



Cigna- HealthSpring has adopted evidence based clinical practice guidelines as roadmaps for healthcare decision-making targeting specific clinical circumstances. Cigna-HealthSpring promotes the use of clinical practice guidelines to:

- ✓ Define clear goals of care based on the best available scientific evidence
- ✓ Reduce variation in care and outcomes
- ✓ Provide a more rational basis for clinical management of some conditions
- ✓ Comply with accreditation standards and regulatory expectations

The table below contains the clinical practice guidelines approved by Cigna-HealthSpring's Clinical Guidelines Steering Committee., as well as links to the websites with the most current version of the guideline.

| <b>Topic</b>   | <b>Name of Guideline</b>  | <b>Organization / Web Address</b>   | <b>Approval Date</b> |
|--|---|---|----------------------|
| <b>Acute Stress Disorder or Post Traumatic Stress Disorder</b> | Guideline Watch (March 2009): Practice Guideline for the Treatment of Patients with Acute Stress Disorder and Post Traumatic Stress Disorder                                | American Psychiatric Association<br><a href="http://psychiatryonline.org">http://psychiatryonline.org</a>   | January 28, 2015     |
| <b>Antithrombotic Therapy and Prevention of Thrombosis</b>     | Antithrombotic Therapy and Prevention of Thrombosis, 9th Ed: American College of Chest Physicians Evidence-Based Clinical Practice Guidelines                               | American College of Chest Physicians<br><a href="http://journal.publications.chestnet.org/article.aspx?articleID=1159399">http://journal.publications.chestnet.org/article.aspx?articleID=1159399</a>                     | January 28, 2015     |
| <b>Bipolar Disorder</b>  | Guideline Watch: Practice Guideline for the Treatment of Patients with Bipolar Disorder, 2nd Edition  | American Psychiatric Association<br><a href="http://psychiatryonline.org">http://psychiatryonline.org</a>   | January 28, 2015     |
| <b>Cholesterol Management in Adults</b>                        | ICSI Health Care Guideline: Lipid Management in Adults; Thirteenth Edition  | Agency for Healthcare Research and Quality<br><a href="http://www.guideline.gov/content.aspx?id=36062&amp;search=lipid+management#top">http://www.guideline.gov/content.aspx?id=36062&amp;search=lipid+management#top</a> | January 28, 2015     |
| <b>Coronary Artery Disease</b>                                 | Diagnosis of Stable Ischemic Heart Disease; November 2012   | American College of Cardiology<br>American Heart Association, et al<br><a href="http://annals.org/article.aspx?articleid=1392193">http://annals.org/article.aspx?articleid=1392193</a>                                    | January 28, 2015     |
| <b>Chronic Heart Failure in Adults</b>                         | 2013 ACCF/AHA Guideline for the Management of Heart Failure   | American College of Cardiology<br>American Heart Association<br><a href="http://circ.ahajournals.org/content/128/16/e240.full.pdf+html">http://circ.ahajournals.org/content/128/16/e240.full.pdf+html</a>                 | January 28, 2015     |
| <b>Chronic Obstructive Pulmonary Disease</b>                   | Chronic Obstructive Pulmonary Disease   | Agency for Healthcare Research and Quality<br><a href="http://www.guideline.gov/content.aspx?id=38897">http://www.guideline.gov/content.aspx?id=38897</a>   | January 28, 2015     |
| <b>Community-acquired Pneumonia in Adults</b>                  | Infectious Diseases Society of America/American Thoracic Society Consensus Guidelines on the Management of Community-Acquired Pneumonia in Adults (2015 update in progress) | Infectious Diseases Society of America / American Thoracic Society<br><a href="http://cid.oxfordjournals.org/content/44/Supplement_2/S27.full.pdf">http://cid.oxfordjournals.org/content/44/Supplement_2/S27.full.pdf</a> | January 28, 2015     |

| <b>Topic</b>                         | <b>Name of Guideline</b>   | <b>Organization / Web Address</b>  |                  |
|--------------------------------------|--|--|------------------|
| <b>Depression</b>                    | Practice Guideline for the Treatment of Patients With Major Depressive Disorder, Third Edition, Quick Reference Guide  | American Psychiatric Association<br><a href="http://www.guideline.gov/content.aspx?id=24158&amp;search=major+depression">http://www.guideline.gov/content.aspx?id=24158&amp;search=major+depression</a>  | January 28, 2015 |
| <b>Diabetes</b>                      | Standards of Medical Care in Diabetes—2015<br>Diabetes Care Volume 38, Supplement 1,   | American Diabetes Association (ADA)<br><a href="http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/Documents/January%20Supplement%20Combined_Final.pdf">http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/Documents/January%20Supplement%20Combined_Final.pdf</a> | January 28, 2015 |
| <b>Fall Prevention</b>               | Prevention of Falls in Community-Dwelling Older Adults   | US Preventative Services Task Force<br><a href="http://www.uspreventiveservicestaskforce.org/uspstf/uspsfalls.htm">http://www.uspreventiveservicestaskforce.org/uspstf/uspsfalls.htm</a>   | January 28, 2015 |
| <b>Hypertension</b>                  | 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 (JNC 8). | National Heart, Lung and Blood Institute<br><a href="http://jama.jamanetwork.com/article.aspx?articleid=1791497">http://jama.jamanetwork.com/article.aspx?articleid=1791497</a>  | January 28, 2015 |
| <b>Osteoporosis</b>                  | Medical Guidelines for Clinical Practice for the Diagnosis and Treatment of Postmenopausal Osteoporosis, 2010  | American Association of Clinical Endocrinologists<br><a href="https://www.aace.com/files/osteo-guidelines-2010.pdf">https://www.aace.com/files/osteo-guidelines-2010.pdf</a>   | January 28, 2015 |
| <b>Schizophrenia</b>                 | Guideline Watch (September 2009): Practice Guideline for the Treatment of Patients with Schizophrenia  | American Psychiatric Association<br><a href="http://psychiatryonline.org">http://psychiatryonline.org</a>  | January 28, 2015 |
| <b>Preventive Services Guideline</b> | Guide to Clinical Preventive Services – 2014 Recommendations of the U.S. Preventive Services Task Force  | Agency for Healthcare Research and Quality<br><a href="http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/index.html">http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/index.html</a>                        | January 28, 2015 |
|                                      | 2014 ACIP Recommended Adult Immunization Schedule  | Advisory Committee on Immunization Practices (ACIP)<br><a href="http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf">http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf</a>   |                  |
|                                      | Birth – 18 Years & “Catch-up” Immunization Schedules, 2014   | <a href="http://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html">http://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html</a>  |                  |