

Preventive Health Guidelines

Freedom Health's goal is to improve our member's health and quality of life. Freedom Health has adopted the 2008 U.S. Preventive Services Taskforce Guidelines. These guidelines are intended to assist practitioners in clinical matters related to our membership. Freedom Health annually reviews preventive health guidelines to reflect any changes in recommendations regarding screening, counseling, and preventive services. These guidelines can be referenced on the website for the Agency of Health care, Research and Quality at www.ahrq.gov.

The complete version of *The Guide to Clinical Preventive Services 2008* is available at <http://www.ahrq.gov/clinic/pocketgd.htm>. In addition, the USPSTF searchable Interactive Preventive Services Selector for PDAs, and its companion Web-based tool, both allow users to search USPSTF recommendations by patient age, sex, and pregnancy status. They are available at <http://www.epss.ahrq.gov>. Freedom Health hopes that you will find these informative guidelines useful for clinical preventive services that will improve and impact the health of our members.

Freedom health has also adopted the following guidelines:

- **Hypertension**
 - The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure August 2004
 - www.nhlbi.nih.gov/guidelines/hypertension/jnc7full
- **Diabetes**
 - Standards of Medical Care in Diabetes – 2009; American Diabetes Association Diabetes Care, Volume 32, Supplement 1, January 2009
 - http://care.diabetesjournals.org/content/vol31/Supplement_1/
- **Asthma**
 - Guidelines for the Diagnosis and Management of Asthma- August 2008; www.nhlbi.nih.gov/guidelines/asthma
- **Congestive Heart Failure**
 - 2009 Focused Update: ACCF/AHA Guidelines for the Diagnosis and Management of Heart Failure in Adults
www.circ.ahajournals.org/cgi/content/full/119/14/1977
- **HIV**
 - Guidelines for the Use of Antiretroviral Agents in HIV -1-Infected Adults and Adolescents -November 2008; www.aidsinfor.nih.gov
 - Guidelines for the Use of Antiretroviral Agents in Pediatric HIV Infection – February 2009; www.aidsinfo.nih.gov
- **Chronic Obstructive Pulmonary Disease**
 - Global Initiative for Chronic Obstructive Lung Disease GOLD
 - Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease;
www.copdfoundation.org/files/GOLDGuidelines.pdf
- **Cardiovascular Disease**

- ACC/AHA 2007 Guidelines for the Management of the Patient with Unstable Angina/Non-ST-Elevated Myocardial Infarction; www.acc.org
- **High Risk Obstetrics**
 - American College of Obstetrics and Gynecology
 - High Risk Pregnancy 2007; Purchased publication
- **Childhood Immunizations**
 - Centers for Disease Control and Prevention. Recommended immunization schedules for persons aged 0--18 years---United States, 2008. MMWR 2007;56(51&52):Q1--Q4.
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5701a8.htm>
- **Adult Immunizations**
 - Recommended Adult Immunization Schedule --- United States, October 2007--September 2008; <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5641-immunizationa1.htm>