



Congenital Heart Disease resource services



For payers and self-funded employers, congenital heart disease (CHD) is a low-incidence but high-cost and clinically complex condition that can take a heavy financial toll. About 40,000 children are born with congenital heart defects every year in the U.S., many requiring multiple surgeries and a lifetime of medications to keep their hearts working.¹ These rare yet high-cost cases drive over \$4.0M in annual charges per 100K members, averaging \$439K in billed charges per case.²

CHD represents a wide range of clinical and financial risk. Depending upon how complex a case is, billed charges can range from \$121K to well over \$1M.²

CHD Centers of Excellence: Better outcomes and contract savings

This CHD risk can be managed with the market-leading Optum® Congenital Heart Disease resource services (CHDRS) product. CHDRS combines a specialized network of the nation's leading CHD facilities with the best contractual savings in the industry.

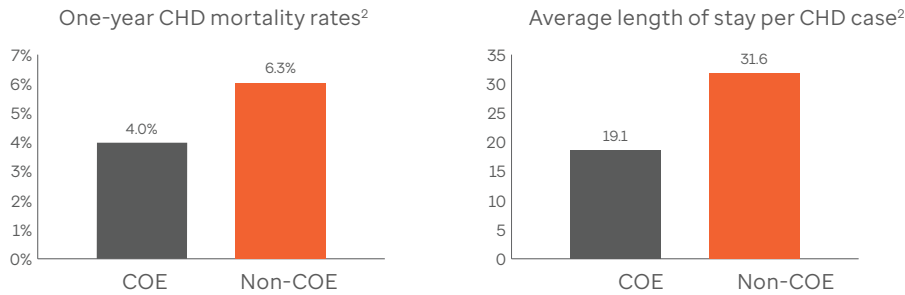
Optum has been qualifying CHD Centers of Excellence (COEs) since 2003. Each facility within the Optum network undergoes a rigorous COE qualification process. Qualification requirements are established by an advisory panel made up of some of the nation's leading pediatric cardiothoracic surgeons and cardiologists, and facilities are reviewed by those requirements every year. To date, the CHD COE network includes 20 centers nationwide.



Congenital Heart Disease COEs:

- Demonstrate **40%** lower average length of stay vs. non-COEs²
- Result in **39%** average contractual savings³

COEs are proven to reduce one-year mortality, inpatient days and overall charges, compared to non-COE facilities



Leverage our case identification support

Since CHD occurs infrequently, many case managers may not be familiar with the condition or know how to identify it. The timing of a CHD diagnosis is crucial to a case manager's ability to provide a member with education about facility choices and clinical outcomes.

Early identification – or identifying a CHD case in utero – grants the most ideal opportunity for this education and for making a referral to a CHD COE. Optum clients are supported in efforts to learn more about early identification with CHD-specific tools and resources online and with assistance from dedicated account managers.

The growing need for specialized adult CHD care

Congenital heart defects impact adults as well as children. Adults with CHD often develop new heart issues, sometimes requiring additional surgeries or medications. They experience more ER visits and hospitalizations than the general population and also face increased risk for comorbid conditions like obesity and high blood pressure. Adults born with complex defects should be seen regularly by adult CHD specialists, yet fewer than 10% of adults with CHDs actually receive this recommended care.⁴

Many Optum CHD Centers of Excellence – even pediatric centers – treat adults with CHD. To support the emerging need for adult CHD treatment, clients can access adult CHD contracts and explore care options for members through dedicated account managers.

- Centers for Disease Control and Prevention. Congenital Heart Defects (CHDs): Data & Statistics. [cdc.gov/ncbddd/heartdefects/data.html](https://www.cdc.gov/ncbddd/heartdefects/data.html). January 24, 2022. Accessed September 9, 2022. Citing: Hoffman JL, Kaplan S. The incidence of congenital heart disease. *J Am Coll Cardiol.* 2002;39(12):1890-1900, and Reller MD, Strickland MJ, Riehle-Colarusso T, Mahle WT, Correa A. Prevalence of congenital heart defects in Atlanta, 1998-2005. *J Pediatr.* 2008;153:807-13.
- Internal commercial population January 2011–December 2018. June 2020. n = 11,098.
- Chen. Optum CHD contract comparison data 2015–2019. July 2020.
- Adult Congenital Heart Association. Adult Congenital Heart Fact Sheet 2021. [achaheart.org/media/3083/achafactsheetenglish.pdf](https://www.achaheart.org/media/3083/achafactsheetenglish.pdf). Accessed September 9, 2022.



An estimated 2–3 million adults and children United States live with congenital heart defects.

Adults with CHDs often need additional operation(s) and/or medications, even when they have previously had a successful repair.⁴

For more information:

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