

# Cardiovascular Disease: Primary Prevention

## Description

This guideline addresses the primary prevention of cardiovascular disease (CVD) in adults ( $\geq 18$  years of age), focused on outcomes of atherosclerotic CVD (i.e., acute coronary syndromes, myocardial infarction, stable or unstable angina, arterial revascularization, stroke, transient ischemic attack, or peripheral arterial disease of atherosclerotic origin), as well as heart failure and atrial fibrillation. The guideline presents recommendations to prevent CVD that are related to lifestyle factors (e.g., diet and exercise or physical activity), other factors affecting CVD risk (e.g., obesity, diabetes, blood cholesterol, high blood pressure, smoking, aspirin use), patient-centered approaches (e.g., team-based care, shared decision-making, assessment of social determinants of health), and considerations of the cost and value of primary prevention.

UnitedHealthcare uses evidence-based clinical guidelines from nationally recognized sources during review of our quality and health management programs. Recommendations contained in clinical practice guidelines are not a guarantee of coverage. Members should consult their member-specific benefit plan document for information regarding covered benefits.

## To Review Guidelines

Guideline Title	Sources/Location
2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease	American College of Cardiology/American Heart Association: <a href="https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000678">https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000678</a>