

Chronic Condition Clinical Guideline Summary 2023 Annual Review

There is an ongoing comprehensive review of all Chronic Condition Management (CCM) and Wellness & Health Promotion (WHP) program materials. Given that the CCM and WHP programs are based on guidelines from recognized sources, all collaterals for these programs are developed to be consistent with these guidelines. Cigna collaborated with Healthwise® to develop, adopt and update evidence-based clinical practice guidelines.

Guidelines are reviewed for consistency with the following:

- CCM and WHP program content
- Practitioner program content review
- Customer education/tools material review
- Staff training materials
- Gaps in Care (Well Informed) program

Healthwise® content is developed and reviewed by public health and medical professionals with experience in scientific research and medical writing. The Healthwise Medical Team, Content Team, and Medical Library work together to develop accurate, current, and well-written content. These teams are made up of physician reviewers, a behavioral health expert, medical librarians, medical content specialists, medical writers and editors, and other public health professionals with experience in consumer-based health decisions and health literacy guidelines.

Healthwise based content contained in each update is also reviewed for cultural and linguistic appropriateness. In addition to examining content related to overall health beliefs/practices, health literacy (plain language/usability/understandability), preferred language and other communication needs, this review also considers the following:

- Diversity
 - Human: race, gender, sexual orientation, body type/ability, ethnicity, and age
 - Cultural: language, religion, class, ethics, and values
 - Systems: organizational role/function, geographic location, organizational culture
- Gender Inclusive Language
- Illustrations that represent diverse cultures, races, and ethnicities in common or accessible environments

Healthwise® guideline reviews/updates are provided on a quarterly basis as applicable to Cigna and then undergo Cigna's internal review process to verify alignment with program content and training materials. Online materials (Healthwise Knowledgebase and educational materials) are automatically updated within 30 days of Cigna receiving the updates. Cigna's review of new information includes the sources of this information, an assessment of value to the patient and the decision process related to potentially implementing changes. Cigna's Integrated Health Management Quality Committee (IHMQC) reviews and approves the annual guideline summary for the following chronic conditions: Asthma, Depression, Anxiety, Diabetes, Heart Failure, Coronary Heart Disease, Peripheral Arterial Disease, Chronic Obstructive Lung Disease, Osteoarthritis, Metabolic Syndrome, and Low Back Pain.

A. Examples of Recognized Sources

Professional Medical Associations/Specialties & Disease Specific Societies:

- American College of Cardiology
- American College of Physicians
- American College of Chest Physicians
- American College of Radiology
- American Heart Association
- American Diabetes Association
- American Association of Diabetes Educators
- American Academy of Ophthalmology
- American Association of Clinical Endocrinologists
- American Psychological Association
- American Academy of Asthma, Allergy and Immunology
- American Association for Respiratory Care
- American Academy of Orthopedic Surgeons
- American Thoracic Society
- Society for Cardiovascular Angiography and Interventions
- Society for Vascular Medicine
- Society for Vascular Surgery
- European Society of Cardiology
- European League Against Rheumatism
- Endocrine Society
- European Association for the Study of Diabetes

Federal Government Agencies & Global Initiatives:

- National Institutes of Health
- National Institute of Mental Health
- National Heart, Lung, and Blood Institute
- National Asthma Education and Prevention Program
- U.S. Dept. of Health and Human Services
- U.S. Preventive Services Task Force
- U.S. Food and Drug Administration
- VA/DoD Clinical Practice Guidelines
- Centers for Disease Control and Prevention
- World Health Organization
- Global Initiative for Chronic Obstructive Lung Disease
- Global Initiative for Asthma

Professional Journals/Health Information Literature:

- NEJM Journal Watch Cardiology
- NEJM Journal Watch: Diabetes
- NEJM Journal Watch: Depression/Anxiety
- New England Journal of Medicine
- European Heart Journal
- Journal of Cardiovascular Nursing
- Journal of Clinical Endocrinology and Metabolism
- Journal of the American Medical Association
- Journal of the American Medical Association Psychiatry
- American Journal of Psychiatry
- American Journal of Respiratory and Critical Care Medicine

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- Endocrine Reviews
- JAMA Cardiology
- JAMA Internal Medicine

B. Evidence-Based Guideline Review

Evidence-based guidelines are reviewed to ensure content is accurate, consistent, and helpful to consumers. The medical guidelines and publications listed below are examples, not a full list, of publications and updated guideline reviews completed in 2023.

