A nation suffering from chronic diseases

Chronic diseases are leading drivers of health care costs

Common chronic diseases:
- Heart disease
- Cancer
- Lung disease
- Stroke
- Alzheimer’s disease
- Diabetes
- Kidney disease

6 in 10 adults in the U.S. have chronic disease.*

People with multiple chronic conditions are known as polychronic

Accordingly, the number of people with polychronic conditions is expected to rise dramatically in the coming years as U.S. population ages.

Number of people in U.S. with 3+ chronic diseases*

Facts and Figures

- 30 million in 2015
- 83.4 million by 2030

Treating people with polychronic conditions is expensive

Polychronic patients are prescribed more medicines and are more likely to visit the emergency room or need a drug safety intervention, compared to non-polychronic patients. Moreover, costs rise with the number of polychronic conditions a person has.2

OptumRx is focusing on managing the care of polychronic members

• OptumRx realizes addressing members with polychronic conditions requires increased focus on outcomes and care management.
• In addition to the clinical support programs of OptumRx, we leverage the capabilities and services of the broader Optum enterprise to offer holistic support for patients and address the growing burden of chronic disease.

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