

Chronic Condition Clinical Guideline Summary 2022 Annual Review

There is an ongoing comprehensive review of all Chronic Condition Management (CCM) and Wellness & Health Promotion (WHP) program materials. Given that the CCM and WHP programs are based on guidelines from recognized sources, all collaterals for these programs are developed to be consistent with these guidelines. Cigna collaborated with Healthwise® to develop, adopt and update evidence-based clinical practice guidelines.

Guidelines are reviewed for consistency with the following:

- CCM and WHP program content
- Practitioner program content review
- Customer education/tools material review
- Staff training material
- Gaps in Care (Well Informed) program

Healthwise® content is developed and reviewed by public health and medical professionals with experience in scientific research and medical writing. The Healthwise Medical Team, Content Team, and Medical Library work together to develop accurate, current, and well-written content. These teams are made up of physician reviewers, a behavioral health expert, medical librarians, medical content specialists, medical writers and editors, and other public health professionals with experience in consumer-based health decisions and health literacy guidelines.

Healthwise based content contained in each update is also reviewed for cultural and linguistic appropriateness. In addition to examining content related to overall health beliefs/practices, health literacy (plain language/usability/understandability), preferred language and other communication needs, this review also considers the following:

- Diversity
 - Human: race, gender, sexual orientation, body type/ability, ethnicity and age
 - Cultural: language, religion, class, ethics and values
 - Systems: organizational role/function, geographic location, organizational culture
- Gender Inclusive Language
- Illustrations that represent diverse cultures, races and ethnicities in common or accessible environments

Healthwise® guideline reviews/updates are provided on a quarterly basis to Cigna and then undergo Cigna's internal review process to verify alignment with program content and training materials. Online materials (Healthwise Knowledgebase and educational materials) are automatically updated within 30 days of Cigna receiving the updates. Cigna's review of new information includes the sources of this information, an assessment of value to the patient and the decision process related to potentially implementing changes. Cigna's Integrated Health Management Quality Committee (IHMQC) reviews and approves the annual guideline summary for the following chronic conditions: Asthma, Depression, Diabetes, Heart Failure, Coronary Heart Disease, Peripheral Arterial Disease, Chronic Obstructive Lung Disease, Osteoarthritis, and Low Back Pain.

A. Examples of Recognized Sources

Professional Medical Associations/Specialties & Disease Specific Societies:

- American College of Cardiology
- American College of Physicians
- American College of Chest Physicians
- American Heart Association
- American Diabetes Association
- American Association of Diabetes Educators
- American College of Obstetricians and Gynecologists
- American Academy of Ophthalmology
- American Association of Clinical Endocrinologists
- American Psychological Association
- American Academy of Asthma, Allergy and Immunology
- American Association for Respiratory Care
- Society for Cardiovascular Angiography and Interventions
- Society for Vascular Medicine
- Society for Vascular Surgery
- European Society of Cardiology
- Endocrine Society

Federal Government Agencies & Global Initiatives:

- National Institutes of Health
- National Institute of Mental Health
- National Heart, Lung, and Blood Institute
- National Asthma Education and Prevention Program
- U.S. Dept. of Health and Human Services
- U.S. Preventive Services Task Force
- U.S. Food and Drug Administration
- U.S. Preventive Services Task Force
- VA/DoD Clinical Practice Guidelines
- Centers for Disease Control and Prevention
- World Health Organization
- Global Initiative for Chronic Obstructive Lung Disease

Professional Journals/Health Information Literature:

- NEJM Journal Watch Cardiology
- NEJM Journal Watch: Diabetes
- NEJM Journal Watch: Depression/Anxiety
- New England Journal of Medicine
- European Heart Journal
- Journal of Cardiovascular Nursing
- Journal of Clinical Endocrinology and Metabolism
- Journal of the American Medical Association
- Journal of the American Medical Association Psychiatry
- American Journal of Psychiatry
- Endocrine Reviews
- JAMA Cardiology
- JAMA Internal Medicine

B. Evidence-Based Guideline Review

Evidence-based guidelines are reviewed to ensure content is accurate, consistent and helpful to consumers. The below are examples and not a full list of all reviews completed in 2022.

