



Aging and aging well in the 21st century

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United
Healthcare

Aging in self-portrait



1629
age 23



1640
age 34



1659
age 53



1669
age 63

¹Germanisches Nationalmuseum, Nuremberg

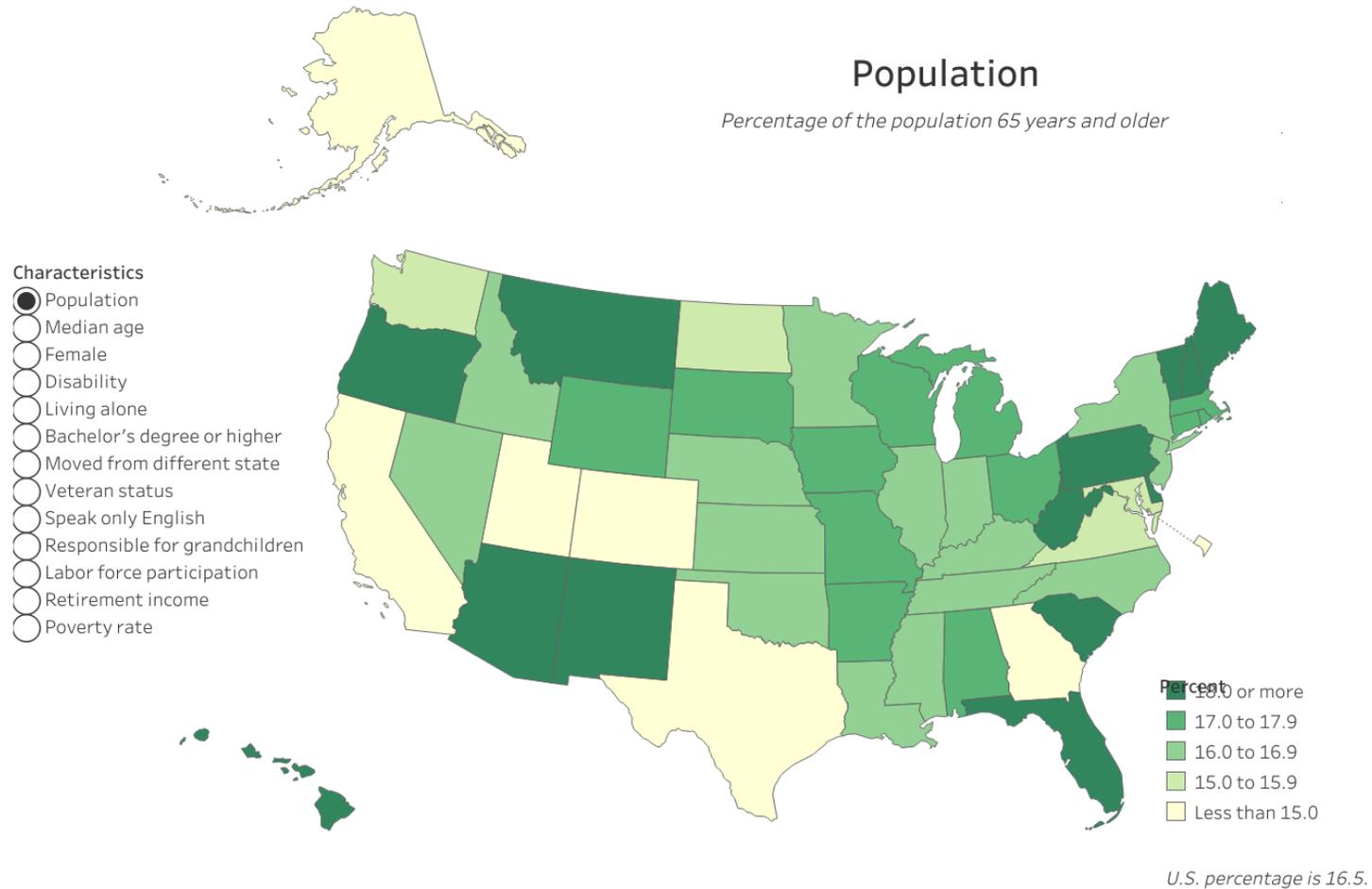
²National Gallery, London

³National Gallery of Art, Washington, D.C.

