

Adherence Facts

Chronic Conditions are Prevalent and Costly

1 in 2 Americans have at least one chronic condition¹

More than **170M** Americans will be affected by one or more chronic conditions by the year 2030²

5x greater health care costs for patients with at least one chronic condition²

Most common chronic conditions can often be effectively **managed with inexpensive, generic medications.**

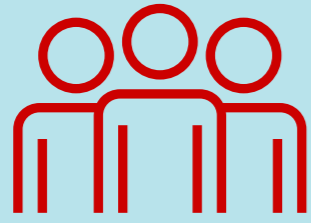
Medication is an effective first-line therapy for most chronic conditions, but:



25% of patients prescribed a medication to treat a new chronic condition, do not fill the initial prescription³



50% of patients prescribed a medication to treat a chronic condition stop taking it within the first year¹



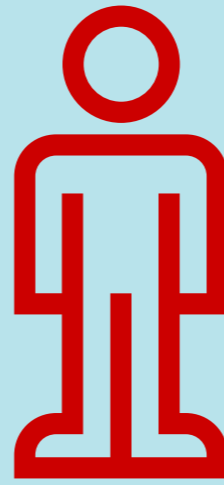
Nonwhite patients had **50 percent greater odds of non-adherence** to prescribed statins⁴



Women had **10 percent greater odds of non-adherence** to prescribed statins⁴

Patient non-adherence can be linked to many factors including⁵:

- Complexity of therapy regimen
- High out-of-pocket costs
- Socio-economic factors
- Lack of social support
- Lack of understanding of why medication is necessary



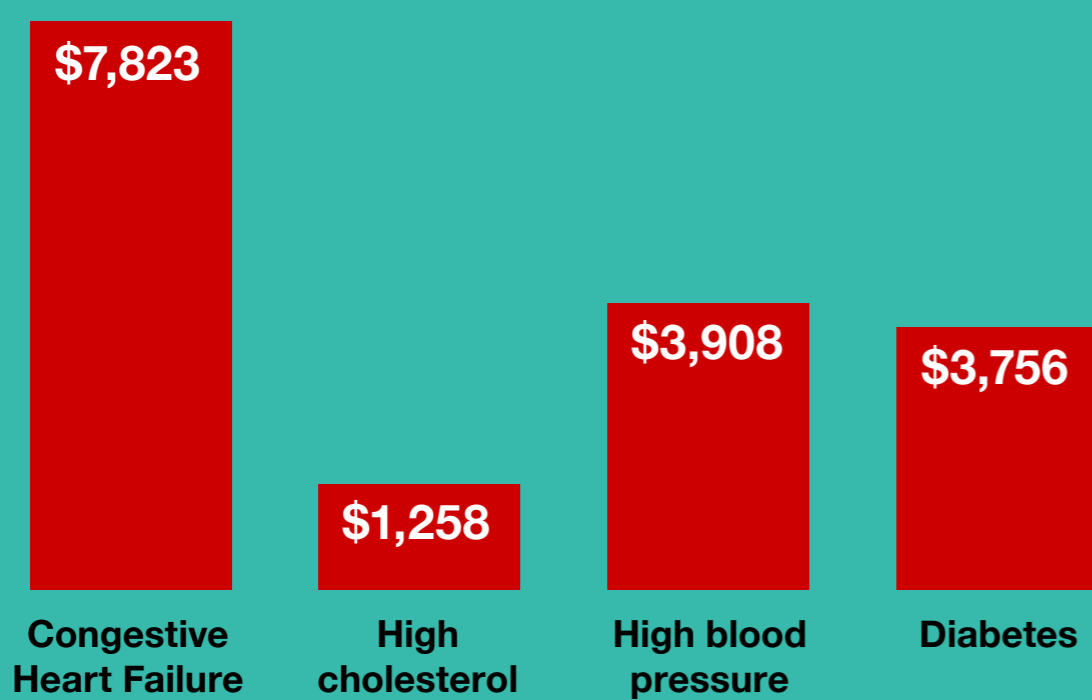
Cost of Non-Adherence

\$300B

Non-adherence results in almost **\$300B** in spend annually⁶

Investing in Adherence Can Help Drive Improved Outcomes and Lower Total Health Care Costs

Savings per adherent patient per year¹



If they are optimally adherent, patients who experience a heart attack are **24 percent more likely not to be readmitted to the hospital for another heart-related issue**⁷

Patients with chronic conditions who are adherent had up to **seven fewer days away from work**⁸

CVS Health provides pharmacy and clinical experience across the continuum of health care, delivering medication and support in convenient ways to promote adherence and help improve outcomes for patients.

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3. Fischer MA, Choudhry NK, Brill G, Avorn J, Schneeweiss S, Hutchins D, Liberman JN, Brennan TA, Shrank WH. Trouble Getting Started: Predictors of Primary Medication Nonadherence. Am J Med. Nov 2011; 124(11).
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5. Yeaw J, Benner J, et al. J Manag Care Pharm 2009;(9):728-740. Choudhry, Shrank. NEJM 2011.
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8. Carls GS, Roebuck MC, Brennan TA, Slezak JA, Mattin OS, Gibson TB. Impact of Medication Adherence on Absenteeism and Short-Term Disability for Five Chronic Diseases. JOEM 2012. 54: 792-805.