



# Clinical Practice Guidelines 2026

April 23, 2026

To: All Providers Contracted by First Medical Health Plan, Inc., and their Provider Network International Medical Card, Inc.

**Re: Clinical Practice Guidelines**

Receive a warm greeting on behalf of First Medical Health Plan, Inc., (FMHP)

Committed to offer quality services to our providers and subscribers, we would like to inform you that we have updated the Clinical Practice Guidelines (CPG's). For your knowledge, annually the Clinical Practice Review Committee approves and adopts CPG's for prevention, diagnostic and management of physical and mental health.

These national and international Guidelines correspond to standards of care and clinical treatments for specific conditions. We encourage you to use these Guidelines, in order to collaborate with the quality and consistency of health care management.

Below you will find the links to access and review the Clinical Practice Guidelines.

**Special Section on COVID-19**

COVID-19 remains an evolving and dynamic disease, with continuously emerging scientific evidence and clinical insights. While multiple protocols, interim guidelines, clinical recommendations, and ongoing research studies are available to support the management of this condition, comprehensive, fully established evidence-based Clinical Practice Guidelines continue to be refined as new data becomes available.

In recognition of this, FMHP provides access to authoritative and up-to-date information through links to globally and nationally recognized organizations, including the World Health Organization and the Centers for Disease Control and Prevention. These resources offer the most current clinical guidance, public health recommendations, and evidence updates related to COVID-19.

The links are as follows:

Centers for Disease Control and Prevention (CDC)

- <https://www.cdc.gov/covid/hcp/clinical-care/management-and-treatment.html>
- <https://www.cdc.gov/covid/hcp/vaccine-considerations/routine-guidance.html>

World Health Organization (WHO)

- <https://www.who.int/teams/health-care-readiness/covid-19>

### **Preventive Health in Adults, Children and Adolescents**

The Guidelines for Clinical Preventive Services from the U.S. Preventive Services Task Force (USPSTF) includes recommendations on screening, counseling, and preventive treatments with clinical considerations for each topic. Below, you will find the link.

- <http://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/guide/cpsguide.pdf>

USPSTF also offers updated guidelines at the link below. Here you will find the newly published Guides, which include nearly one hundred (100) topics on prevention, interventions, and counseling.

- [https://www.uspreventiveservicestaskforce.org/uspstf/topic\\_search\\_results?topic\\_status=All&searchterm=](https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=All&searchterm=)

### **Asthma**

The following link provides Guidelines for the Diagnosis and Treatment of Asthma (RPE-3). It was developed by the Expert Panel Committee by the National Asthma Education and Prevention Program (NAEPP). Update in 2020.

- <https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates>

From the American Academy of Pediatrics (AAP) we provide the clinical recommendations, resources for managing pediatric asthma patients and helpful information to share with patients and families.

- [https://www.aap.org/en/patient-care/asthma/?srsltid=AfmBOopQ7zLiNH-SMkqyZSChqPhFgs4bFQ\\_4Vi\\_jAX5CpLZ08JzOvnP&](https://www.aap.org/en/patient-care/asthma/?srsltid=AfmBOopQ7zLiNH-SMkqyZSChqPhFgs4bFQ_4Vi_jAX5CpLZ08JzOvnP&)

### **Attention Deficit Hyperactivity Disorder (ADHD)**

The American Academy of Pediatrics provides the link on ADHD: Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention Deficit Hyperactivity Disorder (ADHD) in Children and Adolescents. Below, you will find the link.

- <https://publications.aap.org/pediatrics/article/144/4/e20192528/81590/Clinical-Practice-Guideline-for-the-Diagnosis>
- <https://pubmed.ncbi.nlm.nih.gov/31570648/>

### **Autism Spectrum Disorder**

From the American Academy of Pediatrics (AAP), updated on January 01, 2020.