⁴National Gallery, London



U.S. Population: 65 years and older



Source: U.S. Census Bureau, 2019 American Community Survey;
<https://www.census.gov/library/visualizations/interactive/population-65-and-older-2019.html>



Ageing trends in the U.S.

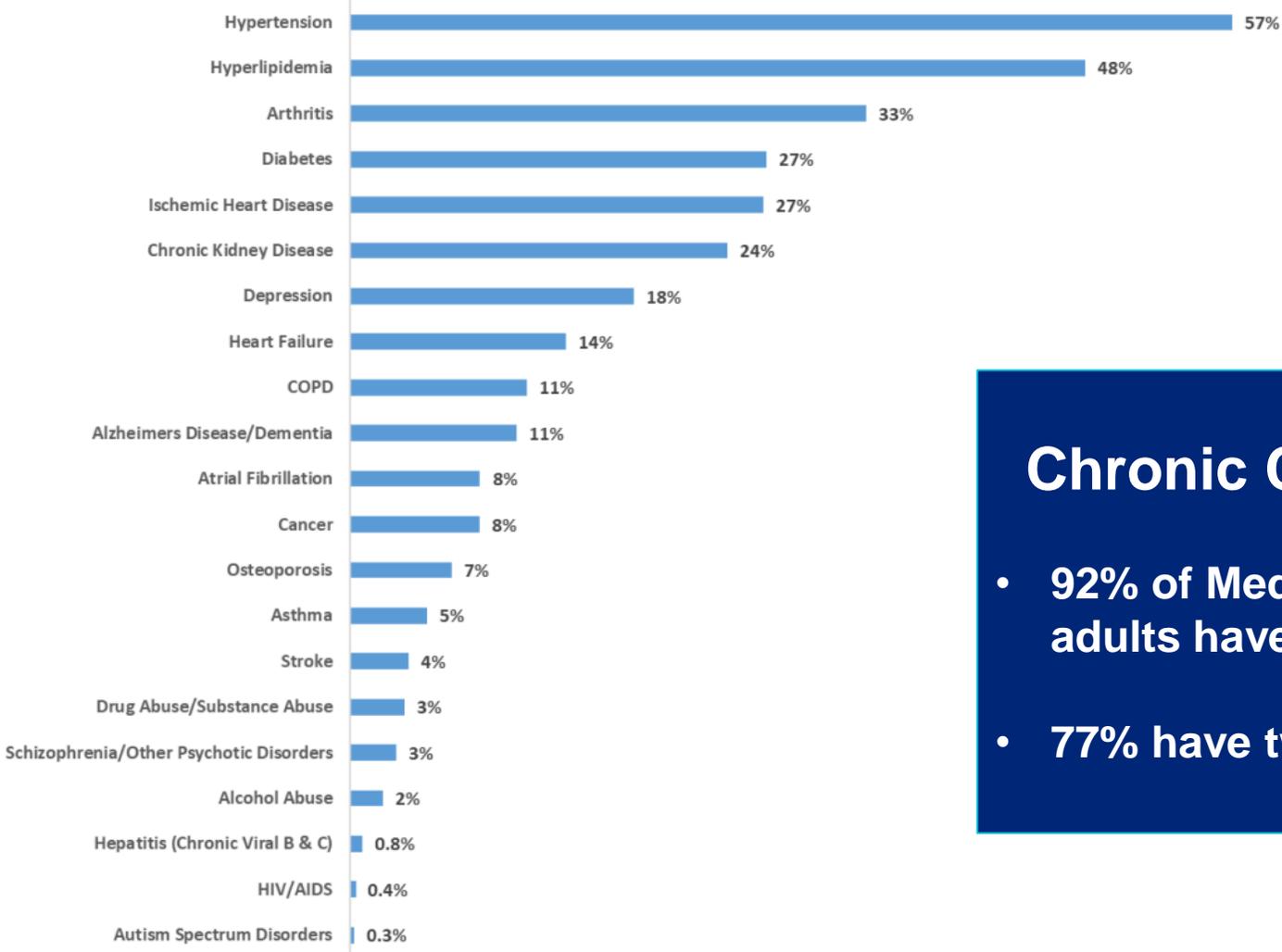
- 1** Older adult (65+) population will increase from 16% (54 million) in 2019 to 21.6% (98 million) in the U.S. by 2040¹
- 2** White 65+ population will grow by 59% through 2030 versus 160% for older minorities²
- 3** People reaching age 65 in 2019 have an average life expectancy of an added 19.6 years¹
- 4** ~1 in 10 (8.9% or 4.9 million) live below the poverty level¹
- 5** Education level varies widely by race and ethnicity
33% had a bachelor's degree or higher in 2020¹

