



Linda's kidney disease journey

Complex medical condition requires effective care and disease management

The Optum® ESRD management program empowers patients to understand their plan of care and reduce complications – especially cardiovascular disease and diabetes. It also provides transplant education, referral for evaluation and information on leveraging community resources.



Yesterday

In the past, Linda would have separate communications with her primary care provider, nephrologist, dialysis center and social worker in order to understand her comprehensive care plan. She would not be as prepared as she could be for the dialysis.

Low-prevalence, high-cost population
1 in 7 adults have chronic kidney disease in the U.S.,¹ and it can cost over \$280,000 per patient annually.²

Meet Linda

Chronic kidney disease is a complex, expensive and progressive disease that requires effective care and disease management. Once a patient hits end-stage renal disease (ESRD) – and the resulting dialysis – their quality of life is drastically altered.

Linda suffers from diabetes and hypertension, which has caused her kidney function to deteriorate. She now has stage 4 chronic kidney disease. With the support and assistance of an Optum kidney nurse case manager, she's better prepared for dialysis and can now more effectively manage her kidney health and comorbidities.

Optum offers the support, education, tools and resources from licensed renal care specialists who not only specialize in kidney disease, but are also able to assist members in managing their comorbidities.

Sources:
1. United States Renal Data System annual report, 2017.
2. Commercial end-stage renal disease knowledge deck, 2013-2015, Optum Healthcare Economics.
3. Optum Healthcare Analytics CKD program analysis for large and small employers comparing program-eligible members to non-eligible members, 2016.
4. Optum Book of business survey results, average from Q1 2017 to Q3 2017.

Linda is a fictitious character used to illustrate programs and services. Stock photo used. Member name and some details changed to protect member privacy.

Optum provides health and well-being information and support as part of a patient's health plan. It does not provide medical advice or other health services, and is not a substitute for a doctor's care.



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