Feb 2022

- AbuRahma AF, et al. (2021). Society for Vascular Surgery clinical practice guidelines for management of extracranial cerebrovascular disease. *Journal of Vascular Surgery*.
- ACOG (2021). Health care of transgender and gender diverse individuals. *Obstetrics and Gynecology*.
- ACOG (2020, updated 2021). Practice advisory: COVID-19 vaccination considerations for obstetric–gynecologic care.
- American Heart Association (2021). Assessing and Addressing Cardiovascular Health in People Who Are Transgender and Gender Diverse. *Circulation*.
- Baldomero AK, et al. (2021). Effectiveness and harms of high-flow nasal oxygen for acute respiratory failure: An evidence report for a clinical guideline from the American College of Physicians. *Annals of Internal Medicine*, 174(7): 952–966. DOI: 10.7326/M20-4675.
- CDC (2021). Interim Clinical Considerations for Use of COVID-19 Vaccines Currently Approved or Authorized in the United States. Centers for Disease Control and Prevention.
- Gartlehner G, et al. (2021). Point-of-care ultrasonography in patients with acute dyspnea: An evidence report for a clinical practice guideline by the American College of Physicians. *Annals of Internal Medicine*, 174(7): 967–976. DOI: 10.7326/M20-5504.
- Jacobs SS, et al. (2020). Home oxygen therapy for adults with chronic lung disease. An official American Thoracic Society clinical practice guideline. *American Journal of Respiratory and Critical Care Medicine*, 202(10): e121–e141.
- Janjua S, et al. (2021). Interventions to improve adherence to pharmacological therapy for chronic obstructive pulmonary disease (COPD). *Cochrane Database of Systematic Reviews*, 9: CD013381. DOI: 10.1002/14651858.CD013381.pub2.
- Lee RA, et al. (2021). Appropriate use of short-course antibiotics in common infections: Best Practice Advice from the American College of Physicians. *Annals of Internal Medicine*, 174(6): 822–827. DOI: 10.7326/M20-7355.
- Lockhart R, Vincoff NS (2021). Patient-friendly summary of the ACR appropriateness Criteria®: Acute respiratory illness in immunocompetent patients. *Journal of the American College of Radiology: JACR*, published online August 4, 2021: S1546. DOI: 10.1016/j.jacr.2021.06.017.
- Qaseem A, et al. (2021). Appropriate use of high-flow nasal oxygen in hospitalized patients for initial or post extubation management of acute respiratory failure: A clinical guideline from the American College of Physicians. *Annals of Internal Medicine*, 174(7): 977–984. DOI: 10.7326/M20-7533.
- Raveling T, et al. (2021). Chronic non-invasive ventilation for chronic obstructive pulmonary disease. *Cochrane Database of Systematic Reviews*, 8: CD002878. DOI: 10.1002/14651858.CD002878.pub3.
- USPSTF (2021). Screening for gestational diabetes: Updated evidence report and systematic review for the US Preventative Task Force Recommendation Statement. *JAMA*.
- USPSTF (2021). Screening for prediabetes and type 2 diabetes: US Preventative Task Force Recommendation Statement. *JAMA*.

May 2022

- American Academy of Pediatrics. (2021). COVID-19 Vaccines in Children and Adolescents. *Pediatrics*.
- Bush A. Pavord ID (2021) Forthcoming UK asthma guidelines: an opportunity to improve asthma outcomes. *Lancet*.
- Center for Disease Control and Prevention. (2021). Sexually Transmitted Infections Treatment Guidelines.

- Expert Panel on Thoracic Imaging, et al. (2021). ACR appropriateness Criteria® chronic cough. Journal of the American College of Radiology.
- Global Initiative for Chronic Obstructive Lung Disease (2022). Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease.
- Gulati M, et al. (2021). 2021 AHA/ACC/ASE/CHEST/SAEM/SCCT/SCMR guideline for the evaluation and diagnosis of chest pain. Journal of the American College of Cardiology.
- Lawton JS, et al. (2021). 2021 ACC/AHA/SCAI guideline for coronary artery revascularization. Journal of the American College of Cardiology.
- Stevens SM, et al. (2021). Antithrombotic therapy for VTE disease: Second update of the CHEST guideline and expert panel report. CHEST.