- <https://publications.aap.org/pediatrics/article/145/1/e20193447/36917/Identification-Evaluation-and-Management-of>
- [https://www.aap.org/en/patient-care/developmental-behavioral-pediatrics-a-resource-guide-for-general-pediatricians/autism-spectrum-disorder-resources-for-pediatricians/?srsltid=AfmBOooVens0qT6Hf6t2d8GWD\\_l6N\\_4sd51ps4qBDxrs591fjzx004TB&](https://www.aap.org/en/patient-care/developmental-behavioral-pediatrics-a-resource-guide-for-general-pediatricians/autism-spectrum-disorder-resources-for-pediatricians/?srsltid=AfmBOooVens0qT6Hf6t2d8GWD_l6N_4sd51ps4qBDxrs591fjzx004TB&)

Finally, you will find the American Academy of Child and Adolescent Psychiatry, Autism spectrum disorder in under 19s: support and management Clinical guideline, updated June 2021. Below, you will find the link.

- [https://www.aacap.org/aacap/Resources\\_for\\_Primary\\_Care/Practice\\_Parameters\\_and\\_Resource\\_Centers/Practice\\_Parameters.aspx](https://www.aacap.org/aacap/Resources_for_Primary_Care/Practice_Parameters_and_Resource_Centers/Practice_Parameters.aspx)
- <https://www.nice.org.uk/guidance/cg170>

### **Behavioral Health**

The following link provides access to the American Psychiatric Association (APA) Practice Guidelines. These guidelines offer evidence-based recommendations for the assessment, diagnosis, and treatment of a wide range of psychiatric conditions, including major depressive disorder, schizophrenia, panic disorder, and other mental health disorders.

- <https://www.psychiatry.org/psychiatrists/practice/clinical-practice-guidelines>

## **Cancer**

Below are links to the National Comprehensive Cancer Network (NCCN) Clinical Practice Guidelines. These guidelines provide comprehensive, evidence-based recommendations for the diagnosis, treatment, and management of cancer, as well as associated complications and supportive care.

- <https://www.nccn.org/guidelines/nccn-guidelines>
- <https://www.nccn.org/guidelines/recently-published-guidelines>

## **Chronic Kidney Disease**

Kidney Disease: Improving Global Outcomes (KDIGO) 2024 Clinical Practice Guideline provides comprehensive, evidence-based recommendations for the evaluation and management of chronic kidney disease (CKD) across all stages, including the prevention and management of associated complications.

These guidelines support clinical decision-making through standardized approaches to diagnosis, risk stratification, treatment, and long-term management of CKD.

- <https://kdigo.org/guidelines/ckd-evaluation-and-management/>
- [https://www.kidney-international.org/article/S0085-2538\(23\)00766-4/fulltext](https://www.kidney-international.org/article/S0085-2538(23)00766-4/fulltext)
- <https://kdigo.org/guidelines/>

## **Congestive Heart Failure**

Below are links to the American Heart Association (AHA) 2022 Guideline for the Management of Heart Failure. This guideline provides patient-centered, evidence-based recommendations to support clinicians in the prevention, diagnosis, and management of heart failure across the continuum of care.

These recommendations are intended to guide clinical decision-making and optimize outcomes through standardized, high-quality care.

- <https://www.ahajournals.org/doi/full/10.1161/CIR.000000000001062?doi=10.1161%2FCIR.000000000001062>
- <https://professional.heart.org/en/science-news/2022-guideline-for-the-management-of-heart-failure>

### **COPD (Chronic Obstructive Pulmonary Disease)**

The Global Strategy for the Prevention, Diagnosis, and Management of Chronic Obstructive Pulmonary Disease (COPD): 2026 Report, developed by the Global Initiative for Chronic Obstructive Lung Disease (GOLD), provides comprehensive, evidence-based recommendations for the diagnosis, management, and prevention of COPD. The report is supported by current scientific literature and serves as a key reference for clinical decision-making and standardized care.

Below are links to the full report and the GOLD Pocket Guide:

- <https://goldcopd.org/2026-gold-report/>
- [https://goldcopd.org/wp-content/uploads/2026/01/GOLD-Pocket-Guide-2026-v1.1-20Nov2025\\_WMV2.pdf](https://goldcopd.org/wp-content/uploads/2026/01/GOLD-Pocket-Guide-2026-v1.1-20Nov2025_WMV2.pdf)

### **Dementia**

Below will be found link to key evidence-based guideline for the evaluation and management of dementia:

The American Psychiatric Association (APA) Practice Guideline on the use of antipsychotics provides recommendations for the management of agitation and psychosis in patients with dementia, emphasizing appropriate use, risk–benefit considerations, and patient safety.

