

# Hypertension

## Description

This clinical guideline addresses the prevention, detection, evaluation, and management of high blood pressure in 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	Source/Location
AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM 2025 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults	American College of Cardiology/American Heart Association: <a href="https://www.jacc.org/doi/epdf/10.1016/j.jacc.2025.05.007">https://www.jacc.org/doi/epdf/10.1016/j.jacc.2025.05.007</a>