August 2022

- American Diabetes Association (2022). Standards of care in diabetes-2022. Diabetes Care.
- Chu, D. et al. (2022). Risk of Second Allergic Reaction to SARS-CoV-2 Vaccines: A Systematic Review and Meta-analysis. JAMA internal medicine.
- Delgado C, et al. (2022). A unifying approach for GFR estimation: Recommendations of the NKF-ASN Task Force on reassessing the inclusion of race in diagnosing kidney disease. American Journal of Kidney Diseases: The Official Journal of the National Kidney Foundation.
- Feikin, D. et al. (2022). Duration of effectiveness of vaccines against SARS-CoV-2 infection and COVID-19 disease: results of a systematic review and meta-regression. Lancet.
- John AS, et al. (2022). Advances in managing transition to adulthood for adolescents with congenital heart disease: A practical approach to transition program design: A scientific statement from the American Heart Association. Journal of the American Heart Association.
- Lee ARYB, et al. (2022). Efficacy of covid-19 vaccines in immunocompromised patients: Systematic review and meta-analysis. BMJ.
- Murthy N, et al. (2022). Advisory Committee on Immunization Practices Recommended Immunization Schedule for Adults Aged 19 Years or Older: United States, 2022. MMWR Morb Mortal Wkly Rep.
- Perry C, et al. (2022). The management of substance use disorders: Synopsis of the 2021 U.S. Department of Veterans Affairs and U.S. Department of Defense clinical practice guideline.
- Qaseem A, et al. (2022). Colonoscopy for Diagnostic Evaluation and Interventions to Prevent Recurrence after Acute Left-Sided Colonic Diverticulitis: A Clinical Guideline from the American College of Physicians Annals of Internal Medicine.
- Stanojevic S, et al. (2021). ERS/ATS technical standard on interpretive strategies for routine lung function tests. European Respiratory Journal.
- U.S. Preventive Services Task Force (2022). Screening for atrial fibrillation: US Preventive Services Task Force Recommendation Statement. JAMA.
- U.S. Preventive Services Task Force (2022). Eating Disorders in Adolescents and Adults: US Preventive Services Task Force Recommendation Statement. JAMA.

November 2022

- Writing Committee Members, et al. (2022). 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. Journal of the American College of Cardiology, published online March 24, 2022: S0735. DOI: 10.1016/j.jacc.2021.12.012.
- US Preventive Services Task Force. (2022). Aspirin Use to Prevent Cardiovascular Disease: US Preventive Services Task Force Recommendation Statement. JAMA. 327(16):1577–1584. doi:10.1001/jama.2022.4983.
- Groh WJ, et al. (2022). 2022 HRS expert consensus statement on evaluation and management of arrhythmic risk in neuromuscular disorders. Heart Rhythm, published online April 26, 2022: S1547. DOI: 10.1016/j.hrthm.2022.04.022.

- Kavinsky CJ, et al. (2022). SCAI Guidelines for the Management of Patent Foramen Ovale. Journal of the Society for Cardiovascular Angiography & Interventions. DOI: ative. Contents lists available at ScienceDirect Journal of the Society for Cardiovascular Angiography & Interventions. DOI: 10.1016/j.jscai.2022.100039.
- Living Standards Update (2022). Standards of Diabetes Care—2022
- US Preventive Services Task Force, et al. (2022). Vitamin, mineral, and multivitamin supplementation to prevent cardiovascular disease and cancer: US Preventive Services Task Force recommendation statement. JAMA, 327(23): 2326–2333. DOI: 10.1001/jama.2022.8970.
- Weng MK, et al. (2022). Universal hepatitis B vaccination in adults aged 19-59 years: Updated recommendations of the Advisory Committee on Immunization Practices - United States, 2022. Morbidity and Mortality Weekly Report, 71(13): 477–483. DOI: 10.15585/mmwr.mm7113a1.
- IDSA (2020, updated 2022). IDSA Guidelines on the Treatment and Management of Patients with COVID-19.
- Klompas M, et al. (2022). Strategies to prevent ventilator-associated pneumonia, ventilator-associated events, and nonventilator hospital-acquired pneumonia in acute-care hospitals: 2022 Update. Infection Control and Hospital Epidemiology, 43(6): 687–713. DOI: 10.1017/ice.2022.
- US Preventive Services Task Force, et al. (2022). Screening for impaired visual acuity in older adults: US Preventive Services Task Force recommendation statement. JAMA, 327(21): 2123–2128. DOI: 10.1001/jama.2022.7015.
- US Preventive Services Task Force, et al. (2022). Screening for primary open-angle glaucoma: US Preventive Services Task Force recommendation statement. JAMA, 327(20): 1992–1997. DOI: 10.1001/jama.2022.7013.
- American Academy of Orthopaedic Surgeons (2022). Prevention of Surgical Site Infections after Major Extremity Trauma Evidence-Based Clinical Practice Guideline.
- Department of Veterans Affairs, Department of Defense (2022). VA/DoD clinical practice guidelines for the diagnosis and treatment of low back pain. Washington, DC: U.S. Government Printing Office.
- Brophy RH, Fillingham YA (2022). AAOS clinical practice guideline summary: Management of osteoarthritis of the knee (nonarthroplasty), third edition. Journal of the American Academy of Orthopedic Surgeons, 30(9): e721–e729. DOI: 10.5435/JAAOS-D-21-01233.
- Expert Panel on Musculoskeletal Imaging, et al. (2022). ACR appropriateness Criteria® imaging after shoulder arthroplasty: 2021 update. Journal of the American College of Radiology: JACR, 19(5S): S53–S66. DOI: 10.1016/j.jacr.2022.02.019.
- Li MM, et al. (2022). Clinical evaluation and etiologic diagnosis of hearing loss: A clinical practice resource of the American College of Medical Genetics and Genomics (ACMG). Genetics in Medicine. DOI: 10.1016/j.gim.2022.03.018.
- Department of Veterans Affairs, Department of Defense (2022). VA/DoD clinical practice guidelines for the management of major depressive disorders. Washington, DC: U.S. Government Printing Office.
- Raghu G, et al. (2022). Idiopathic pulmonary fibrosis (an Update) and Progressive pulmonary fibrosis in adults: An official ATS/ERS/JRS/ALAT clinical practice guideline. American Journal of Respiratory and Critical Care Medicine, 205(9): e18–e47. DOI: 10.1164/rccm.202202-0399ST.
- US Preventive Services Task Force, et al. (2022). Screening for chronic obstructive pulmonary disease: US Preventive Services Task Force reaffirmation recommendation statement. JAMA, 327(18): 1806–1811. DOI: 10.1001/jama.2022.5692.
- Germano IM, et al. (2022). Congress of Neurological Surgeons systematic review and evidence-based guidelines on the management of progressive glioblastoma in adults: Update of the 2014 guidelines. Neurosurgery, 90(5): 649–652. DOI: 10.1227/neu.0000000000001903.