- <https://psychiatryonline.org/doi/pdf/10.1176/appi.books.9780890426807>

### **Depression**

Below is a link to the U.S. Department of Veterans Affairs (VA) Clinical Practice Guideline for the Management of Major Depressive Disorder (MDD) (2022). This guideline provides comprehensive, evidence-based recommendations for the screening, diagnosis, and treatment of MDD, including both pharmacologic and non-pharmacologic interventions.

The guideline supports patient-centered, measurement-based care and is intended to assist clinicians in delivering standardized, high-quality mental health services across care settings.

- [VA/DoD Clinical Practice Guideline for the Management of Major Depressive Disorder \(MDD\)](#)

### **Diabetes**

The following two links are from the 2025 Standards of Medical Care from the American Diabetes Association. The first link gives you access to 17 different topics of the Standard and then you can select the topic of interest and download it. The second link is the abridged shortened version for Primary Care Physicians.

- [Volume 48 Issue Supplement 1 | Diabetes Care | American Diabetes Association](#)
- [Diabetes Standards of Care: 2025 Abbreviated for Primary Care | Diabetes Clinic | American Diabetes Association](#)

Additionally, the following link provides access to the consensus statement from the American Association of Clinical Endocrinology (AACE) on the Comprehensive Type 2 Diabetes Management Algorithm (2026). This resource offers a structured, evidence-based approach to individualized treatment selection and glycemic management in patients with type 2 diabetes.

- [https://www.endocrinepractice.org/article/S1530-891X\(26\)00022-4/fulltext](https://www.endocrinepractice.org/article/S1530-891X(26)00022-4/fulltext)

### **Fatty liver**

From the American Association of Clinical Practice Endocrinology and Co-Sponsored by the American Association for the Study of Liver Diseases (AASLD) you would find the link for Clinical Practice Guideline for the Diagnosis and Management of Nonalcoholic Fatty Liver Disease in Primary Care and Endocrinology Clinical Settings.

- <https://pro.aace.com/clinical-guidance/2022-clinical-practice-guideline-diagnosis-and-management-nonalcoholic>

### **Hemophilia**

Below is a link to the Guidelines for the Management of Hemophilia, 3rd Edition, developed by the World Federation of Hemophilia (WFH). These guidelines provide comprehensive, evidence-based recommendations for the diagnosis, treatment, and long-term management of individuals with hemophilia, including guidance on prophylaxis, management of bleeding

episodes, and prevention of complications.

This resource supports standardized, patient-centered care and serves as a key reference for clinicians managing hemophilia across care settings.

- <https://www1.wfh.org/publications/files/pdf-1863.pdf>

### **Hepatitis B**

In the following links you will find information from the American Association for the Study of Liver Diseases (AASLD) and the European Association for the Study of the Liver (EASL) related to treatment of Chronic Hepatitis B:

- <https://www.aasld.org/practice-guidelines/hepatitis-b>
- <https://www.idsociety.org/practice-guideline/hepatitis-b/hepatitis-b>

### **Hepatitis C**

The AASLD and the Infectious Diseases Society of America (IDSA), in collaboration with the International Antiviral Society-USA (IAS-USA) released Guidelines for the management and treatment of Hepatitis C. Below you will find the links.

- <http://www.hcvguidelines.org>
- <https://www.aasld.org/practice-guidelines/hepatitis-c>

### **HIV/AIDS**

Below are links to the Guidelines for the Prevention and Treatment of Opportunistic Infections in individuals with HIV, developed by HIV.gov in collaboration with federal agencies and expert panels. These guidelines provide comprehensive, evidence-based recommendations for the prevention, diagnosis, and management of opportunistic infections in both adult and pediatric populations.

The guidelines support clinical decision-making through detailed recommendations on prophylaxis, treatment regimens, and monitoring strategies to reduce morbidity and improve outcomes in individuals living with HIV.

- [Guidelines for the Prevention and Treatment of Opportunistic Infections in Adults and Adolescents \(hiv.gov\)](#)
- [Guidelines for the prevention and treatment of opportunistic infections in HIV-exposed and HIV-infected children](#)

### **Hypercholesterolemia**

In the following link, you will find the 2026 Guidelines of the American College of Cardiology (ACC) and the American Heart Association (AHA). These include information for the treatment of blood cholesterol to reduce atherosclerotic cardiovascular risk in adults.

