

Taking care: Health equity and diabetes



Otis* is an Optum patient.

He was in the hospital for an infection and learned he had diabetes. This was a surprise to him and his family. Here's how Optum was able to help make sure he got off on the right foot on his new health journey.



Otis was released from the hospital.



An Optum nurse called him to talk about his diabetes and tools like glucometers that could help him.



Otis went to a class led by a registered dietitian and learned how to manage his blood sugar. He still had regular calls with an Optum nurse.



Otis lost 20 pounds. He has learned how to keep his blood sugar at recommended levels.

Types of diabetes¹

Type 1:

The body doesn't make enough insulin. Type 1 diabetes develops quickly. It's often diagnosed in children or young people, and there is no known prevention.

Type 2:

The body doesn't use insulin well. Type 2 diabetes develops slowly and is often diagnosed in adults. It can be prevented or delayed with weight loss, healthy eating and an active lifestyle.

Gestational:

Develops in pregnant women and increases the risk of developing Type 2 diabetes.

Prediabetes:

Blood sugar levels are higher than normal, and there is an increased risk of Type 2 diabetes. It can be reversed with lifestyle changes.

Did you know diabetes is very common in communities of color?

Type 2 diabetes is more common in communities of color, making it one of the top health crises today.

How many people have diabetes?

More than one in 10 Americans (34.2 million people) currently have diabetes.

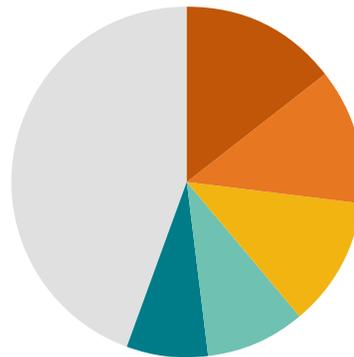
About 88 million more have prediabetes.²



Who has diabetes?

According to the CDC:

- 14.7% of Native Americans
- 12.5% of Hispanics
- 11.7% of non-Hispanic Black people
- 9.2% of Asian Americans
- 7.5% of non-Hispanic white people



Why is it important to control your diabetes?

Diabetes is related to diseases such as high blood pressure, heart disease, kidney disease, obstructive sleep apnea, cancer, bone disorders and poor circulation, which can lead to amputation.

What can Optum do to help?

Diabetes care is just one step toward health equity. We work hard to:

- Close gaps in care in the ways people access medical services
- Help people find the right resources
- Improve health outcomes by providing resources and information

Diabetes is slightly different for everyone. You need a unique set of resources designed to meet you where you are. Optum can help find gaps in care and offer the right referrals.

Personalized care improves outcomes

Better care starts with understanding each person's disease and level of risk.

For example, the OptumRx Diabetes Management Program serves people with Type 1 and Type 2 diabetes. This program helps identify people at high risk. It also uncovers patterns in the general population and changes in a person's overall health.

This approach allows us to tailor the type of outreach and intervention best suited to each person.

For example, if you're lower risk, we offer educational tools and resources as part of your treatment plan. Then, we can help spot gaps in your care. We can close those gaps with reminders to refill medication, education on new medical developments, and paying attention for other risks such as heart disease.

If you're high risk, you may need access to more personalized care. This could mean:

- One-on-one conversations with pharmacists and nurses who can tailor advice and insights to your needs
- Coaching on medication, lifestyle changes, diet and nutrition
- Counseling for more serious issues such as out-of-range blood sugar levels

Here are some factors that may increase the risk of Type 2 diabetes³

- Overweight or obesity
- Age 45 or older
- A parent, brother or sister with Type 2 diabetes
- Physically active less than three times a week
- Gestational diabetes (diabetes during pregnancy) or gave birth to a baby who weighed more than 9 pounds
- African American, Hispanic or Latino, American Indian, Alaska Native, Pacific Islander, or Asian American