- Onel KB, Horton DB, Lovell DJ, et al. 2021 American College of Rheumatology Guideline for the Treatment of Juvenile Idiopathic Arthritis (JIA): Therapeutic Approaches for Oligoarthritis, Temporomandibular Joint (TMJ) Arthritis and Systemic JIA
- ACOG Committee on Clinical Practice Guidelines-Gynecology (2022). Management of Postmenopausal Osteoporosis. *Obstetrics and Gynecology*, 139(4): 698-717. DOI: 10.1097/AOG.0000000000004730.
- Goodman SM, et al. (2022). 2022 American College of Rheumatology/American association of hip and knee surgeons guideline for the perioperative management of antirheumatic medication in patients with rheumatic diseases undergoing elective total hip or total knee arthroplasty. *Arthritis and Rheumatology*, published online June 20, 2022. DOI: 10.1002/art.42140.
- Hawkins BM, et al. (2022). SCAI/ACR/APMA/SCVS/SIR/SVM/SVS/VESS position statement on competencies for endovascular specialists providing CLTI care. *Journal of Vascular Surgery*, published online April 22, 2022: S0741. DOI: 10.1016/j.jvs.2022.02.001.
- Hillegass E, et al. (2022). Role of physical therapists in the management of individuals at risk for or diagnosed with venous thromboembolism: Evidence-based clinical practice guideline 2022. *Physical Therapy*, published online May 13, 2022: pzac057. DOI: 10.1093/ptj/pzac057.
- Lip GYH, et al. (2022). Integrated care for optimizing the management of stroke and associated heart disease: A position paper of the European Society of Cardiology Council on Stroke. *European Heart Journal*, published online May 13, 2022: ehac245. DOI: 10.1093/eurheartj/ehac245.
- Naylor AR, et al. (2022). European society for vascular surgery (ESVS) 2023 Clinical practice guidelines on the management of atherosclerotic carotid and vertebral artery disease. *European Journal of Vascular and Endovascular Surgery: The Official Journal of the European Society for Vascular Surgery*, published online May 19, 2022: S1078. DOI: 10.1016/j.ejvs.2022.04.011.

C. Evidence Based Guidelines Review Schedule

Cigna reviews, updates and utilizes evidence-based guidelines through a consistent collaboration with Healthwise®. Recognized resources are reviewed/updated at least every 5 years and Healthwise Guidelines are reviewed at least every 2 years. It is important to note that the table below provides a high level summary of review sources. A full reference list can be found within the Healthwise Knowledgebase under each program/condition.