- <https://www.jacc.org/doi/10.1016/j.jacc.2025.11.016>

### **Hypertension**

Below are links to the evidence-based guideline for the prevention, detection, evaluation, and management of high blood pressure in adults, developed by the American Heart Association (AHA). This guideline provides comprehensive recommendations to support clinicians in the diagnosis, risk stratification, and management of hypertension, with the goal of reducing cardiovascular morbidity and mortality.

- <https://www.ahajournals.org/doi/10.1161/HYP.000000000000249>

We include the link where you will have access to the Guidelines published by the American College of Cardiology and the American Heart Association, on Prevention, Detection, Evaluation and Management of High Blood Pressure in adults. These Guides were published in October 2025.

- <https://www.acc.org/latest-in-cardiology/articles/2025/10/01/01/new-in-clinical-guidance-hbp>

### **Lithiasis Surgical Management**

The link below is from the American Urological Association (AUA), Surgical Management of Kidney and Ureteral Stones: AUA Guideline (2026).

- <https://www.auanet.org/guidelines-and-quality/guidelines/surgical-management-of-kidney-and-ureteral-stones>

## **Malaria**

The following is the link to the World Health Organization's 2025 guidelines on Malaria.

- <https://www.who.int/teams/global-malaria-programme/guideline-development-process/new-and-updated-malaria-guidance>

## **Multiple Sclerosis**

In the links below you will find the Complementary and Alternative Medicine in Multiple Sclerosis Guidelines based on evidence and a summary of these Guideline. Reaffirmed on February 21, 2026.

- <https://www.aan.com/Guidelines/home/GuidelineDetail/641>

## **Nutrition and Promotion of Healthy Eating**

The following links are from the United States Department of Agriculture (USDA) and the Center for Nutrition Policy and Promotion (CNPP). These work to improve the health and well-being by promoting dietary guidance that links scientific research to the nutrition needs of consumers.

- <https://www.fns.usda.gov/cnpp>
- <https://cdn.realfood.gov/DGA.pdf>

## **Obesity**

The following links are Clinical Preventive Services Guidelines from the U.S. Preventive Services Task Force (USPSTF) related to Obesity in Adults. These include information related to screening and management of obesity in adults, and Obesity Screening in Children and Adolescents Guidelines. These Organizations are still in the process of updating their Guides. However, below you will find the links for your reference.

- <https://www.uspreventiveservicestaskforce.org/uspstf/>
- <https://www.uspreventiveservicestaskforce.org/uspstf/draft-update-summary/behavioral-counseling-interventions-promote-healthy-diet-physical-activity-weight-loss-prevent-cardiovascular-disease-adults>

The following is the link from European Society of Endocrinology and the Pediatric Endocrine Society, Clinical Practice Guideline on Pediatric Obesity-Assessment, Treatment, and Prevention.

- <https://academic.oup.com/jcem/article-lookup/doi/10.1210/jc.2016-2573>

### **Osteoporosis**

The American Association of Clinical Endocrinology (AACE) guideline provides comprehensive recommendations on risk assessment, diagnostic criteria, and therapeutic interventions aimed at fracture prevention and long-term bone health management.

- <https://pro.aace.com/clinical-guidance/2020-clinical-practice-guidelines-diagnosis-and-treatment-postmenopausal>
- [Pharmacological treatment of osteoporosis in postmenopausal women: an update to the Endocrine Society guidelines | Journal of Clinical Endocrinology and Metabolism | Oxford Academic](#)

### **Pain Management**

Below are links to the Clinical Practice Guideline for Prescribing Opioids for Pain — United States, 2022, developed by the Centers for Disease Control and Prevention (CDC). This guideline provides evidence-based recommendations for the safe and effective prescribing of opioids for acute, subacute, and chronic pain.

The guidance emphasizes appropriate patient selection, risk assessment, dosing considerations, and ongoing monitoring to improve patient outcomes while minimizing the risk of misuse, opioid use disorder, and overdose.

