

What is an Evidence-Based Guideline?



Clinical evidence-based guidelines are recommendations intended to optimize the care and treatment of patients. They are informed by a systematic review of evidence and an assessment of the benefits and harms of alternative care options.¹

In 1950, Medical knowledge
**doubled every
~18,250 days!**



In 2020, Medical knowledge
**doubled every
73 days!**



**With no signs of
it slowing down²**

Doctors Need Help Just to Keep Up



eviCore's Evidence-Based Formula:

Busy medical professionals are challenged to keep up with ever-changing medical studies while providing the best care to their patients. eviCore steps up to assist by creating evidence-based guidelines with a dedicated teams of clinicians.



**Best available
evidence**



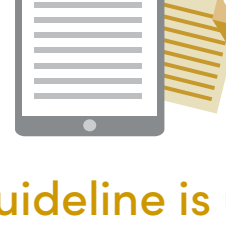
**Insights from industry
professionals**



**Latest peer-reviewed
medical journals**

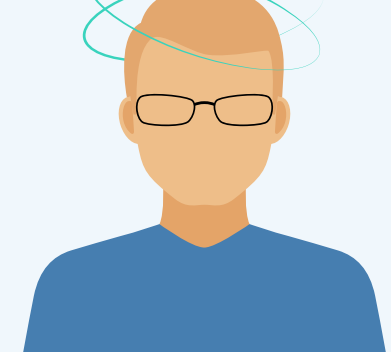


**Insights from
medical societies**



**Each guideline is updated
annually, at a minimum**

Taking Action:



Meet Chris

My name is Chris. I'm one of the 90M Americans experiencing dizziness,³ and decided it was time to visit my doctor.

My doctor visit

After discussing my symptoms and administering an exam, my doctor shared his concern for ataxia⁴.

Ataxia is caused by a lot of different things, and my doctor was ready to get to the root of the problem to determine what treatment would help me best.



Placing an imaging order

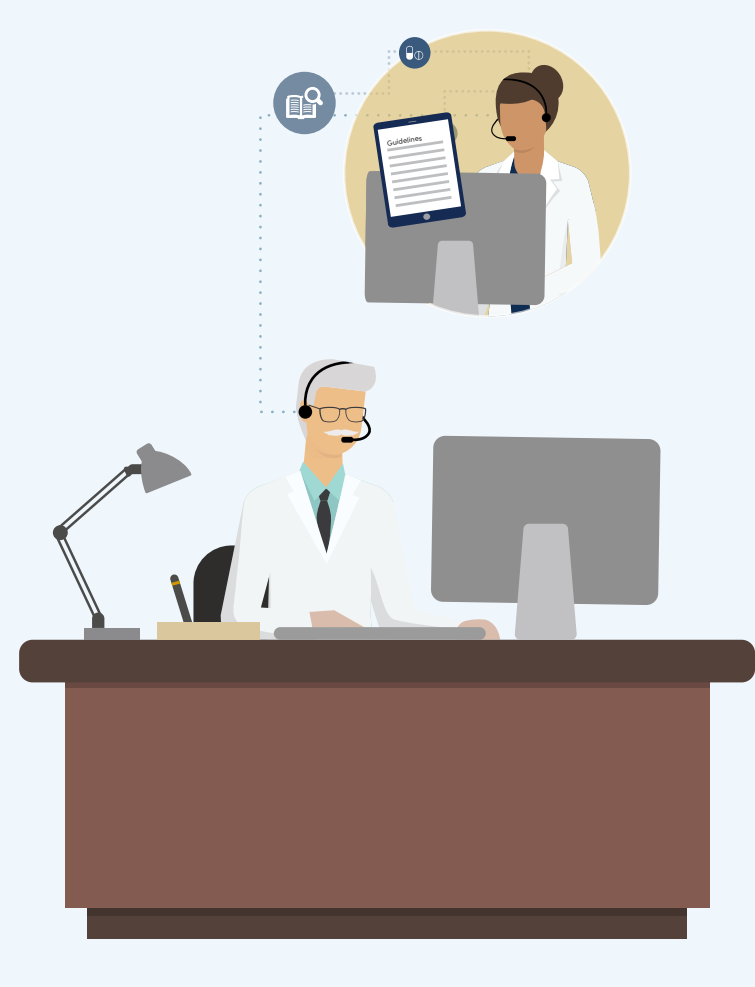
Because I'm a member of a health plan that requires prior authorization (PA), my doctor requested a CT scan of my head for the next step.

Evaluating the imaging order

Once the CT scan request is received by my PA vendor (like eviCore), it is reviewed and compared to evidence-based guidelines to indicate what is best for me.



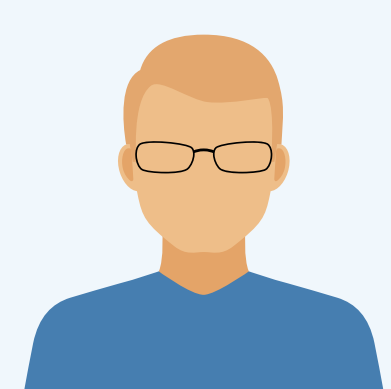
Evidence-based In Action:



While a **CT scan** was requested by my doctor, eviCore recommended an **MRI** as the best next step.

This step was based on applying the information about my condition to their Head and Imaging Guidelines, based on the American College of Radiology Appropriateness Criteria.

An **MRI** provides a more detailed image of my brain, and avoids potentially harmful radiation exposure — allowing me to quickly and safely know what is causing my dizziness.



Utilizing evidence-based guidelines to schedule an MRI my doctor learned the cause of my ataxia faster, chose the right treatment, and put me on the road to feeling better.

Sources

- [1. <https://www.evicore.com/insights/what-is-prior-authorization>](https://www.evicore.com/insights/what-is-prior-authorization)
- [2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3116346/>](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3116346/)
- [3. <https://www.thehearingclinic.org/services/facts-about-dizziness/>](https://www.thehearingclinic.org/services/facts-about-dizziness/)
- American College of Radiology (ACR) Appropriateness Criteria® Ataxia. Last review date: 2018.



Empowering the improvement of care

[evicore.com](https://www.evicore.com)