February 2023

- Badaracco C, et al. (2022). Advancing health equity through malnutrition quality measurement roundtable: Practice applications. *Journal of the Academy of Nutrition and Dietetics*, 122(10S): S21–S27. DOI: 10.1016/j.jand.2022.06.016.
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- Sabbag A, et al. (2022). EHRA expert consensus statement on arrhythmic mitral valve prolapse and mitral annular disjunction complex in collaboration with the ESC Council on valvular heart disease and the European Association of Cardiovascular Imaging endorsed cby the Heart Rhythm Society, by the Asia Pacific Heart Rhythm Society, and by the Latin American Heart Rhythm Society. *Europace: European Pacing, Arrhythmias, and Cardiac Electrophysiology: Journal of the Working Groups on*

Cardiac Pacing, Arrhythmias, and Cardiac Cellular Electrophysiology of the European Society of Cardiology, published online August 11, 2022: euac125. DOI: 10.1093/europace/euac125. + Sharzehi K, et al. (2022).

- US Preventive Services Task Force et al. (2022). Behavioral Counseling Interventions to Promote a Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults Without Cardiovascular Disease Risk Factors: US Preventive Services Task Force Recommendation Statement. JAMA: (328(4): 367-374. DOI:10.1001/jama.2022.10951.
- US Preventive Services Task Force, et al. (2022). Statin use for the primary prevention of cardiovascular disease in adults: US Preventive Services Task Force recommendation statement. JAMA, 328(8): 746–753. DOI: 10.1001/jama.2022.13044.
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C. Evidence Based Guidelines Review Schedule

Cigna reviews, updates and utilizes evidence-based guidelines through a consistent collaboration with Healthwise®. Recognized resources are reviewed/updated at least every five (5) years and Healthwise Guidelines are reviewed at least every two (2) years. It is important to note that the table below provides a high-level summary of review sources. A full reference list can be found within the Healthwise Knowledgebase under each program/condition.

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update <i>(at least every 5 years)</i>	Healthwise Medical Guideline Review <i>(at least every 2 years)</i>	Cigna Quality Committee Review <i>(at least every 2 years)</i>
Asthma <i>(2+ years of age)</i>	Global Initiative for Asthma	Global Initiative for Asthma (2023). Global Strategy for Asthma Management and Prevention: GINA Main Report 2023 Front Cover (ginasthma.org)	2023	March 2024	May 2024
		Global Initiative for Asthma (GINA) (2022). Diagnosis and Management of Difficult-to-Treat and Severe Asthma Guide—Slide Set. Global Initiative for Asthma - GINA (ginasthma.org)	2022		
	American Thoracic Society	American Thoracic Society (2021). Use of Fractional Exhaled Nitric Oxide to Guide the Treatment of Asthma. An Official ATS Clinical Practice Guideline Implementation Tools (thoracic.org)	2021		
COPD <i>(18+ years of age)</i>	Global Initiative for Chronic Obstructive Lung Disease	Global Initiative for Chronic Obstructive Lung Disease (2023). Air pollution and COPD: GOLD 2023 committee report.: 2023 GOLD Report - Global Initiative for Chronic Obstructive Lung Disease - GOLD (goldcopd.org)	2023	March 2024	May 2024
		Global Initiative for Chronic Obstructive Lung Disease (2023). Global strategy for the diagnosis,	2023		

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update <i>(at least every 5 years)</i>	Healthwise Medical Guideline Review <i>(at least every 2 years)</i>	Cigna Quality Committee Review <i>(at least every 2 years)</i>
	American Thoracic Society	management, and prevention of chronic obstructive pulmonary disease: 2024 Report: 2024 GOLD Report - Global Initiative for Chronic Obstructive Lung Disease - GOLD (goldcopd.org) American Thoracic Society (2023). Race and ethnicity in pulmonary function test interpretation. An Official American Thoracic Society Statement American Journal of Respiratory and Critical Care Medicine (atsjournals.org)	2023		
CAD <i>(18+ years of age)</i>	American Heart Association American College of Cardiology	American Heart Association/American College of Cardiology (2023). AHA/ACC/ACCP/ASPC/NLA/PCN A guideline for the management of patients with chronic coronary disease. A Report of the American Heart Association/American College of Cardiology Joint Committee on Clinical Practice Guidelines Circulation (ahajournals.org) American College of Cardiology (2023). ACC expert consensus decision pathway for integrating atherosclerotic cardiovascular disease and multimorbidity treatment: A framework for pragmatic, patient-centered care. ACC Expert Consensus Decision Pathway Addresses Integrating ASCVD and Multimorbidity Treatment - American College of Cardiology	2023 2023	March 2024	May 2024
Heart Failure <i>(18+ years of age)</i>	American Heart Association/ American College of Cardiology	American Heart Association/American College of Cardiology (2023). Supervised exercise training for chronic heart failure with preserved ejection fraction. A Scientific Statement From	2023	March 2024	May 2024

