

# Clinical Practice Guidelines – Aetna Better Health® of Illinois

Disease Management Condition	Guideline (copy and paste link into your browser or ctrl+click)
Alcohol Use Disorder	<p>American Society of Addiction Medicine Alcohol Withdrawal Management  <a href="https://elearning.asam.org/products/alcohol-withdrawal-management-webinar-series#tab-product_tab_overview">https://elearning.asam.org/products/alcohol-withdrawal-management-webinar-series#tab-product_tab_overview</a>                      Adopted 1/23/2020. No updates as of 11/11/2025.</p> <p>Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions  <a href="https://www.uspreventiveservicestaskforce.org/uspstf/draft-update-summary/unhealthy-alcohol-use-adolescents-adults-behavioral-counseling-interventions">https://www.uspreventiveservicestaskforce.org/uspstf/draft-update-summary/unhealthy-alcohol-use-adolescents-adults-behavioral-counseling-interventions</a>                      Last updated 7/29/2025. Update is in progress as of 11/11/2025.</p>
Atrial Fibrillation/Atrial Flutter	<p>2023 ACC/AHA/ACCP/HRS Guideline for the Diagnosis and Management of Atrial Fibrillation: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines  <a href="https://www.ahajournals.org/doi/10.1161/CIR.0000000000001193">https://www.ahajournals.org/doi/10.1161/CIR.0000000000001193</a>                      Corrected 12/28/2023, 6/10/2024, 2/26/2025. No updates as of 11/11/2025.</p>
Asthma	<p>National Heart, Lung and Blood Institute (NHLBI)-2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group  <a href="https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/2020-focused-updates-asthma-management-guidelines">https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/2020-focused-updates-asthma-management-guidelines</a>  <a href="https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates">https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates</a>                      Last updated 2/4/2021. No updates as of 11/11/2025.</p>
Chronic Obstructive Lung Disease (COPD)	<p>Global Initiative for Chronic Obstructive Lung Disease  <a href="https://goldcopd.org/2026-gold-report-and-pocket-guide/">https://goldcopd.org/2026-gold-report-and-pocket-guide/</a>                      Last updated 11/18/2025.</p>
Congestive Heart Failure (CHF)	<p>2022 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  <a href="https://www.jacc.org/doi/10.1016/j.jacc.2021.12.012?_gl=1*x9itci*_ga*MjA0MDE3MjI0NC4xNjU1Mzk1MDg4*_ga_2V8VW4Y237*MTY2MDc0Nzg5NS4yLjEuMTY2MDc0Nzk0Ny44LjAuMA..&amp;_ga=2.192326766.51064336.1660747895-2040172244.1655395088">https://www.jacc.org/doi/10.1016/j.jacc.2021.12.012?_gl=1*x9itci*_ga*MjA0MDE3MjI0NC4xNjU1Mzk1MDg4*_ga_2V8VW4Y237*MTY2MDc0Nzg5NS4yLjEuMTY2MDc0Nzk0Ny44LjAuMA..&amp;_ga=2.192326766.51064336.1660747895-2040172244.1655395088</a>                      Last update (correction) 4/1/2022. No updates as of 11/11/2025.</p>
Coronary Artery Disease (CAD)	<p>2025 ACC/AHA/ACEP/NAEMSP/SCAI Guideline for the Management of Patients With Acute Coronary Syndromes: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines  <a href="https://www.jacc.org/doi/10.1016/j.jacc.2024.11.009">https://www.jacc.org/doi/10.1016/j.jacc.2024.11.009</a>                      Published 2/27/2025.</p>

