

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 veins

 **Trend**

- Nearly half of U.S. adults have some form of CVD¹
- 1 in every 5 heart attacks are silent – the damage is done but the person is unaware of it²

 **Causes³**

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

#1

cause of death in the U.S. since 1921¹

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

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:⁵

 **1 West Virginia – 14.2%**

 **2 Kentucky – 12.7%**

 **3 Arkansas – 12.5%**

 **4 Louisiana – 12.2%**

 **5 Alabama – 11.9%**

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continued

How



Increased risk of conditions like stroke, heart failure, rhythm disorders, coronary artery disease complications and kidney disease⁶



Mental health issues such as depression and anxiety⁷



Financial strain due to medical costs and absenteeism

How much

\$41.08

average per member,
per month care costs⁴

↑9.4%

increase in year-over-year
average cost per member,
per month⁴

\$361B

projected annual productivity
losses due to cardiovascular
conditions by 2050⁸

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 heart health management programs: Apps like Hello Heart (available via **UHC Hub**[®]) can help members track and manage blood pressure while supporting consistent medication adherence.



Address top cardiac conditions: Claims data can help identify whether there are opportunities to expand 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 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 Palaniappan, L. et al. 2026 Heart Disease and Stroke Statistics: A Report of US and Global Data From the American Heart Association, Jan 1, 2026. Available: <https://www.ahajournals.org/doi/epub/10.1161/CIR.0000000000001412>.

² Heart Disease Facts. Centers for Disease Control & Prevention, Oct. 24, 2024. Available: <https://www.cdc.gov/heart-disease/data-research/facts-stats/index.html>.

³ Heart Disease Risk Factors. Centers for Disease Control & Prevention, Dec. 2, 2024. Available: <https://www.cdc.gov/heart-disease/risk-factors/index.html>.

⁴ UnitedHealthcare Employer & Individual self-funded and fully insured data based on claims incurred between Nov. 2024-Oct. 2025, paid through Jan. 2026.

⁵ Cardiovascular Diseases in the United States. America's Health Rankings. Available: <https://www.americashealthrankings.org/explore/measures/CVD>. Accessed: April 14, 2026.

⁶ Martin, S. et al. 2025 Heart Disease and Stroke Statistics: A Report of US and Global Data From the American Heart Association. AHA/ASA Journals, Jan. 27, 2025. Available: <https://www.ahajournals.org/doi/10.1161/CIR.0000000000001303>.

⁷ Depression and Heart Disease. Johns Hopkins Medicine. Available: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/depression-and-heart-disease>. Accessed: June 20, 2025.

⁸ 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/>.

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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