



Advancing health equity for neurodiverse families

The term “neurodiversity” refers to the range of differences in brain function and behavioral traits. Neurodiverse conditions include dyslexia, Autism Spectrum Disorder (ASD) and attention deficit hyperactivity disorder (ADHD), among others.

Number of children diagnosed with ASD

1 in 59¹

Early diagnoses of ASD can reduce lifelong cost of care by

2/3²

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Barriers to access and care present real-life challenges for neurodivergent people and their caregivers*



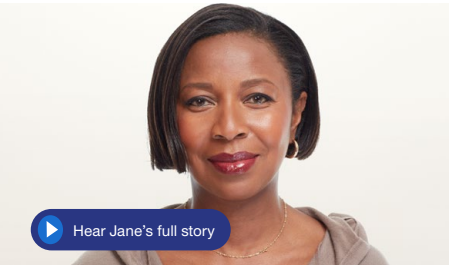
Hear Amity's full story

Amity, a person with autism, was misdiagnosed as bipolar

“[Doctors] would tell me I was depressed or bipolar... [they] would see this in my file and immediately write me off.”

Expert care and guidance

- All members have access to autism benefit services,³ which includes a dedicated team of experts to ensure appropriate care



Hear Jane's full story

Jane feels the impact of her generalized anxiety disorder

“I wish I could have life be a little easier for me. I see other people able to let things roll off their back... I can't be as tolerant to situations...”

Short- and long-term care options

- 24/7 access to emotional support with trained specialists who can provide recommendations for ongoing care
- Help manage day-to-day stress with a mobile app that delivers evidence-based resilience strategies, and in-person or virtual coaching and therapy



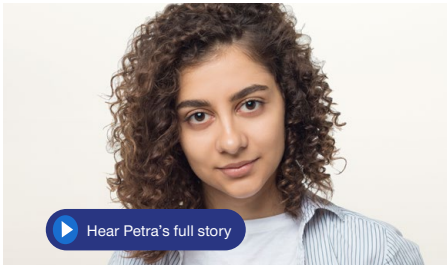
Hear John's full story

John struggles to afford necessary medication

“The big problem is access to the medication... Getting medication is the difference between staying employed or not staying employed.”

Medication support

- Ongoing specialty pharmacy support helps promote more informed decisions around cost management
- Access to clinical programs and community resources that are designed to lower costs and support safety—so members can find the medication they need at the lowest price available



Hear Petra's full story

Petra stopped her career to care for her son with ASD

“I have spent most of my lifetime being around my son with ASD and dealing with teachers and the medical care.”

Family and caregiver advocacy

- Navigation support for caregivers of children with complex medical and behavioral needs
- Advisors help ease stress and specialists provide guidance for school individualized education programs and 504 plans



Hear Alex's full story

Alex wrestles with anxiety while caring for his parents

“It is difficult caring for my parents with dementia and my immediate family—it's additional travel, stress, and hours to my workday...”

Consultations and counseling

- Employee programs built to help address anxiety, depression and grief as well as family, relationship and workplace concerns
- Access to more than 200,000 network clinicians nationwide for in-person or virtual support, plus specialists who are available 24/7 to help in the moment

Support is needed to better care for neurodiverse families



Neurodivergent people may experience a variety of challenges, from lack of support to a potentially increased risk of developing mental health conditions.



Access to affordable medication for neurodiverse conditions can greatly decrease the burden of neurodivergent individuals and their caregiver(s).

Caretakers of neurodivergent people face career disruption and financial concerns



6.6M

Americans are out of the workforce due to being a caregiver⁴



3X

more likely to experience job disruptions than caregivers of children who are not neurodivergent⁵

* Please Note: while the quotes are true stories from commercially-sponsored consumers, their names and photos have been changed to protect their identities. Research was conducted by UnitedHealth Group Strategic Insights and Gongos, Inc. (September 2022).

¹ Centers for Disease Control and Prevention (CDC). March 2, 2022.

² Healthcare costs of pediatric autism spectrum disorder in the United States, 2003–2015. Journal of Autism and Developmental Disorders. 2020, October 28.

³ Refer to the member's summary of benefits, and/or health benefit plan documentation for specific details.

⁴ Caregiving in the United States 2020. AARP. 2020, May 14.

⁵ The child care crisis disproportionately affects children with disabilities. Center for American Progress. 2021, November 9.

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