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Diabetes <i>ADA's current clinical practice recommendations</i>	2024 American Diabetes Association (ADA) standards in Care <a href="https://diabetesjournals.org/care/issue/47/Supplement_1">https://diabetesjournals.org/care/issue/47/Supplement_1</a> Last update 2/23/2025. No update as of 11/11/2025.
Hip	AAOS Management of Osteoarthritis of the Hip <a href="https://www.aaos.org/aaos-home//newsroom/press-releases/aaos-updates-management-of-hip-osteoarthritis-guideline/">https://www.aaos.org/aaos-home//newsroom/press-releases/aaos-updates-management-of-hip-osteoarthritis-guideline/</a> Updated 1/23/2024.
Hypertension (HTN)	2025 AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines <a href="https://www.jacc.org/doi/10.1016/j.jacc.2025.05.007">https://www.jacc.org/doi/10.1016/j.jacc.2025.05.007</a> Published 8/14/2025.
Immunizations <i>CDC/ACIP Guidelines</i>	CDC Immunizations Schedules <a href="https://www.cdc.gov/vaccines/imz-schedules/index.html">https://www.cdc.gov/vaccines/imz-schedules/index.html</a>
Low Back Pain	Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline from the American College of Physicians (August 2020) <a href="https://www.acponline.org/acp-newsroom/acp-aafp-release-new-guideline-for-treatment-of-non-low-back-pain-from-musculoskeletal-injuries-in">https://www.acponline.org/acp-newsroom/acp-aafp-release-new-guideline-for-treatment-of-non-low-back-pain-from-musculoskeletal-injuries-in</a>
Major Depressive Disorder <i>APA Guidelines</i>	Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts February 2019 <a href="https://www.apa.org/depression-guideline/guideline.pdf">https://www.apa.org/depression-guideline/guideline.pdf</a>
Obesity	Obesity Medicine 2023 <a href="https://obesitymedicine.org/resources/obesity-algorithm/">https://obesitymedicine.org/resources/obesity-algorithm/</a>
Obstructive Sleep Apnea	American Academy of Sleep Medicine Clinical Practice Guideline <a href="https://aasm.org/resources/clinicalguidelines/diagnostic-testing-osa.pdf">https://aasm.org/resources/clinicalguidelines/diagnostic-testing-osa.pdf</a>  American Academy of Pediatrics (Sept. 2012) <a href="https://publications.aap.org/pediatrics/article/130/3/576/30284/Diagnosis-and-Management-of-Childhood-Obstructive">https://publications.aap.org/pediatrics/article/130/3/576/30284/Diagnosis-and-Management-of-Childhood-Obstructive</a>
Opioids for Chronic Pain <i>CDC Guideline</i>	CDC Clinical Practice Guideline for Prescribing Opioids for Pain – United States, 20022 <a href="https://www.cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm">https://www.cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm</a>  Use of Opioids in the Management of Chronic Pain (2022) VA/DoD Clinical Practice Guidelines <a href="https://www.healthquality.va.gov/guidelines/pain/cot/">https://www.healthquality.va.gov/guidelines/pain/cot/</a>

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Pediatric Preventative Health Care	Recommendations for Preventive Pediatric Health Care <a href="https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf">https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf</a>
Prenatal Services	Ambulatory Adult Prenatal Care Guideline <a href="https://www.acog.org/programs/redesigning-prenatal-care-initiative">https://www.acog.org/programs/redesigning-prenatal-care-initiative</a>  The Michigan Plan for Appropriate Tailored Healthcare in Pregnancy Prenatal Care Recommendations <a href="https://journals.lww.com/greenjournal/abstract/2021/10000/the_michigan_plan_for_appropriate_tailored.12.aspx">https://journals.lww.com/greenjournal/abstract/2021/10000/the_michigan_plan_for_appropriate_tailored.12.aspx</a>
Preventive Screenings, Counseling and Preventive Medication <i>USPSTF Guidelines</i>	U.S. Preventive Services Task Force (USPSTF) <a href="https://www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations">https://www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations</a>
Schizophrenia	American Psychiatric Association Treatment of Patients with Schizophrenia (2022) <a href="https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890424841">https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890424841</a>
Seizure Disorder/Epilepsy	American Epilepsy Society (2022) <a href="https://aesnet.org/clinical-care/clinical-guidance/guidelines">https://aesnet.org/clinical-care/clinical-guidance/guidelines</a>
Sickle Cell Anemia	ASH Clinical Practice Guidelines on Sickle Cell Disease 2020 <a href="https://www.hematology.org/education/clinicians/guidelines-and-quality-care/clinical-practice-guidelines/sickle-cell-disease-guidelines">https://www.hematology.org/education/clinicians/guidelines-and-quality-care/clinical-practice-guidelines/sickle-cell-disease-guidelines</a>
Stroke	Guidelines for the Primary Prevention of Stroke <a href="https://www.ahajournals.org/doi/10.1161/STR.000000000000046">https://www.ahajournals.org/doi/10.1161/STR.000000000000046</a>
Substance Use Disorder	American Society of Addiction Medicine Consensus Statement — Appropriate Use of Drug Testing in Clinical Addiction Medicine (Reviewed December 2019) <a href="https://www.asam.org/quality-care/clinical-guidelines/drug-testing">https://www.asam.org/quality-care/clinical-guidelines/drug-testing</a>  American Society of Addiction Medicine Treatment of Opioid Use Disorder (2020) <a href="https://www.asam.org/quality-care/clinical-guidelines/national-practice-guideline">https://www.asam.org/quality-care/clinical-guidelines/national-practice-guideline</a>
Suicide Prevention	US Department of Veterans Affairs Assessment and Management of Patients at Risk for Suicide (2019) <a href="https://www.healthquality.va.gov/guidelines/MH/srb/">https://www.healthquality.va.gov/guidelines/MH/srb/</a>
Tobacco Cessation	Cessation Material for State Tobacco Control Programs <a href="https://www.ahrq.gov/prevention/guidelines/tobacco/clinicians/update/index.html">https://www.ahrq.gov/prevention/guidelines/tobacco/clinicians/update/index.html</a>  Tobacco and Nicotine Cessation During Pregnancy ACOG. Number 807 (May 2020) <a href="https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/05/tobacco-and-nicotine-cessation-during-pregnancy">https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/05/tobacco-and-nicotine-cessation-during-pregnancy</a>