- <https://www.cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm>
- <https://www.cdc.gov/overdose-prevention/hcp/clinical-guidance/index.html>

### **Phenylketonuria**

Below are links to the most recent evidence-based Clinical Practice Guidelines for the diagnosis and management of phenylalanine hydroxylase deficiency, published by the American College of Medical Genetics and Genomics (ACMG). These guidelines provide

comprehensive recommendations for the evaluation, diagnosis, and long-term management of this condition, including dietary management, pharmacologic treatment, and ongoing monitoring.

The guidance supports standardized, multidisciplinary care aimed at optimizing metabolic control and preventing long-term complications.

- <https://pubmed.ncbi.nlm.nih.gov/39630157/>
- <https://www.gimjournal.org/article/S1098-3600%25252824%25252900223-5/fulltext>

### **Prostate cancer**

The following links include guidelines related to the treatment of localized prostate cancer and guidelines for the diagnosis, treatment, and follow-up of prostate cancer.

From the American Urological Association: AUS/ASTRO/SUO Published: 2022.

- [Clinically Localized Prostate Cancer: AUA/ASTRO Guideline \(2022\) - American Urological Association \(auanet.org\)](#)

Additionally, the European Society for Medical Oncology (ESMO) Clinical Practice Guidelines (published December 2025) offer comprehensive, evidence-based recommendations for the diagnosis, treatment, and follow-up of prostate cancer across disease stages.

- <https://pubmed.ncbi.nlm.nih.gov/41421764/>

### **Rheumatoid Arthritis**

The following link provides the American College of Rheumatology 2021 Guide for the Treatment of Rheumatoid Arthritis.

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9273041/>

### **Skin and Soft Tissue Infections**

In the following link you will find the Practice Guidelines for the Diagnosis and Management of Skin and Soft Tissue Infections, updated in 2014 by the American Society of Infectious Diseases. Last updated in 2018. And it will continue to be present on its website in 2025.

- [Clinical Practice Guidelines for the Diagnosis and Treatment of Skin and Soft Tissue Infections: IDSA Update 2014](#)

### **Substance Use Disorder**

The following link from the American Psychiatric Association provides the Practical Guide for the Treatment of Patients with Substance Use Disorders.

- [https://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/substanceuse.pdf](https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf)

### **Suicide**

Below is a link to the Clinical Practice Guideline Titled Assessment and Management of Patients at Risk for Suicide (2024), developed by the U.S. Department of Veterans Affairs (VA). This guideline provides evidence-based recommendations for the identification, assessment, and management of individuals at risk of suicide.

The guideline supports standardized, patient-centered care through structured risk assessment, safety planning, and evidence-based interventions aimed at reducing suicide risk and improving clinical outcomes.

- <https://www.healthquality.va.gov/guidelines/mh/srb/>

### **Vaccination**

Below are links to the immunization schedules developed by the Centers for Disease Control and Prevention (CDC). These guidelines provide comprehensive, evidence-based recommendations for vaccination across all age groups, including children, adolescents, and adults.

The schedules support clinicians in the appropriate timing and administration of vaccines to prevent communicable diseases and promote population health.

- <https://www.cdc.gov/vaccines/hcp/imz-schedules/index.html>
- <https://www.cdc.gov/vaccines/hcp/imz-schedules/child-adolescent-age.html>
- <https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html>

**Vascular access for hemodialysis**

In this section you will find a group of links related to the Clinical Practice Guidelines of Vascular Access for Hemodialysis.

Below you will find the link for the United Kingdom Renal Association Guidelines.

- <https://link.springer.com/article/10.1186/s12882-025-04374-y>

The following Guidelines are from the National Kidney Foundation and the Vascular Surgery Society. These Organizations are currently in the process of updating their Guidelines; however, below you will find the links, for your reference.

The following link is from the National Kidney Foundation:

- <https://www.kidney.org/professionals/kdoqi/guidelines-and-commentaries/vascular-access>

If you have any questions regarding this release and/or need additional information, please feel free to contact our Provider Service Center at 787-878-6909 Monday through Friday from 8:00 a.m. to 5:00 p.m. You can also send an email to [servicio@intermedpr.com](mailto:servicio@intermedpr.com).

Cordially

Department of Medical Affairs  
First Medical Health Plan, Inc.