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update <i>(at least every 5 years)</i>	Healthwise Medical Guideline Review <i>(at least every 2 years)</i>	Cigna Quality Committee Review <i>(at least every 2 years)</i>
		Multimorbidity Treatment: A Framework for Pragmatic, Patient-Centered Care (jacc.org)			
Heart Failure <i>(18+ years of age)</i>	American College of Cardiology American Heart Association Heart Failure Society of America European Society of Cardiology	American College of Cardiology/American Heart Association/Heart Failure Society of America (2022). 2022 Guideline for the Management of Heart Failure. 2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure (jacc.org) European Society of Cardiology (2021). 2021 ESC Guidelines on cardiac pacing and cardiac resynchronization therapy European Heart Journal Oxford Academic (oup.com)	2022 2021	March 2023	May 2023
Diabetes <i>(2+ years of age)</i>	American Diabetes Association Kidney Disease: Improving Global Outcomes (KDIGO)	American Diabetes Association (2022). Standards of Medical Care in Diabetes. Introduction: Standards of Medical Care in Diabetes—2022 Diabetes Care American Diabetes Association (diabetesjournals.org) Kidney Disease: Improving Global Outcomes (KDIGO) (2022). Diabetes Management in Chronic Kidney Disease: A Consensus Report by the ADA and KDIGO. DB22en08_proof.pdf (kdigo.org)	2022 2022	March 2023	May 2023
Depression <i>(18+ years of age)</i>	Veteran Affairs/ Department of Defense U.S. Preventive Services Task Force	Veteran Affairs/Department of Defense (2022). VA/DoD Clinical Practice Guideline for the Management of Major Depressive Disorder, version 4.0. VA/DoD Clinical Practice Guideline for the Management of Major Depressive Disorder (MDD) U.S. Preventive Services Task Force (2022). Screening for Depression and Suicide Risk in Children and Adolescents. screening-depression-suicide-risk-children-final-recommendation.pdf	2022 2022	March 2023	May 2023
PAD <i>(18+ years of age)</i>	American College of Radiology	American College of Radiology (2022). ACR Appropriateness Criteria on Lower Extremity Arterial Claudication—Imaging Assessment for Revascularization.	2022	March 2023	May 2023

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update <i>(at least every 5 years)</i>	Healthwise Medical Guideline Review <i>(at least every 2 years)</i>	Cigna Quality Committee Review <i>(at least every 2 years)</i>
PAD cont.	American Heart Association	Lower Extremity Arterial Claudication-Imaging Assessment for Revascularization (acr.org) American Heart Association (2021). Lower Extremity Peripheral Artery Disease: Contemporary Epidemiology, Management Gaps, and Future Directions: A Scientific Statement From the American Heart Association. AHA 2021.pdf	2021		
Low Back Pain <i>(18+ years of age)</i>	Veterans Affairs/ Department of Defense Centers for Disease Control and Prevention	Veterans Affairs/Department of Defense (2022). VA/DoD Clinical Practice Guideline for the Diagnosis and Treatment of Low Back Pain. VA/DoD_CPG_the_Diagnosis_and_Treatment_of_Low_Back_Pain Centers for Disease Control and Prevention (2022). CDC Clinical Practice Guideline for the Prescribing Opioids for Pain—United States, 2022. CDC Clinical Practice Guideline for Prescribing Opioids for Pain — United States, 2022 MMWR	2022 2022	March 2023	May 2023
Osteoarthritis <i>(18+ years of age)</i>	American Academy of Orthopaedic Surgeons American College of Radiology	American Academy of Orthopaedic Surgeons (2022). Surgical Management of Osteoarthritis of the Knee: Evidence-Based Clinical Practice Guideline. Surgical Management of Osteoarthritis of the Knee - Clinical Practice Guideline (CPG) American Academy of Orthopaedic Surgeons (aaos.org) American College of Radiology (2022). ACR Appropriateness Criteria: Chronic Hip Pain. Chronic Hip Pain (acr.org)	2022 2022	March 2023	May 2023

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update <i>(at least every 5 years)</i>	Healthwise Medical Guideline Review <i>(at least every 2 years)</i>	Cigna Quality Committee Review <i>(at least every 2 years)</i>
Metabolic Syndrome <i>(18+ years of age)</i>	US Preventive Services Task Force	US Preventive Services Task Force (2022). Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults Without Cardiovascular Disease Risk Factors: Behavioral Counseling Interventions. behav-counsel-healthy-lifestyle-low-cvd-risk-final-rs.pdf	2022	March 2023	May 2023
	American Heart Association	American Heart Association (2022). Comprehensive Management of Cardiovascular Risk Factors for Adults with Type 2 Diabetes: A scientific statement from the American Heart Association. AHA Scientific Statement.pdf	2022		