¹2020 Profile of Older Americans; available at acl.gov/sites/default/files/Aging%20and%20Disability%20in%20America/2020ProfileOlderAmericans.Final_.pdf

²Older Adults' Health and Age-Related Changes (apa.org)



Chronic condition prevalence: Medicare population

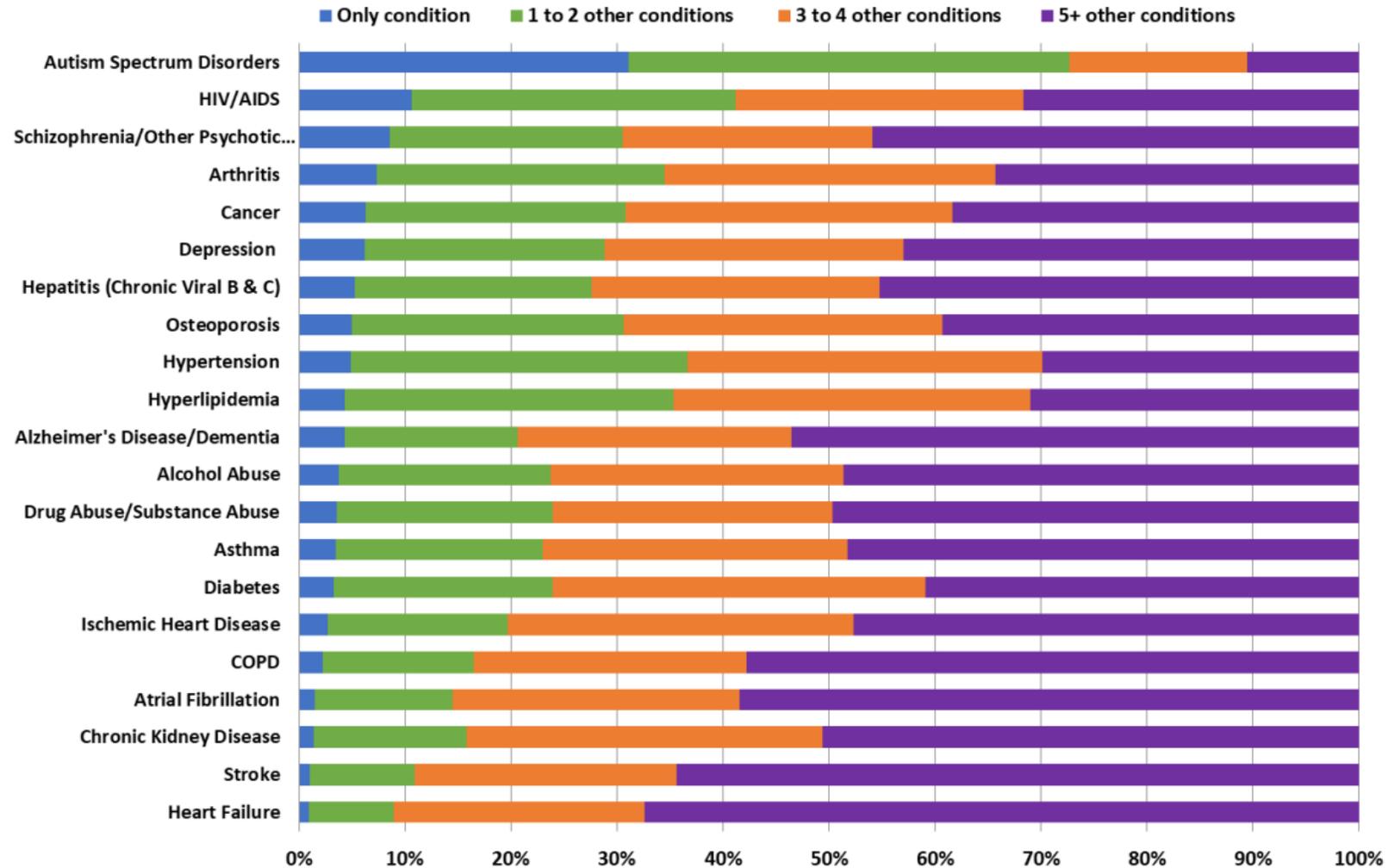


Chronic Conditions

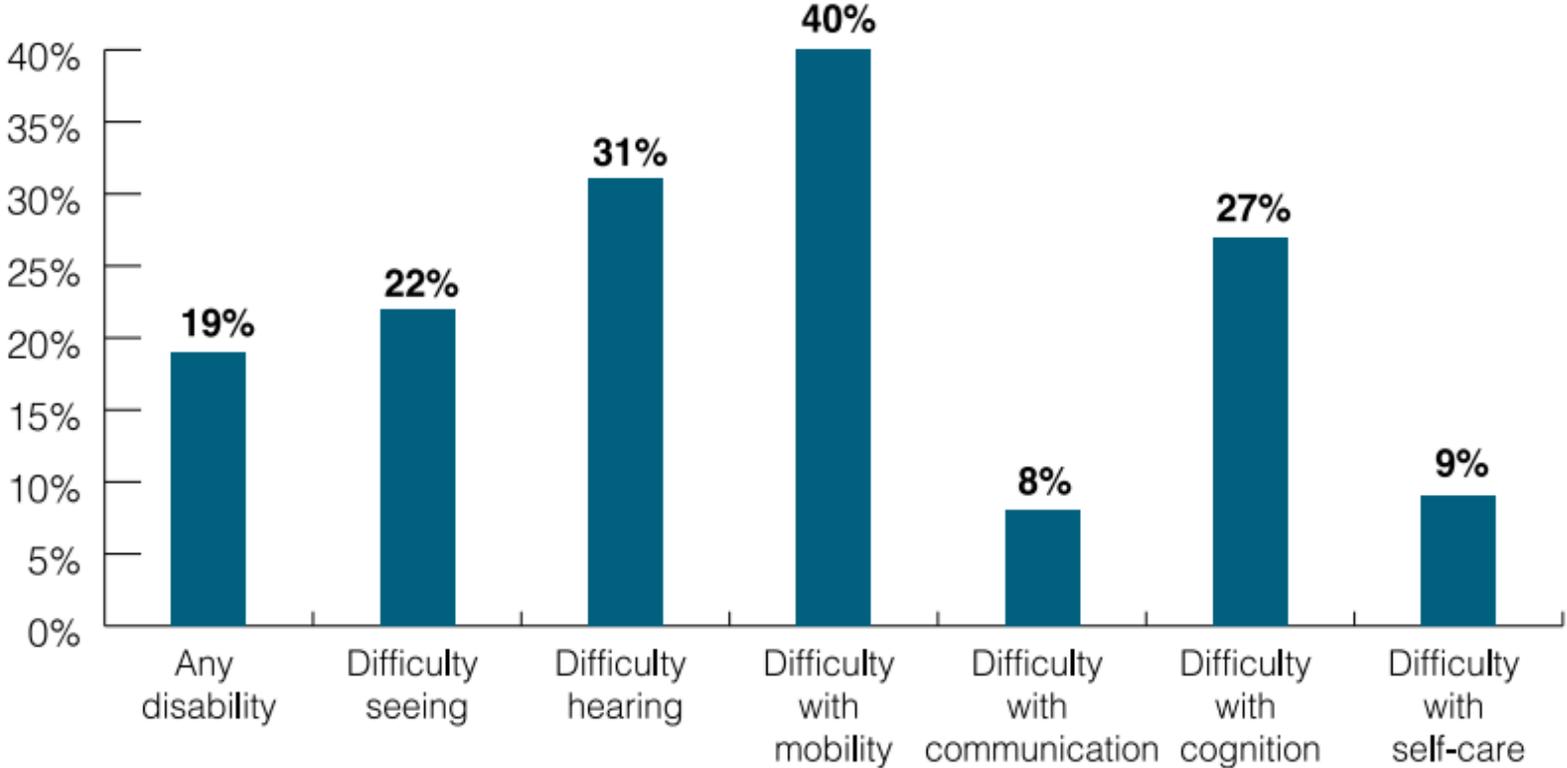
- 92% of Medicare-aged adults have at least one
- 77% have two or more



