



INSTIL[®] HEALTH



Preventive Care Guidelines

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Overview

InStil Health Insurance Company promotes all guidelines to providers to maintain compliance with Utilization Review Accreditation Commission (URAC) and to document program development, implementation and evaluation being founded upon evidence-based guidelines. Providers can review all guidelines by selecting the available website links. Note: All links lead to third-party websites. These companies are responsible for its content and privacy policies.

InStil Health's Quality Medical Advisory Committee (QMAC) reviews and adopts all guidelines at least annually and more frequently, if necessary. This allows us to review new scientific evidence or national standards published prior to this annual review process to facilitate timely guideline adoption.

Asthma

- **National Institutes of Health: National Heart, Lung and Blood Institute**
 - [Guidelines for the Diagnosis and Management of Asthma \(EPR-3 Report 2007\)](#) (2007)
 - [Asthma Management Guidelines: Focused Updates 2020](#) (2020)
 - [NHLBI Guidelines Asthma Care Quick Reference Guide](#) (2012)

Back Pain

- **American College of Physicians**
 - [Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians](#) (2017)
- **American Academy of Family Physicians**
 - [Diagnosis and Treatment of Low Back Pain](#) (2017)

Behavioral Health

Attention Deficit Hyperactivity Disorder

- **American Academy of Pediatrics**
 - [Clinical Practice Guideline for the Diagnosis, Evaluation and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents](#) (2011)
 - [Clinical Practice Guideline: Diagnosis and Evaluation of the Child with Attention-Deficit/Hyperactivity Disorder](#) (*PEDIATRICS* Vol. 105 No. 5 May 2000, pp. 1158-1170)
 - [Clinical Practice Guideline: Treatment of the School-Aged Child With Attention-Deficit/Hyperactivity Disorder](#) (*PEDIATRICS* Vol. 108 No. 4 October 2001, pp. 1033-1044)
- **Bright Futures at Georgetown**
 - [Bright Futures in Practice: Mental Health—Volume II, Tool Kit](#)
 - [Bright Futures in Practice: Mental Health](#)

Depression

- **US Preventive Services Task Force**
 - [Screening for Depression in Adults](#) (2016)
- **American Psychiatric Association**
 - [Practice Guideline for the Treatment of Patients with Major Depressive Disorder](#) (2010) [Treating Major Depressive Disorder: A Quick Reference Guide](#) (2010)

Opioid Use Disorder

- The National Practice Guideline for the Treatment of Opioid Use Disorder – 2020 Focused Update; American Society of Addiction Medicine (ASAM)

Cancer

- **National Comprehensive Cancer Network**
 - www.NCCN.org

Rationale Comment: It has guidelines for treatment of over 60 cancers.

Chronic Kidney Disease

- **National Kidney Foundation**
 - [Kidney Disease Quality Outcomes Initiative \(KDQOI\) Clinical Practice Guidelines](#)

Chronic Obstructive Pulmonary Disease (COPD)

- **American Academy of Family Physicians**
 - [Chronic Obstructive Pulmonary Disease: Diagnosis and Management](#)
- **Global Initiative for Chronic Obstructive Pulmonary Disease**
 - [Global Strategy for the Diagnosis, Management and Prevention of Chronic Obstructive Pulmonary Disease \(2020\)](#)
 - [Pocket Guide to COPD Diagnosis, Management and Prevention: A Guide for Health Care Professionals](#)

Congestive Heart Failure (CHF)

- **American College of Cardiology Foundation/American Heart Association**
 - [2017 ACC/AHA/HFSA Focused Update of the 2013 ACCF/AHA Guideline for the Management of Heart Failure](#)

Coronary Artery Disease (CAD)

- **American College of Cardiology Foundation & American Heart Association**
 - [2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease](#) (2019)
 - [2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults](#) (2013)
 - [2012 ACCF/AHA Focused Update of the Guideline for the Management of Patients With Unstable Angina/Non – ST-Elevation Myocardial Infarction \(Updating the 2007 Guideline and Replacing the 2011 Focused Update\)](#) (2012)

- [2014 ACC/AHA/AATS/PCNA/SCAI/STS Focused Update of the Guideline for the Diagnosis and Management of Patients with Stable Ischemic Heart Disease](#)
- [2020 ACC/AHA Guideline for the Management of Patients With Valvular Heart Disease: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines \(2020\)](#)
- **American Heart Association/American College of Cardiology**
 - [AHA/ACCF Secondary Prevention and Risk Reduction Therapy for Patients With Coronary and Other Atherosclerotic Vascular Disease: 2011 Update: A Guideline from the American Heart Association and the American College of Cardiology Foundation \(2011\)](#)
 - [Guideline for the Evaluation and Diagnosis of Chest Pain \(2021\); American College of Cardiology \(ACC\)/ American Heart Association \(AHA\)/ Society of Cardiovascular Computed Tomography / Society for Academic Emergency Medicine / Society for Cardiovascular Magnetic Resonance / American College of Chest Physicians / American Society of Echocardiography / American Heart \(2022\)](#)

Diabetes

- **American Association of Clinical Endocrinologist**
 - [Comprehensive Type 2 Diabetes Management Algorithm \(2020\) - EXECUTIVE SUMMARY](#)
- **American Diabetes Association**
 - [Standards of Medical Care in Diabetes \(2021\) \(2022\)](#)

High Blood Cholesterol

- **American Academy of Family Physicians**
 - [Management of Blood Cholesterol \(Affirmation of Value\) \(2019\)](#)
- **American College of Cardiology/American Heart Association**
 - [2018 Guideline on the Management of Blood Cholesterol \(2019\)](#)
 - [2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults \(2014\)](#)
 - [2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/APHa/NLA/PCNA Guideline on the Management of Blood Cholesterol](#)
- **National Institutes of Health: National Heart, Lung and Blood Institute**
 - [Third Report of the Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults \(Adult Treatment Panel III\)](#)

