



**BlueCross BlueShield
of Texas**

Clinical Practice Guidelines (CPGs) and Preventive Care Guidelines (PCGs) 2020 Updates

BCBSTX annually updates Clinical Practice Guidelines (CPGs) and Preventive Care Guidelines (PCGs) to reflect new advances in evidence-based practice and standards of care. The BCBSTX Clinical Quality Committee reviews and approves all updated CPGs and PCGs. All updates are on the provider website for your reference.

We encourage providers to make decisions based on their own judgement and most current evidence-based information available.

Why we use it?

Blue Cross and Blue Shield of Texas (BCBSTX) adopts CPGs and PCGs and comprise the foundation for Condition Management Programs. These Guidelines (CPGs) are not intended to substitute for clinical judgement. Provided below are the 2020 updated guidelines for your reference.

Preventive Care Guidelines 2020 Updates

Screening for Hepatitis C Virus Infection in Adolescents and Adults:

- We've extended screening for adolescents with high risk behaviors and changed the adult HCV screening recommendations to include all adults 18-79 years of age.

Post-Partum Follow Up (ACOG)

- All women should have contact with a maternal care provider within the first 3 weeks postpartum. We suggest all visits conclude with a comprehensive postpartum visit no later than 12 weeks after birth.

New recommendation: Breast Cancer: Medication Use to Reduce the Risk (USPSTF)

- There is a benefit from taking tamoxifen, raloxifene or aromatase inhibitors to reduce risk of invasive breast cancer in women who have high risk.

New recommendation: Asymptomatic Bacteriuria in Adults: Screening (USPSTF)


- Screening for and treatment of asymptomatic bacteriuria in pregnant persons reduces perinatal complications.

New recommendation: Hepatitis B Virus Infection in Pregnant Women: Screening (USPSTF)

- Prenatal screening for HBV infection reduces perinatal transmission of HBV.

New recommendation: Prevention of Human Immunodeficiency Virus (HIV) Infection (USPSTF)

- PrEP is beneficial for decreasing the risk of HIV infection. We suggest this is available at all clinicians.

 By clicking this link, you will go to a new website/app ("site"). This new site may be offered by a vendor or an independent third party. The site may also contain non-Medicare related information. In addition, some sites may require you to agree to their terms of use and privacy policy.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Revised: 09172020



Clinical Practice Guideline Changes for 2020

NEW Cardiovascular Disease

- [ACC/AHA-Primary Prevention of CV Disease](#)

NEW Tobacco Cessation

- [National Center for Biotechnology Information, U.S. National Library of Medicine, National Institutes of Health](#)

NEW Metabolic Syndrome Guideline

- [The Journal of Clinical Endocrinology & Metabolism](#)

CPG 2020 UPDATES

[Diabetes Mellitus-Standards of Care](#)

[COPD-Diagnosis, Management and Prevention](#)

[Asthma-Management and Prevention](#)

CPG 2019 UPDATES

[HIV-Recommendations on First-and Second-Line Antiretroviral Regimens](#)

[World Health Organization](#)

Thank you for your continued partnership in providing the best care for our members, your patients.

Resources:

Reference and review the [BCBSTX Preventive Care Guidelines \(PCGs\)](#), [Clinical Practice Guidelines \(CPGs\)](#) and [THSteps for Medical Providers](#) which includes all current [vaccine schedules](#) and other important topics for treating your patients.

References:

1. Blue Cross and Blue Shield of Texas. (2020). Clinical Practice Guidelines. Retrieved from <https://www.bcbstx.com/provider/clinical/cpg.html>
2. Blue Cross and Blue Shield of Texas. (2020). Preventive Care Guidelines. Retrieved from https://www.bcbstx.com/provider/clinical/tx_preventivecare.html
3. ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease (2019). Retrieved from <https://www.acc.org/latest-in-cardiology/ten-points-to-remember/2019/03/07/16/00/2019-acc-aha-guideline-on-primary-prevention-gi-prevention>
4. National Center for Biotechnology Information, U.S. National Library of Medicine, National Institutes of Health. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4465757/>
5. The Journal of Clinical Endocrinology & Metabolism, Volume 104, Issue 9, September 2019, Pages 3939–3985, <https://doi.org/10.1210/jc.2019-01338>.
6. Global Initiative for Chronic Obstructive Lung Disease. Retrieved from <https://www.cdc.gov/copd/for-clinicians.html>
7. Global Initiative for Asthma. Retrieved from <https://goldcopd.org/wp-content/uploads/2019/11/GOLD-2020-REPORT-ver1.0wms.pdf>
8. HIV-Recommendations on First-and Second-Line Antiretroviral Regimens. Retrieved from World Health Organization: <https://apps.who.int/iris/bitstream/handle/10665/325892/WHO-CDS-HIV-19.15-eng.pdf?ua=1>

By clicking this link, you will go to a new website/app ("site"). This new site may be offered by a vendor or an independent third party. The site may also contain non-Medicare related information. In addition, some sites may require you to agree to their terms of use and privacy policy.