Multiple chronic conditions in Medicare population



Disability and physical functioning in Medicare aged adults



Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey, 2019



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Addressing the needs of the aging population: The Geriatric “5 Ms”

Mind

- Mentation
- Dementia
- Delirium
- Depression

Mobility

- Amount of mobility
- Function
- Impaired gait
- Prevention

Medications

- Polypharmacy
- Optimal prescribing
- Adverse effects

What Matters Most

- Meaningful health outcome goals
- Care preferences

Multicomplexity

- Whole person care
- Chronic conditions
- Advanced illness

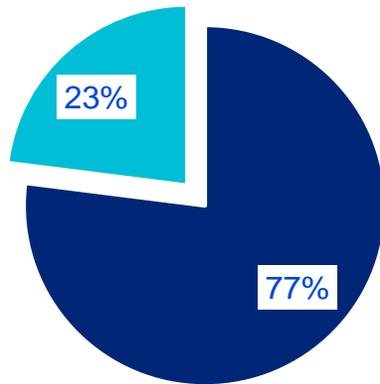


Adapted by the American Geriatrics Society (AGS) with permission from “The public launch of the Geriatric 5Ms [on-line],” by F. Molnar et al and available from *Can Geriatr Soc J CME* 2017 Apr 28.

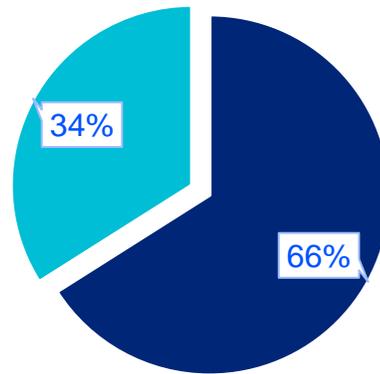
What matters most: Defining patient priorities and goals of care



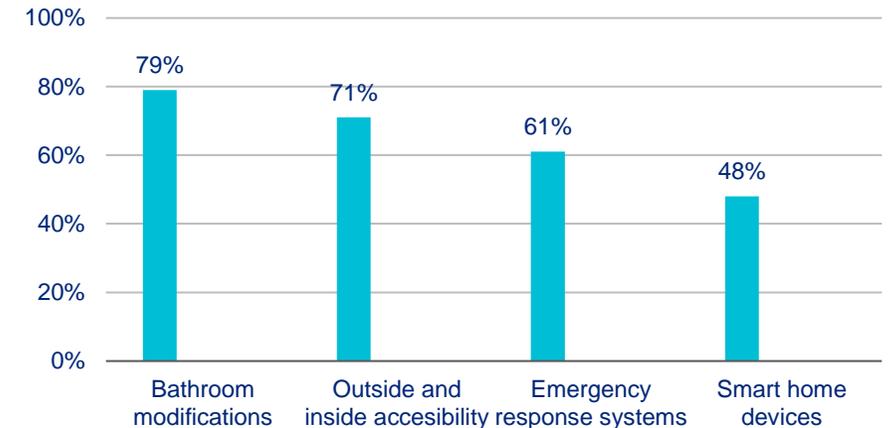
Independence at home: 2021 survey, age 50+ respondents



77% want to remain in their homes as they age



34% would need to make modifications to their current residence in the event they needed physical assistance



50+ year old respondents describe the home modifications they would need to live independently



Source: 2021 Home and Community Preferences Survey: A National Survey of Adults Age 18-Plus; <https://livablecommunities.aarpinternational.org/>

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Maintaining independence at home: examples



Digital tools

- Bio-monitoring devices in homes
- Web based health trackers
- Personal Emergency Response System (wrist device or pendant)
- Virtual care visits



Telephonic engagement

- Complex condition management
- Medication reviews
- Healthcare navigators and advocates



“Healthy at Home”

- Meals after every discharge
- Rides after every discharge
- In-home care after every discharge

Aging in place through innovation



Social determinants of health and social prescribing



Screen

- In-person HouseCalls
- Customer service
- Healthcare navigators
- Case & disease management
- Health risk assessments
- Traditional claims data



Identify

- Family / social support
- Food security
- Transportation
- Financial security
- Health literacy
- Caregiver needs



Support

Connect people with personalized resources

- Post-discharge support
 - Meal delivery
 - Transportation benefit
 - Personal in-home care
- Behavioral health support
- Low-income subsidy support
- Local community resources

