

# 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	Source/Location
2025 VA/DoD Clinical Practice Guideline for the Management of Adult Overweight and Obesity	U.S. Department of Veterans Affairs/Department of Defense: <a href="https://www.healthquality.va.gov/HEALTHQUALITY/guidelines/CD/obesity/OB-E-CPG_2025-Guideline_final_20251105.pdf">https://www.healthquality.va.gov/HEALTHQUALITY/guidelines/CD/obesity/OB-E-CPG_2025-Guideline_final_20251105.pdf</a>
2023 Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents with Obesity	American Academy of Pediatrics: <a href="https://publications.aap.org/pediatrics/article-pdf/151/2/e2022060640/1564697/peds_2022060640.pdf">https://publications.aap.org/pediatrics/article-pdf/151/2/e2022060640/1564697/peds_2022060640.pdf</a>