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update (at least every 5 years)	Healthwise Medical Guideline Review (at least every 2 years)	Cigna Quality Committee Review (at least every 2 years)
	American Heart Association	the American Heart Association and American College of Cardiology Circulation (ahajournals.org) American Heart Association (2023). Telehealth and health equity in older adults with heart failure. A Scientific Statement From the American Heart Association Circulation: Cardiovascular Quality and Outcomes (ahajournals.org)	2023		
Diabetes (2+ years of age)	European, Association for the Study of Diabetes & American Diabetes Association	Joint Diabetes Technology Working Group (2023). Automated Insulin Delivery: Benefits, Challenges, and Recommendations. A Consensus Report of the Joint Diabetes Technology Working Group of the European Association for the Study of Diabetes and the American Diabetes Association. European Association for the Study of Diabetes and the American Diabetes Association Diabetes Care American Diabetes Association (diabetesjournals.org)	2023	March 2024	May 2024
	Veterans Affairs/ Department of Defense	Veterans Affairs, Department of Defense (2023). VA/DoD Clinical Practice Guideline for the Management of Type 2 Diabetes Mellitus. Version 6.0. Management of Type 2 Diabetes Mellitus (2023) - VA/DoD Clinical Practice Guidelines	2023		
Depression (18+ years of age)	American College of Physicians	American College of Physicians (2023). Nonpharmacologic and Pharmacologic Treatments of Adults in the Acute Phase of Major Depressive Disorder: A Living Clinical Guideline from the American College of Physicians. College of Physicians Annals of Internal Medicine (acpjournals.org)	2023	March 2024	May 2024

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update <i>(at least every 5 years)</i>	Healthwise Medical Guideline Review <i>(at least every 2 years)</i>	Cigna Quality Committee Review <i>(at least every 2 years)</i>
	U.S. Preventive Services Task Force	U.S. Preventive Services Task Force (2023). Screening for Depression and Suicide Risk in Adults. Recommendation: Depression and Suicide Risk in Adults: Screening United States Preventive Services Taskforce (uspreventiveservicestaskforce.org)	2023		
PAD <i>(18+ years of age)</i>	American Heart Association	American Heart Association (2023). Association between mental health burden, clinical presentation, and outcomes in individuals with symptomatic peripheral artery disease. A Scientific Statement From the American Heart Association Circulation (ahajournals.org)	2023	March 2024	May 2024
	American College of Radiology	American College of Radiology (2022). ACR Appropriateness Criteria on Lower Extremity Arterial Claudication—Imaging Assessment for Revascularization. ACR Releases New and Revised Appropriateness Criteria American College of Radiology	2022		
Low Back Pain <i>(18+ years of age)</i>	World Health Organization	World Health Organization (2023). WHO guideline for non-surgical management of chronic primary low back pain in adults in primary and community care settings. WHO guidelines for LBP	2023	March 2024	May 2024
	Veterans Affairs/ Department of Defense	Veterans Affairs/Department of Defense (2022). VA/DoD Clinical Practice Guideline for the Diagnosis and Treatment of Low Back Pain. Diagnosis and Treatment of Low Back Pain (LBP) (2022) - VA/DoD Clinical Practice Guidelines	2022		
	Centers for Disease Control and Prevention	Centers for Disease Control and Prevention (2022). CDC Clinical Practice Guideline for the Prescribing	2022		

