

# CLINICAL GUIDELINES

The Moda Healthcare Services team provides medical management for serious illnesses, as well as coaching and outreach to help keep members healthy and informed. Moda Health Coaching, Care Coordination, Case Management and Behavioral Health programs are developed using nationally-recognized, evidence-based clinical guidelines. These guidelines shape Moda Health policies and initiatives to help ensure the highest quality of care for our members.

A comprehensive list of links to clinical guidelines for disease management and preventive screenings is located on the Moda medical provider portion of our website at [www.modahealth.com/medical](http://www.modahealth.com/medical). Guidelines are listed for the following:

Guideline	Source
Management of high blood pressure in adults	Eighth Joint National Committee (JNC 8)
Treatment of blood cholesterol to reduce atherosclerotic cardiovascular risk in adults	American College of Cardiology/American Heart Association Task Force
Diagnosis and management of type 1 and type 2 diabetes in children and young people	National Institute of Health and Care Excellence (NICE)
Diagnosis and management of type 1 diabetes in adults	NICE
Diagnosis and management of type 2 diabetes in adults	Institute for Clinical Systems Improvement (ICSI)
Adult depression in primary care	ICSI
Routine prenatal care	ICSI
Diagnosis and management of asthma	ICSI
Prevention of acute exacerbations of COPD	American College of Chest Physicians and Canadian Thoracic Society Guideline

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Acute and subacute low back pain	ICSI
Assessment and management of chronic pain	
Treatment of osteoarthritis of the knee	American Academy of Orthopaedic Surgeons
Prevention and management of obesity for adults	ICSI
Vaccine Recommendations of the ACIP	Centers for Disease Control Advisory Committee on Immunization Practices (ACIP)
Clinical preventive services	U.S. Preventive Services Task Force (USPSTF)
Treating Tobacco Use and Dependence	US Department of Health and Human Services

You'll also find guidelines that have been adopted for behavioral health treatment within the Behavioral Health section of the Moda provider website, including:

- > Recommendations for assessment and treatment of adjustment disorder
- > Recommendations for use of outcome measure in outpatient psychotherapy

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