Taking action for equity

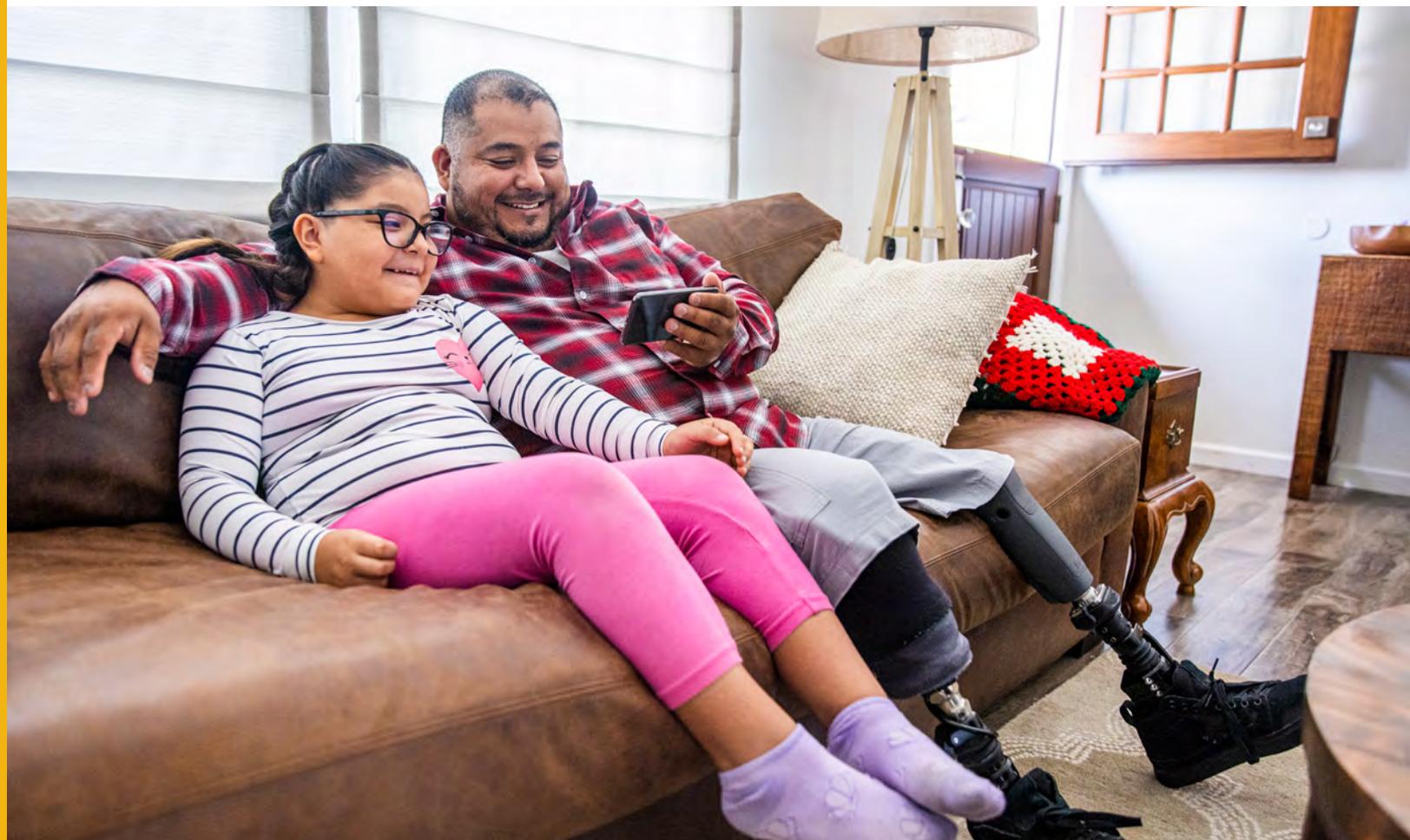
Diabetes is sometimes more common in communities of color because of a lack of health care, as well as social, economic and cultural conditions.

At Optum, our vision is a world where diabetes is not as widespread, where families are stronger, and equitable health care for everyone opens doors for a healthier future without bias.

* Used for illustrative purposes only. Not based on an actual member.

Sources:

1. Centers for Disease Control & Prevention. [What is diabetes?](#) Last reviewed June 11, 2021. Accessed July 21, 2021.
2. CDC. [2020 National Diabetes Statistics Report.](#) Accessed July 21, 2021.
3. CDC, Diabetes and prediabetes. Last reviewed Nov. 3, 2020. Accessed July 21, 2021.





To learn more about how Optum is addressing health equity, visit optum.com/healthequity



11000 Optum Circle, Eden Prairie, MN 55344

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