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update <i>(at least every 5 years)</i>	Healthwise Medical Guideline Review <i>(at least every 2 years)</i>	Cigna Quality Committee Review <i>(at least every 2 years)</i>
		Opioids for Pain—United States, 2022. CDC Clinical Practice Guideline for Prescribing Opioids for Pain — United States, 2022 MMWR			
Osteo- arthritis <i>(18+ years of age)</i>	European League Against Rheumatism	European League Against Rheumatism (2024). EULAR recommendations for the non-pharmacological core management of hip and knee osteoarthritis: 2023 update. Recommendations Management EULAR	2023	March 2024	May 2024
	American Academy of Orthopedic Surgeons	American Academy of Orthopedic Surgeons (2023). Management of osteoarthritis of the hip: Evidence-based clinical practice guideline. Osteoarthritis of the Hip - Clinical Practice Guideline (CPG) American Academy of Orthopedic Surgeons (aaos.org)	2023		
Metabolic Syndrome <i>(18+ years of age)</i>	American Heart Association	American Heart Association (2023). A synopsis of the evidence for the science and clinical management of cardiovascular-kidney-metabolic (CKM) syndrome. A Scientific Statement From the American Heart Association Circulation (ahajournals.org)	2023	March 2024	May 2024
	US Preventive Services Task Force	US Preventive Services Task Force (2022). Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults Without Cardiovascular Disease Risk Factors: Behavioral Counseling Interventions. Recommendation: United States Preventive Services Taskforce (uspreventiveservicestaskforce.org)	2023		

D. Integrated Health Management Quality Committee (IHMQC): 2023 Annual Review of Quarterly Guideline Updates

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
Asthma		Feb 2023	Updated Health and Disease Topics: <ul style="list-style-type: none"> Asthma Attack: We added language about staying up to date on COVID-19 vaccines. (hw161630)
Asthma	<ul style="list-style-type: none"> Global Initiative for Asthma 2022 GINA Main Report - Global Initiative for Asthma - GINA (ginasthma.org) National Heart, Lung and Blood Institute 2020 Focused Updates to the Asthma Management Guidelines NHLBI, NIH 	May 2023	Updated Health and Disease Topics: <ul style="list-style-type: none"> Asthma Treatment Goals: We revised this topic to reflect the GINA 2022 Global Strategy for Asthma Management and Prevention and the NIH 2020 Focused Updates to the Asthma Management Guidelines. (hw162062)
Asthma	<ul style="list-style-type: none"> Global Initiative for Asthma (GINA) (2022) Global strategy for asthma management and prevention 2022 GINA Main Report - Global Initiative for Asthma - GINA (ginasthma.org) 	Aug 2023	Updated Health and Disease Topics: <ul style="list-style-type: none"> Asthma: Measuring Peak Flow: We revised this topic to reduce the amount of text and redraw the visuals. (aa6664) Breathing Problems: Helping a Child Use a Metered- Dose Inhaler and Mask Spacer: We revised this topic to include less text and more images. (ug2736) Breathing Problems: Using a Metered-Dose Inhaler: We revised this topic to include less text and more images. (aa6623) New Videos: <ul style="list-style-type: none"> Asthma: Fast facts (aco6431) Updated Videos: <ul style="list-style-type: none"> Asthma: Is Your Child Using the Quick-Relief Inhaler Too Often? We changed the name "rescue" inhaler to "quick-relief" inhaler, we also added content reinforcing what a parent and doctor may do when a child's asthma isn't controlled. (abo7208)

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
COPD		Feb 2023	Updated Health and Disease Topics: <ul style="list-style-type: none"> ▪ Bronchiectasis: We added language about COVID-19 vaccines. (abo3259) ▪ COPD: Avoiding Your Triggers: We added language about staying up to date on COVID-19 vaccines. (za1331)
CAD	<ul style="list-style-type: none"> ▪ U.S. Preventive Services Task Force ▪ U.S. Preventive Services Task Force recommendation statement. JAMA Recommendation: Aspirin Use to Prevent Cardiovascular Disease: Preventive Medication United States Preventive Services Taskforce (uspreventiveservicestaskforce.org) 	Feb 2023	Updated Health and Disease Topics: <ul style="list-style-type: none"> ▪ Aortic Valve Regurgitation: We added language about staying up to date on COVID-19 vaccines. (hw179692) ▪ Aortic Valve Stenosis: We added language about staying up to date on COVID-19 vaccines. (hw179837) ▪ Aspirin: Should I Take Daily Aspirin to Prevent a Heart Attack or Stroke? We revised the information about age ranges (2022). ▪ Aspirin use to prevent cardiovascular disease (uf9825) ▪ Atrial Fibrillation: We added a recommendation to get vaccinated against COVID-19 and pneumonia. (hw160870) ▪ Carotid Artery Disease: We added a recommendation to get vaccinated against COVID-19 and pneumonia. (abp6220)
CAD		May 2023	New Videos: <ul style="list-style-type: none"> ▪ Cardiac Catheterization: Before Your Procedure (acn7450) ▪ Cardiac Catheterization: Returning Home (acn7521)
CAD	American Heart Association	Aug 2023	Updated Health and Disease Topics: <ul style="list-style-type: none"> ▪ Cardiac Arrest: We added that the person may get treatment and rehabilitation to help them recover per Sawyer KN, et al. (2020). Sudden cardiac arrest survivorship: A scientific statement from the American Heart Association, Circulation. (abh2047) ▪ Blood Pressure Numbers: When to Get Help: We added the general range of blood pressure numbers that indicate a diagnosis of high blood pressure. (abo6484) ▪ High Blood Pressure During Pregnancy: We added the general range of blood