80%

of health and well-being is tied to social and economic factors, physical environment and health behaviors¹

85%

of physicians report that unmet social needs lead to poorer health outcomes²

¹Robert Wood Johnson Foundation, County Health Rankings, "Relationships between Determinant Factors and Health Outcomes" 2016

²Robert Wood Johnson Foundation, "Health Care's Blind Side" 2011



Whole person approach to care in Medicare population



- In-home visits
- Social Determinants of Health
- Wellness & Incentives
- Advocate4Me
- Navigate4Me
- Remote Monitoring Tools
- Care & Disease Management
- Integrated Medical-Behavioral Health

Differentiators

1 Power of the enterprise
Infrastructure and innovation

2 Care navigation
Personalized, single point of contact for high-risk members.

3 Care in the home
Leveraging virtual, digital and in-person modalities to address needs across the health spectrum.

4 Member engagement
Integration of clinical programs for a seamless retiree experience.



Prevention and well-being with digital support

Chronic condition prevention



Weight Loss



Diabetes Prevention



Nicotine Cessation

Coaching support for everyday well-being



Stress



Sleep



Nutrition



Exercise



Diabetes Management



General Wellness



Family



Cardiovascular



Mental health

Defeat the “blues” campaign



Resilience



Resourcefulness



Gratitude



Kindness



Mindfulness



Wellness



Resilience and resourcefulness tools

Mental Health



Overwhelmed by worry?

Learn 6 ways to take back control.

[READ NOW](#)



Emotional health

Find resources designed to inspire and empower you to live your life to the fullest.

[EXPLORE NOW](#)



5 minute meditation

Dip your toe in the mindfulness waters by giving this quick meditation a try

[TRY NOW](#) 



Cognitive health

Resources to help protect or improve your health, memory and cognitive function.

[EXPLORE NOW](#)



Engaging people to promote wellbeing: Videos

Painting



Yoga



Meditation



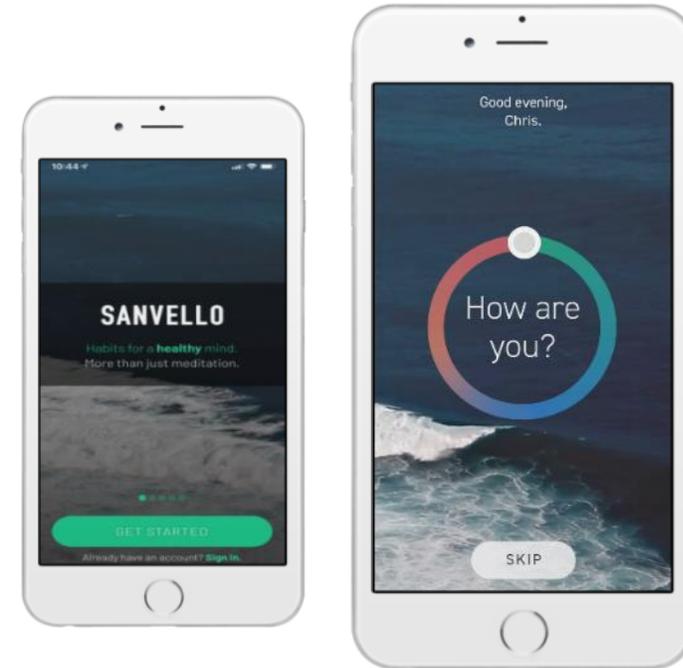
Engaging in mindfulness and self-guided support



A digital treatment support self-help app based on **Cognitive Behavioral Therapy (CBT)** and **mindfulness meditation** that provides recommendations for activities designed to be effective in the moment

- Mood and health data tracking over time
- Integrated goal-setting and progress assessments
- Interactive psychoeducation
- Relaxation techniques and coping tools

On-demand self-help for stress, anxiety and depression



iOS



ANDROID



TABLET





The aging of the U.S. population requires special attention to the unique needs of the Medicare-aged population.



A whole person approach to care and population health takes into account patient priorities in the context of the evidence-base for wellness and chronic condition care.



Regular access to primary (and specialty) care with an emphasis on geriatrics principles can contribute to better outcomes.



There is a growing array of tools and support programs, specifically designed for the physical, behavioral, and social needs of older adults.





Questions