D. Integrated Health Management Quality Committee (IHMQC): 2022 Annual Review of Quarterly Guideline Updates

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
Asthma	<ul style="list-style-type: none"> ▪ 2021 U.S. Preventive Services Task Force recommendation statement on screening for asymptomatic carotid artery stenosis and the 2021 Society for Vascular Surgery clinical practice guidelines for management of extracranial cerebrovascular disease. ▪ ACC/AHA 2018 Guideline on the Management of Blood Cholesterol. ▪ 2021 U.S. Preventive Services Task Force recommendation statement on screening for asymptomatic carotid artery stenosis ▪ 2021 Society for Vascular Surgery clinical practice guidelines for management of extracranial cerebrovascular disease. ▪ National Cancer Institute (2021). Coenzyme Q10 (PDQ)—Health Professional Version. National Cancer Institute. https://www.cancer.gov/about-cancer/treatment/cam/hp/coenzyme-q10-pdq. Accessed July 22; 2021. ▪ Guideline on the Management of Blood Cholesterol: A Report of the American College 	Feb 2022	<p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Carotid Artery Disease (abp6220): We revised the information about carotid artery disease screening to clearly say that screening is not recommended for asymptomatic people. ▪ Coenzyme Q10 (ug1977spec): We now say that there is some evidence that coenzyme Q10 may help to reduce symptoms from taking statins, stimulate the immune system, and protect the heart from being damaged by certain chemotherapy medicines. ▪ Transient Ischemic Attack (TIA) (hw226606): We added that other cholesterol medicines might be used in addition to statins. <p>Updated Videos:</p> <ul style="list-style-type: none"> ▪ Coronary Angiogram: Before Your Procedure: (abp4694). This video has been revised to reflect more detail on plaque, accuracy about blood flow to the heart muscle, and a corrected procedure time.

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
Asthma cont.	of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines		<ul style="list-style-type: none"> ▪ Coronary Angiogram: Returning Home: (abp4700). This video is now focused strictly on what patients should expect and what they should do when they return home after a coronary angiogram. ▪ Coronary Artery Disease: 5 Ways to Help Lower Your Risk: (abn0368). We removed information that said quitting smoking cuts risks in half after one year. And we added information about talking to your doctor about possible problems with alcohol or drugs.
Asthma		Aug 2022	<p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Breathing Problems: Using a Nebulizer (aa123392): Based on updated recommendations, we revised how medicines are used to treat asthma. We added that controller medicines may be used intermittently.
Asthma		Nov 2022	<p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Steroid Medicine for Asthma: Myths and Facts: Based on updated recommendations, we revised how medicines are used to treat asthma. We added that controller medicines may be used intermittently. (abo6502)
COPD		Feb 2022	<p>Updated Videos:</p> <ul style="list-style-type: none"> ▪ Lung Problems: Ways to Clear Mucus: (abo6261). We changed visuals and the script to broaden the audience from people with COPD to include people with other lung problems.
COPD		Aug 2022	<p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Pulmonary Fibrosis (acm9326)
COPD		Nov 2022	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ How to breathe with your diaphragm (belly breathing) (abx1239) ▪ How to do pursed-lip breathing (abx1051)
CAD	ACC/AHA 2020 guideline for the management of patients with valvular heart disease.	Aug 2022	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Aortic Valve Stenosis (hw179837): We revised language about the decision to have surgery to encourage shared decision making. ▪ Cardiomyopathy (stc123661): We added more examples of cardiomyopathy diagnoses including infectious, ischemic, and transthyretin cardiac amyloidosis cardiomyopathy.
CAD	<ul style="list-style-type: none"> ▪ 2021 AHA/ACC/ASE/CHEST/SAEM/SCCT/SCMR guideline for the evaluation and diagnosis of chest pain. (Journal of the American College of Cardiology). (hw267214) 2021 	Nov 2022	<p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Coronary Artery Disease: Should I Have an Angiogram? (hw267214) : We added more emphasis to the key point that non-invasive tests

