

Condition Snapshot

Cardiovascular disease



As the No. 1 cause of death in the U.S.,¹ cardiovascular disease (CVD) has a major impact on the workforce. A strategic approach to health benefits may help lower risks and costs for employees and employers alike.



Definition

- A group of conditions impacting the heart and blood vessels, potentially leading to heart attack, stroke and diseases of the arteries and veins³



Trend

- Nearly half of U.S. adults have some form of CVD¹
- 5% year-over-year increase in prevalence among UnitedHealthcare members⁴



Causes⁵

- Diabetes
- High cholesterol
- Obesity
- High blood pressure
- Lack of physical activity
- Poor diet
- Substance use

#1

cause of death in the U.S. since 1921²

“While we’ve seen major advances in our ability to treat cardiovascular disease, we still have a long way to go.”

Dr. Rhonda Randall

Chief Medical Officer, UnitedHealthcare Employer & Individual

Getting to the heart of the matter

As a leading cause of death and driver of emergency room visits, CVD significantly impacts both employees and employers.

Who

Most common in:⁴



Males



Baby Boomers
(born between 1946-1964)

Most prevalent in:³



1 West Virginia – 14.2%



2 Alabama – 12.4%



3 Arkansas – 12.1%



4 Tennessee – 12.0%



5 Louisiana – 11.7%

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How



Increased risk of conditions like stroke, heart failure,⁶ cardiac dysrhythmias (most common diagnosis),⁴ coronary artery disease complications⁴ and kidney disease⁷



Mental health issues such as depression and anxiety⁸



Financial strain due to medical costs and absenteeism

How much

\$37.29

average cost per member,
per month for employers⁴

\$5.69

average out-of-pocket cost
to members per month⁴

\$361B

projected annual productivity
losses due to cardiovascular
conditions by 2050⁹

Strategies for employers

Employers that take a whole-person approach to their benefits may be able to better support employees living with heart conditions and help control rising health care costs.



Cover cardiac rehabilitation programs: Virtual services like Movn Health offer convenient recovery support after events such as a heart attack or coronary artery bypass surgery.



Address top cardiac conditions: Informed by claims data, benefits design may include access to cardiovascular health management programs and condition-specific resources. For example, **UHC Hub™** offers access to vendors like Teladoc Health, which provides digital and virtual hypertension management support programs.



Create heart-healthy workplaces: Offer healthier snack and meal options, consider workplace wellness initiatives like walking programs, and promote screenings and preventive care like regular blood pressure checks to help identify risk factors sooner.



Reward healthy behaviors: Incentive-based programs like **UnitedHealthcare Rewards** can help motivate employees to live healthier lifestyles by allowing them to earn rewards for tracking blood pressure, completing cardiac screenings and more.

**Learn how UnitedHealthcare supports
a whole-person health approach >**



¹ Heart disease remains leading cause of death as key health risk factors continue to rise. American Heart Association, Jan. 27, 2025. Available: <https://newsroom.heart.org/news/heart-disease-remains-leading-cause-of-death-as-key-health-risk-factors-continue-to-rise>.

² More than half of U.S. adults don't know heart disease is leading cause of death, despite 100-year reign. American Heart Association, Jan. 24, 2024. Available: <https://newsroom.heart.org/news/more-than-half-of-u-s-adults-dont-know-heart-disease-is-leading-cause-of-death-despite-100-year-reign>.

³ Cardiovascular Diseases in the United States. America's Health Rankings, 2024. Available: <https://www.americashealthrankings.org/explore/measures/CVD>.

⁴ UnitedHealthcare Employer & Individual internal data based on claims incurred between Jan. 1, 2024 - Dec. 31, 2024.

⁵ Heart Disease Risk Factors. Centers for Disease Control & Prevention, Dec. 2, 2024. Available: <https://www.cdc.gov/heart-disease/risk-factors/index.html>.

⁶ Interaction of heart failure and stroke: A clinical consensus statement of the ESC Council on Stroke, the Heart Failure Association (HFA) and the ESC Working Group on Thrombosis. European Journal of Heart Failure published by John Wiley & Sons Ltd on behalf of European Society of Cardiology, Dec. 20, 2023. Available: <https://pubmed.ncbi.nlm.nih.gov/37905380/>.

⁷ Chronic Kidney Disease, Diabetes, and Heart Disease. Centers for Disease Control & Prevention, May 15, 2024. Available: <https://www.cdc.gov/kidney-disease/risk-factors/link-between-diabetes-and-heart-disease.html/>.

⁸ Depression and Heart Disease. Johns Hopkins Medicine. Available: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/depression-and-heart-disease>. Accessed: June 20, 2025.

⁹ Forecasting the Economic Burden of Cardiovascular Disease and Stroke in the United States Through 2050: A Presidential Advisory From the American Heart Association. National Institutes of Health, July 23, 2024. Available: <https://pubmed.ncbi.nlm.nih.gov/38832515/>.

UnitedHealthcare Rewards is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right

for you. Receiving an activity tracker, certain credits and/or rewards and/or purchasing an activity tracker with earnings may have tax implications. You should consult with an appropriate tax professional to determine if you have any tax obligations under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-866-230-2505 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Components subject to change. This program is not available for fully insured members in Hawaii, Vermont and Puerto Rico nor available to level funded members in District of Columbia, Hawaii, Vermont and Puerto Rico.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

Disease Management programs and services may vary on a location-by-location basis and are subject to change with written notice. UnitedHealthcare does not guarantee availability of programs in all service areas and provider participation may vary. Certain items may be excluded from coverage and other requirements or restrictions may apply. If you select a new provider or are assigned to a provider who does not participate in the Disease Management program, your participation in the program will be terminated. Self-Funded or Self-Insured Plans (ASO) covered persons may have an additional premium cost. Please check with your employer.

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