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
			<p>pressure numbers that indicate a diagnosis of high blood pressure. (abo3926)</p> <ul style="list-style-type: none"> High Blood Pressure: We added the general range of blood pressure numbers that indicate a diagnosis of high blood pressure. (hw62787) Hypertensive Emergency: We added an example of what blood pressure numbers may indicate a hypertensive emergency. (zp3151abc) <p>Updated Care Support Pages:</p> <ul style="list-style-type: none"> High Blood Pressure We added the general range of blood pressure numbers that indicate a diagnosis of high blood pressure. (zp3871) <p>New Videos:</p> <ul style="list-style-type: none"> Heart attack: Fast facts (aco6432) Heart failure: Fast facts (aco6446) Stroke: Fast facts (aco6435) <p>Updated Videos:</p> <ul style="list-style-type: none"> Pacemaker Placement: Before Your Procedure: We edited this script to be applicable to multiple kinds of pacemakers. (abp4999) Pacemaker Placement: Returning Home: We updated this script to conform to updated post-op exercise restrictions as well to meet our inclusivity standards. (abp5005)
Heart Failure		May 2023	<p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> Sudden Heart Failure: We removed content about avoiding triggers and added information on lifestyle changes and tracking symptoms. (hw31730)
Heart Failure		Aug 2023	<p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> Heart Failure: Checking Your Weight: We simplified the information to reduce redundancy. (av2018) Heart Failure: Watching Your Fluids: We simplified the information and added answers to common questions about limiting fluids. (aa87200)

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
Diabetes	<ul style="list-style-type: none"> American Diabetes Association 2022 guidelines The ADA's 2022 Standards of Medical Care in Diabetes Update Blog NIDDK (nih.gov)	Feb 2023	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> Hypoglycemic Unawareness: Taking Steps to Stay Safe (acn4860) <p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> Type 2 Diabetes: Screening for Adults: We revised the age to be screened for type 2 diabetes (zj1182)
Diabetes	<p>American Diabetes Association 2022 Standards of Medical Care in Diabetes guidelines</p> <p>Academy of Nutrition and Dietetics Nutrition Care Manual</p>	May 2023	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> Diabetes: Counting Carbs (acn7357) <p>Updated Care Support Pages:</p> <ul style="list-style-type: none"> Diabetes: Tips for Planning Meals: We revised the diabetes plate method description based on the diabetes plate method information. (abk4855) Diabetes plate method: We revised the diabetes plate method image and description based on the diabetes plate method information. (aa16782) Diabetes: How to Give Glucagon: We added information on using glucagon nasal spray. (aa20664) Diabetes: Using a Plate Format to Plan Meals: We revised the diabetes plate method image and description based on the plate method information. (aa21357) <p>Updated Videos:</p> <ul style="list-style-type: none"> Diabetes: Using a Plate Format to Plan Meals [aa21357] Diabetes: How to Build Your Plate [abo2803]
Diabetes		Aug 2023	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> Kidney Health Testing for People With Diabetes (aco4910) Peripheral Nerve Blocks (aco5114) <p>New Videos:</p> <ul style="list-style-type: none"> How to Use Glucagon Nasal Spray (aco4117)