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
CAD cont.	AHA/ACC/AHA/ACC/ASE/CHEST/SAEM/SCCT/SCMR Guideline for the Evaluation and Diagnosis of Chest Pain: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines Journal of the American College of Cardiology (jacc.org)		may give a patient and doctor all the information they need to make treatment decisions
Heart Failure	<ul style="list-style-type: none"> ▪ Osmancik P, et al. (2022). 4-year outcomes after left atrial appendage closure versus nonwarfarin oral anticoagulation for atrial fibrillation ▪ Journal of the American College of Cardiology and Lakkireddy D, et al. (2021). ▪ Amplatzer Amulet left atrial appendage occluder versus Watchman device for stroke prophylaxis (Amulet IDE): A randomized controlled trial, Circulation. ▪ ACC/AHA 2020 guideline for the management of patients with valvular heart disease. 	Aug 2022	New Health and Disease Topics: <ul style="list-style-type: none"> ▪ Atrial Fibrillation: Should I Take an Anticoagulant to Prevent Stroke? (tx2209): We updated the efficacy statement about percutaneous left atrial appendage occlusion to say that the device may be implanted to lower the risk of stroke and that it can prevent blood clots from moving out of the heart. ▪ Mitral Valve Regurgitation: Repair or Replace the Valve? (ug1333abc): We revised language about the decision to have surgery to encourage shared decision making. ▪ Turning off Your ICD (abo6159): We revised the information to clarify that only some ICDs have pacemaker functionality and that the antitachycardia pacing is done with electrical pulses.
Heart Failure	<ul style="list-style-type: none"> ▪ 2022 AHA/ACC/HFSA Guideline for the management of heart failure. (uf9848) 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 Circulation (ahajournals.org) 	Nov 2022	Updated Health and Disease Topics: <ul style="list-style-type: none"> ▪ Heart Failure: Should I Get an Implantable Cardioverter-Defibrillator (ICD)? (uf9848): We removed Class II and III heart failure symptoms from the list of indications for an ICD since patients with other classes may be eligible
Diabetes		Feb 2022	New Videos: <ul style="list-style-type: none"> ▪ How to Use an Insulin Pen (acm0228) ▪ Learning About Insulin Pens (acl9608) ▪ Type 1 Diabetes in Children: Bryson's Story (ack3475) ▪ Type 1 Diabetes in Children: How to Support Your Teen (ack3476)
Diabetes	2021 USPSTF Screening Recommendations: Recommendation: Prediabetes and Type 2 Diabetes: Screening United States Preventive Services Taskforce (uspreventiveservicestaskforce.org)	May 2022	Updated Care Support Pages: <ul style="list-style-type: none"> ▪ Your Test: Diabetes Testing: We revised the age for screening for diabetes and prediabetes for those who are overweight or obese from ages 40 to 70 to ages 35 to 70.
Diabetes	<p>National Kidney Foundation and the American Society of Nephrology</p> <p>2022 American Diabetes Association guidelines for levels of hypoglycemia</p> <p>2022 ADA guideline for safe exercising with diabetes</p>	Aug 2022	Updated Health and Disease Topics: <ul style="list-style-type: none"> ▪ Continuous Glucose Monitoring (abk4683): We changed the information about CGMs to reflect newer technology. ▪ Diabetes-Related High and Low Blood Sugar Levels (tm7018): We updated values for different levels of hypoglycemia and updated content to reflect the availability of glucagon in the form of a nasal spray.

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
Diabetes cont.	6. Glycemic Targets: Standards of Medical Care in Diabetes—2022 Diabetes Care American Diabetes Association (diabetesjournals.org)		<ul style="list-style-type: none"> ▪ Diabetic Kidney Disease (uf3486): We removed race as being part of the equation to determine a person's estimated glomerular filtration rate (eGFR). ▪ Tips for Exercising Safely When You Have Diabetes (hw133134): We revised blood sugar level recommendations related to exercise.
Diabetes		Nov 2022	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Diabetes: Giving Yourself a Single-Dose Insulin Shot (acn12690) <p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Types of Insulin (aa122570): This topic focuses on defining the types of insulin, when they are generally used, and information about strengths.
Depression		Feb 2022	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Acute Stress Disorder (ASD) (acm0255) ▪ Coping After a Traumatic Event (acm1142) ▪ Long-Acting Injectable Antipsychotic Medicines (acm0426) ▪ Psychiatric Advance Directives (acm0209) ▪ Supporting Someone After Inpatient Mental Health Treatment (acm1542) ▪ Supporting Someone During Inpatient Mental Health Treatment (acm1532) <p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Coping With Stress: (tp23272). This assessment form prompts users to find healthy ways to cope with stress. ▪ How You Can Help Older Adults Stay Connected: (acl3226). We revised this content to take out references to the COVID-19 pandemic.
Depression		May 2022	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Disruptive Mood Dysregulation Disorder (DMDD) (acm0769) ▪ Maintaining a healthy relationship with a loved one who has a mental health condition (acm2171) ▪ Taking Medicine to Support Your Mental Health (acm1666) <p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Cognitive-Behavioral Therapy for Eating Disorders (aa131317). We revised this topic to better answer the question posed by the title. ▪ Cognitive-Behavioral Therapy for Pain Management (tv3092): We revised this topic to be more specific about the goals of CBT for pain management. ▪ Gender Identity Issues: Getting Support (abj9667). We revised the term "LGBTQ" to "LGBTQ+".