Hypertension

- **American College of Cardiology/American Heart Association**
 - [2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults](#) (2017)
- **National Institutes of Health: National Heart, Lung and Blood Institute**
 - [2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults: Report from the Panel Members Appointed to the Eighth Joint National Committee \(JNC8\)](#) (2014)

Immunization Guidelines

- **Centers for Disease Control and Prevention**
 - [Immunization Schedules](#)
 - [General Best Practice Guidelines for Immunization](#) (2021)

Maternity/Perinatal Guidelines

- **American College of Obstetricians and Gynecologists**
 - [Practice Guidelines and Reports](#)
 - [Guidelines for Perinatal Care](#)
- **World Health Organization**
 - [WHO Guidelines: Maternal, Reproductive and Women's Health](#)

Metabolic Syndrome

- **American Heart Association/National Heart, Lung and Blood Institute**
 - [Diagnosis and Management of the Metabolic Syndrome](#) (2005)
- **NCBI**
 - [Metabolic Syndrome](#) (2019)

Migraine

- **American Academy of Neurology**
 - [Clinical Practice Guidelines](#)
 - [Practice Parameter: Evidence-Based Guidelines for Migraine Headache](#) (2000)
- **American Family Physician**
 - [Acute Migraine Headache: Treatment Strategies](#) (2018)

Obesity Guidelines – Adult

- **Office of Disease Prevention and Health Promotion**
 - [2015 – 2020 Dietary Guidelines for Americans](#) (2016)
- **American Heart Association/American College of Cardiology**
 - [Guideline for the Management of Overweight and Obesity in Adults](#) (2013)
- **National Institutes of Health: National Heart, Lung and Blood Institute**
 - [The Practical Guide: Identification, Evaluation and Treatment of Overweight and Obesity In Adults](#) (2000)

Obesity Guidelines – Pediatric

- **Office of Disease Prevention and Health Promotion**
 - [2015 – 2020 Dietary Guidelines for Americans](#) (2016)
- **Endocrine Society**
 - [Pediatric Obesity-Assessment, Treatment, and Prevention: An Endocrine Society Clinical Practice Guideline](#)
 - [Updated Guidelines for Diagnosing, Treating, and Preventing Obesity in Children](#) (2017)
- **National Institutes of Health: National Heart, Lung and Blood Institute**
 - [Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents \(Summary Report\)](#) (2012)
- **American Academy of Pediatrics**
 - [Active Healthy Living: Prevention of Childhood Obesity Through Increased Physical Activity](#) (2006)
 - [Dietary Recommendations for Children and Adolescents: A Guide for Practitioners](#) (2006)
- **Centers for Disease Control and Prevention**
 - [Prevention Strategies and Guidelines](#) (2018)

Physical Activity Guidelines

- **U.S. Department of Health and Human Services**
 - [Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity Among Youth](#) (2012)

Prediabetes

- **American Diabetes Association**
 - [Standards of Medical Care in Diabetes](#) (2020)

- [Strategies for Effective Screening, Intervention, and Follow-Up](#)
- **Centers for Disease Control and Prevention**
 - [Prediabetes: Your Chance to Prevent Type 2 Diabetes](#)

Preventive Guidelines

- **U.S. Preventive Services Task Force (USPSTF)**
 - [The Guide to Clinical Preventive Services](#) (2014)
- **American Academy of Family Physicians**
 - [Summary of Recommendations for Clinical Preventive Services](#) (2017)

Rheumatoid Arthritis

- **American College of Rheumatology**
 - [2015 American College of Rheumatology Guideline for the Treatment of Rheumatoid Arthritis](#)
 - [2012 Update of the 2008 Recommendations for the Use of DMARDs and Biologics in the Treatment of RA](#) (2012)

Stress Management Guidelines

- **World Health Organization**
 - [Guidelines for the Management of Conditions Specifically Related to Stress](#)

Tobacco Cessation Guidelines

- **Agency for Healthcare Research and Quality (AHRQ)**
 - [Clinical Guidelines for Prescribing Pharmacotherapy for Smoking Cessation](#)
- **Centers for Disease Control and Prevention**
 - [Smoking and Tobacco Use](#)

Summary of Guideline Changes

Here is a summary of the recommendations and/or findings we will discuss:

- **Asthma**
 - No changes made.
- **Back Pain**
 - No changes made.
- **Behavioral Health – Attention Deficit Hyperactivity Disorder**
 - No changes made.
- **Behavioral Health- Depression**
 - No changes made.
- **Chronic Kidney Disease**
 - No changes made.
- **Chronic Obstructive Pulmonary Disease (COPD)**
 - No changes made.
- **Heart Failure (CHF)**
 - No changes made.
- **Coronary Artery Disease (CAD)**
 - No changes made.
- **Diabetes**
 - No changes made.
- **High Blood Cholesterol/Hyperlipidemia**
 - No changes made.
- **Hypertension**
 - No changes made.
- **Immunizations**
 - No changes made.
- **Maternity/Perinatal Guidelines**
 - No changes made.
- **Metabolic Syndrome**
 - No changes made.
- **Migraine**
 - No changes made.
- **Obesity Guidelines – Adult**
 - No changes made.
- **Obesity Guidelines – Pediatrics**
 - No changes made.
- **Physical Activity**
 - No changes made.
- **Prediabetes**
 - No changes made.
- **Preventive Guidelines**
 - No changes made.
- **Rheumatoid Arthritis**
 - No changes made.

- **Stress Management**
 - No changes made.
- **Tobacco Cessation Guidelines**
 - No changes made.