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
			<ul style="list-style-type: none"> Learning About Glucagon (aco2354) <p>Updated Videos:</p> <ul style="list-style-type: none"> How to Give a Glucagon Shot: We updated this video to show how to give a glucagon injection with a syringe or injection pen. (abo5477)
Depression/ Anxiety		Feb 2023	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> Supporting someone who takes medicines for a mental health condition (acn4741) <p>Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> Bullying: We added the new nationwide 988 number to the Suicide and Crisis Lifeline resource information. (uf4870) PTSD and Suicide Thoughts: We added the new nationwide 988 number to the Suicide and Crisis Lifeline resource information. (ad1034spec)
Depression		Aug 2023	<p>New/Updated Health and Disease Topics:</p> <ul style="list-style-type: none"> Depression in Children and Teens: We updated content to include the 988 Lifeline website. (ty4640) Depression Screening in Children and Teens: We updated content to include the 988 Lifeline website. (acm9995) Depression Screening: We updated content to include the 988 Lifeline website. (aba5372) Depression: We updated content to include the 988 Lifeline website. (hw30709) Feeling Depressed: We updated content to include the 988 Lifeline website. (dmood) Finding Strength to Keep Going: Overcoming Suicidal Thoughts: We updated content to include the 988 Lifeline website. (acl8496) Getting Help During a Mental Health Crisis: We updated content to include the 988 Lifeline website. (acl8766) Maintaining a healthy relationship with a loved one who has a mental health

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
			<p>condition: We updated content to include the 988 Lifeline website. (acm2171)</p> <ul style="list-style-type: none"> ▪ Making a Suicide Safety Plan: We updated content to include the 988 Lifeline website. (acl8598) ▪ Non-suicidal self-injury: We updated content to include the 988 Lifeline website. (acl8434) ▪ Starting Antidepressants: How to Care for Your Child: We updated content to include the 988 Lifeline website. (acm2482) ▪ Suicidal Thoughts or Threats: We updated content to include the 988 Lifeline website. (suicd) ▪ Suicide Threats: What to Do: We updated content to include the 988 Lifeline website. (not45902) ▪ Talking About Suicide to Someone You're Worried About: We updated content to include the 988 Lifeline website. (acl8543) <p>Updated Care Support Pages:</p> <ul style="list-style-type: none"> ▪ Bipolar Disorder: We updated content to include the 988 Lifeline website. (tw12382csp) ▪ Bipolar Disorder in Children: We updated content to include the 988 Lifeline website. (bo1279csp) ▪ Depression: Taking Care of Yourself While You Recover: We updated content to include the 988 Lifeline website. (zp3648) ▪ Depression: What If I'm Not Getting Better? We updated content to include the 988 Lifeline website. (ad1056) ▪ Mental Illness: Staying Well After Release From the Hospital: We updated content to include the 988 Lifeline website. (ad1287) ▪ Depression and Suicide: We updated content to include the 988 Lifeline website. (ug5155)
PAD		Aug 2023	<p>New Health and Disease Topics:</p> <ul style="list-style-type: none"> ▪ Peripheral Nerve Blocks (aco5114)

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
			Updated Videos: <ul style="list-style-type: none"> How-to Put-on Compression Stockings: This script was updated to include revised how-to advice. The roll-and- slide method of putting on the stockings has been deleted and replaced with advice about how to pull the stockings on in sections. (abn2035) Pacemaker Placement: Before Your Procedure: We edited this script to be applicable to multiple kinds of pacemakers. (abp4999) Pacemaker Placement: Returning Home: We updated this script to conform to updated post-op exercise restrictions as well to meet our inclusivity standards. (abp5005)
Low Back Pain		Feb 2023	New Health and Disease Topics: <ul style="list-style-type: none"> Good Posture for a Healthy Back (acn4782) Sleeping positions that protect your back (abx0214)
Low Back Pain		Aug 2023	Updated Health and Disease Topics: <ul style="list-style-type: none"> Chronic Pain: We updated content to include the 988 Lifeline website. (cpain) Spinal and Epidural Anesthesia: We revised this content to include how to prepare for anesthesia and what to tell the doctor before getting anesthesia. (acl7147)
Osteo-arthritis		Feb 2023	New Health and Disease Topics: <ul style="list-style-type: none"> Assistive devices for getting in and out of a car (acl2865)
Metabolic Syndrome		Feb 2023	New Health and Disease Topics: <ul style="list-style-type: none"> Hypoglycemic Unawareness: Taking Steps to Stay Safe (acn4860)