

Obesity

Description

These guidelines outline interventions and practices for maintaining a healthy weight in children, adolescents, and adults. 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
2020 VA/DoD Clinical Practice Guideline for the Management of Adult Overweight and Obesity	U.S. Department of Veterans Affairs/Department of Defense: https://www.healthquality.va.gov/guidelines/CD/obesity/VADoDObesityCPGFinal5087242020.pdf
Bright Futures, 4 th edition, 2017, Guidelines for Health Supervision of Infants, Children, and Adolescents Promoting Healthy Weight - p. 151	American Academy of Pediatrics: https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4_HealthyWeight.pdf