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## Clinical Practice Guideline

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# Cholesterol Management in Adults

**Revised / Effective:** December 2022

**Next Review:** October 2024

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## RECOMMENDATION SUMMARY

The health plan supports the recommendations of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. The guideline recommendations address adults.

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## REFERENCE

Grundy SM, Stone NJ, Bailey AL, Beam C, Birtcher KK, Blumenthal RS, Braun LT, de Ferranti S, Faiella-Tommasino J, Forman DE, Goldberg R, Heidenreich PA, Hlatky MA, Jones DW, Lloyd-Jones D, Lopez-Pajares N, Ndumele CE, Orringer CE, Peralta CA, Saseen JJ, Smith SC Jr, Sperling L, Virani SS, Yeboah J. 2018  
AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Circulation*. 2019 Jun 18;139(25):e1082-e1143. doi: 10.1161/CIR.0000000000000625. Epub 2018 Nov 10. Erratum in: *Circulation*. 2019 Jun 18;139(25):e1182-e1186. PMID: 30586774; PMCID: PMC7403606.

Available at: <https://www.ahajournals.org/doi/epub/10.1161/CIR.0000000000000625>

## POSITION STATEMENT

ACC/AHA Guideline on the Management of Blood Cholesterol is 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 practicing in a variety of specialty areas.
- Recommendations are based on a well-defined, comprehensive scientific literature search.
- Methods used to select appropriate scientific literature are well defined.
- The methods used to critically appraise the evidence supporting guideline recommendations are transparent.

- The guidelines clearly state the strength of the evidence on which recommendations are based.
- Financial disclosure statements/conflicts of interest are addressed.

## PLAN RESOURCES

Some members may be eligible for participation in the cardiac disease management program. Please check the health plan benefits for eligibility.

## 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. Medical policy adopts guidelines to help practitioners and members make decisions about appropriate health care for specific 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: April 1998*