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## Clinical Practice Guideline

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# Management of Hypertension in Adults

**Revised / Effective:** February 2023

**Next Review:** November 2024

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## RECOMMENDATION SUMMARY

The health plan supports the American College of Cardiology/American Heart Association Task Force guideline for the management of hypertension in adults.

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## REFERENCE

Whelton PK, Carey RM, Aronow WS, Casey DE Jr, Collins KJ, Dennison Himmelfarb C, DePalma SM, Gidding S, Jamerson KA, Jones DW, MacLaughlin EJ, Muntner P, Ovbigele B, Smith SC Jr, Spencer CC, Stafford RS, Taler SJ, Thomas RJ, Williams KA Sr, Williamson JD, Wright JT Jr. 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: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Circulation*. 2018 Oct 23;138(17):e484-e594. doi: 10.1161/CIR.0000000000000596. PMID: 30354654.

Available at: <https://www.ahajournals.org/doi/10.1161/CIR.0000000000000596>

## POSITION STATEMENT

The guidelines are supported by the health plan because they are based on scientific evidence, and where evidence is lacking, on panel consensus judgment. The guidelines reflect the current standard of care.

- The panel members are recognized experts in the field, practicing in a variety of professional settings.
- The recommendations are based on a well-defined, comprehensive evidence search.
- The methods used to critically appraise the evidence supporting the guideline recommendations are transparent.

- The guidelines clearly state the strength of the evidence for which recommendations are based on.
- Sources of funding for guideline development are reported.
- Potential conflicts of interest for individual panel members are reported and managed in the development of the guidelines.

## GUIDELINE ADOPTION AND RECOMMENDED USE

This guideline has been adopted based on nationally and locally recognized sources. This guideline is based on the most recent medical evidence at the time of the report or on a consensus of panel experts. The health plan adopts guidelines to help practitioners and members make decisions about appropriate health care for specific medical conditions. Guidelines are not a substitute for professional medical advice.

## BENEFIT DETERMINATION

Benefit determinations should be based in all cases on the applicable contract coverage. To the extent that there are any conflicts between these guidelines and the contract language, the contract language takes precedence.

*Date of Origin: September 2015*