gallery/media-detail?id=BDA0F36F3160426FAB2E784B82E2629A	October 2024

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Low Back Pain	American College of Physicians Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline (2017) https://www.acpjournals.org/doi/10.7326/M16-2367?_ga=2.247433220.1028399561.1575492235-1562492790.1557437793&	October 2024
Major depressive disorder <i>APA Guidelines</i>	American Psychological Association Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts (February 2019) https://www.apa.org/depression-guideline/guideline.pdf	October 2024
Obesity	Obesity Medicine Association 2024 Obesity Algorithm https://obesitymedicine.org/obesity-algorithm/	October 2024
Obstructive Sleep Apnea	American Academy of Sleep Medicine Clinical Practice Guideline for Diagnostic Testing for Adult Obstructive Sleep Apnea (2017) https://aasm.org/resources/clinicalguidelines/diagnostic-testing-osa.pdf American Academy of Pediatrics Diagnosis and Management of Childhood Obstructive Sleep Apnea Syndrome (Sept. 2012) https://publications.aap.org/pediatrics/article/130/3/576/30284/Diagnosis-and-Management-of-Childhood-Obstructive	October 2024
Opioids for Chronic Pain	Centers for Disease Control Clinical Practice Guideline for Prescribing Opioids for Pain (2022) https://www.cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm US Department of Veterans Affairs Use of Opioids in the Management of Chronic Pain (2022) https://www.healthquality.va.gov/guidelines/pain/cot/	October 2024
Osteoarthritis of the Hip	American Academy of Orthopedic Surgeons Management of Osteoarthritis of the Hip (December 2023) https://www.aaos.org/globalassets/quality-and-practice-resources/osteoarthritis-of-the-hip/oah-cpg.pdf	October 2024
Prenatal Services	American College of Obstetricians and Gynecologists PATH Prenatal Care Recommendations https://www.acog.org/programs/redesigning-prenatal-care-initiative The Michigan Plan for Appropriate Tailored Healthcare in Pregnancy: Prenatal Care Recommendations https://journals.lww.com/greenjournal/abstract/2021/10000/the_michigan_plan_for_appropriate_tailored.12.aspx	October 2024
Schizophrenia	American Psychiatric Association Clinical Guidelines for the Treatment of Patients with Schizophrenia (2022) https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890424841	October 2024

Guideline	Description	Date Adopted
Seizure Disorder/ Epilepsy	American Epilepsy Society Clinical Guidance Guidelines (2022) https://aesnet.org/clinical-care/clinical-guidance/guidelines	October 2024
Sickle Cell Anemia	American Society of Hematology Clinical Practice Guidelines on Sickle Cell Disease (2019-2021) https://www.hematology.org/education/clinicians/guidelines-and-quality-care/clinical-practice-guidelines/sickle-cell-disease-guidelines	October 2024
Stroke	AHA/ASA Journals Guidelines for the Primary Prevention of Stroke (2014) https://www.ahajournals.org/doi/10.1161/STR.000000000000046	October 2024
Substance Use Disorder	American Society of Addiction Medicine Appropriate Use of Drug Testing in Clinical Addiction Medicine (2017) https://www.asam.org/quality-care/clinical-guidelines/drug-testing American Society of Addiction Medicine National Practice Guidelines for Treatment of Opioid Use Disorder (2020) https://www.asam.org/quality-care/clinical-guidelines/national-practice-guideline	October 2024
Suicide Prevention	US Department of Veterans Affairs Assessment and Management of Patients at Risk for Suicide (2024) https://www.healthquality.va.gov/guidelines/MH/srb/	October 2024
Tobacco Cessation	Centers for Disease Control Cessation Materials for Tobacco Control Programs (May 2024) https://www.cdc.gov/tobacco/php/tobacco-control-programs/cessation-materials.html?CDC_AAref_Val=https://www.cdc.gov/tobacco/quit_smoking/cessation/index.htm American College of Obstetricians and Gynecologists Tobacco and Nicotine Cessation During Pregnancy (May 2020) https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/05/tobacco-and-nicotine-cessation-during-pregnancy	October 2024
Trauma Informed Care	National Council for Mental Wellbeing Fostering Resilience and Recovery: A Change Package for Advancing Trauma-Informed Primary Care https://www.thenationalcouncil.org/resources/fostering-resilience-and-recovery/	October 2024