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
Depression cont.			<ul style="list-style-type: none"> ▪ Sexual Orientation (abj9152): We removed binary language and language that could imply bias for heterosexuality and revised the term "LGBTQ" to "LGBTQ+". ▪ Staying Safe: After You Leave a Violent Relationship (abk3470): We revised information about cell phones and the internet, and we improved overall organization and readability. <p>Updated Videos:</p> <ul style="list-style-type: none"> ▪ 3 Breathing Exercises to Help You Relax (abn3445): We revised the script and visuals to align with current guidelines and added two more breathing exercises. ▪ How to do guided imagery (abo2148): We changed the script and images to reflect current guidelines. ▪ How to Do Mindfulness Meditation (abp4933): We changed the script and visuals to update the content. ▪ How to do progressive muscle relaxation (abo5022): We changed the script and visuals to reflect current guidelines. ▪ Mindfulness: What is it? (abp4913): We changed the script and visuals to current style and content guidelines.
Depression	Guidelines from the Veterans Affairs/Department of Defense and American Psychological Association (2022) Management of Posttraumatic Stress Disorder and Acute Stress Reaction 2017 - VA/DoD Clinical Practice Guidelines	Aug 2022	<p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Assessing PTSD (ug4391): We revised language about how PTSD is diagnosed to align with current. ▪ Feeling Depressed: We revised language about what to do if you or someone you know is having thoughts of suicide or self-harm.
Depression	NIMH » Suicide Prevention (nih.gov)	Nov 2022	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Loneliness and Your Health (acn2156) <p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Complications of Grief (aa129291): We added the new nationwide 988 number to the Suicide and Crisis Lifeline resource information. ▪ Coping After a Traumatic Event (acm1142): We added the new nationwide 988 number to the Suicide and Crisis Lifeline resource information. ▪ Depression (hw30709): We added the new nationwide 988 number to the Suicide and Crisis Lifeline resource information. ▪ Depression and Suicide (ug5155): We added the new nationwide 988 number to the Suicide and Crisis Lifeline resource information.

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
Depression cont.			<ul style="list-style-type: none"> ▪ Depression Screening (aba5372): We added examples of depression symptoms and information about the National Suicide Prevention Lifeline. ▪ Finding Strength to Keep Going: Overcoming Suicidal Thoughts (acl8496): We added the new nationwide 988 number to the Suicide and Crisis Lifeline resource information.
PAD		Feb 2022	<p>New Videos:</p> <ul style="list-style-type: none"> ▪ Angioplasty for Peripheral Artery Disease: Returning Home (acl8507) <p>Updated Videos:</p> <ul style="list-style-type: none"> ▪ Angioplasty for Peripheral Artery Disease: Before Your Procedure: (abn2026). This video is an update from the previous version, which was not specific to before the procedure. We've also added content to help patients prepare for angioplasty for PAD as well as telling them what to expect during the procedure. A separate "returning home" video for this procedure was also created.
Low Back Pain		May 2022	<p>New Videos:</p> <ul style="list-style-type: none"> ▪ Back Surgery for Spinal Stenosis: Returning Home (acm1495) ▪ Lumbar Discectomy: Returning Home (acm1473) <p>Updated Videos:</p> <ul style="list-style-type: none"> ▪ Back Surgery for Spinal Stenosis: Before Your Surgery (abo8338): We changed the visuals and script per medical guidelines. ▪ Lumbar Discectomy: Before Your Surgery (abo7528): We revised the visuals and script per medical guidelines.
Low Back Pain		Nov 2022	<p>Updated Health and Disease Topics:</p> <p>Chronic Pain (cpain): We added the new nationwide 988 number to the Suicide and Crisis Lifeline resource information.</p>
Osteo- arthritis		Nov 2022	<p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Chronic Pain (cpain): We added the new nationwide 988 number to the Suicide and Crisis Lifeline resource information.
Metabolic Syndrome		Nov 2022	<p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ High Cholesterol (hw115432): We deleted information about LDL and HDL levels.