



Meet Joe

At age 58, Joe's primary care provider discovered that his kidney function had significantly declined within 8 months, resulting in stage 4 chronic kidney disease (CKD). Joe feared his declining kidney function and lacked knowledge on renal replacement therapies and the transplant process.

Shortly thereafter, Joe received a phone call from Meg, a registered nurse in the Optum Kidney Solutions program.

Sources:

1. Optum Healthcare Analytics. "Assessing the impact of Kidney Resource Services on disease progression. 2021.
2. Centers for Disease Control and Prevention. [Chronic kidney disease basics](#). Accessed August 13, 2023.
3. U.S. Department of Health and Human Services. [USRDS Annual Data Report, 2021](#). Accessed August 13, 2023.
4. Optum book of business 2023.

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Joe's kidney transplant journey

High-quality, proactive and individualize care support

Studies have shown that early intervention can delay or even prevent dialysis from ever being necessary.¹ Using a proprietary algorithm that includes claims data, the Optum® kidney solutions team identifies and engages members at risk for CKD (low eGFR values). From there, specialized kidney nurses offer the support, education, tools, resources and care, providing individualized support and education to help preserve kidney function and potentially delay disease progression.

Yesterday

Joe wasn't seeing a nephrologist and didn't know about his kidney function. Because of this, he didn't know to ask for certain labs and wasn't on the list for a transplant.



Early engagement is critical for managing CKD

Often asymptomatic, 40% of adults with late-stage CKD are unaware they have the disease.²

Today

Optum predictive model analytics identified Joe's diagnosis for CKD early. Joe was then assigned to Meg, an Optum renal care specialist, who speaks to him about his condition. Meg calls Joe once a month to help support and educate him on his kidney disease and help ensure he is receiving high-quality, individualized care.



Joe is able to manage his CKD for some time. However, after a significant drop in his GFR, Meg confirms that Joe is approaching end-stage renal disease, and dialysis will be necessary soon. She educates Joe on possible alternatives to dialysis to discuss with his physician.



Meg suggests that Joe schedule an appointment at an Optum qualified transplant Centers of Excellence facility. Joe is also referred to the Optum Transplant Solutions team so they can support him in his transplant journey.

Outcome

Meg coordinates with the Optum transplant resource services team to support and educate Joe on his health care journey. He is able to avoid dialysis, improving his quality of life and preserving his kidney function.



89% survival rate with preemptive transplant

The 3-year survival rate for individuals receiving a kidney transplant preemptively is 89% compared to a survival rate of 55% for those on dialysis.³



97% of participants

report overall nurse satisfaction with their Kidney Solutions case manager.⁴

To learn more about the advantages Optum offers your members, contact your Optum sales representative at optumkidneyvbc@optum.com or visit optum.com/kidney.