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TODAY'S SPEAKERS



Khristina Ramos, MSSW, RN, CSW

Khristina Ramos, RN, MSW, serves as the Health Impact Manager at UnitedHealthcare, where she leads initiatives focused on Social Drivers of Health (SDoH) and Health Equity. With a clinical background as a Registered Nurse and a Master's degree in Social Work, Khristina brings a unique interdisciplinary perspective to her role within the Quality department. Her work centers on evaluating population health trends and designing targeted interventions to address members' fundamental needs. Currently, her primary focus is on three critical health related social needs: housing stability, transportation access, and food security—key areas that significantly influence overall health outcomes. Over the past 18 months, Khristina has collaborated closely with Mom's Meals, and currently manages the partnership at the local Health Plan level. She continues to identify innovative strategies to close care gaps and ensure members receive the support necessary to thrive.



Cole Bradham, MHA

Cole serves as the Vice President, Business Development at Mom's Meals. He partners with state agencies, managed care organizations, and community-based stakeholders to design and implement member-centered programs that address the most pressing health equity challenges. He works with key partners to offer innovative solutions and program designs to effectively address health equity challenges and drive clinical outcomes for the high-risk populations. He also works to lead an initiative that focuses on care continuity to help streamline the transition of care process and provide education to connect those in need to proper nutrition and available resources as they safely transition back into the community.



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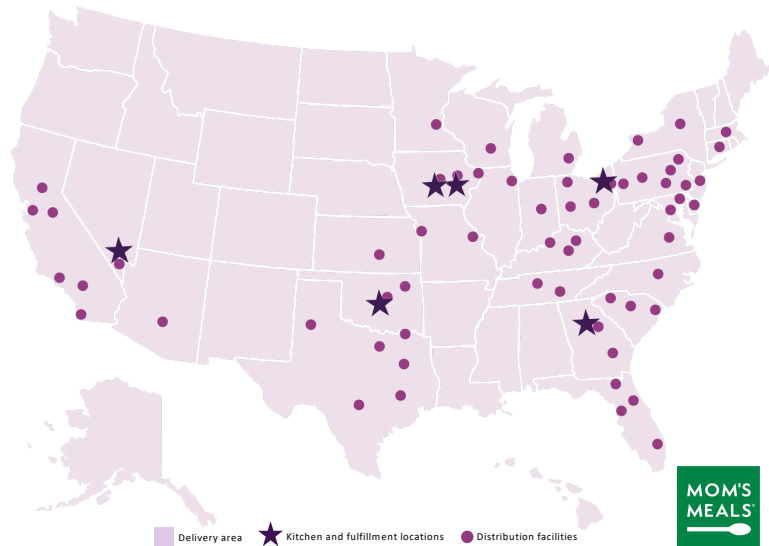
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A LEADING PROVIDER OF FOOD AS MEDICINE SOLUTIONS

- Founded in 1999, HQ in Ankeny, Iowa
- #1 national provider of food as medicine solutions
- Delivering 70+ million meals each year
- 600,000+ individuals served last year
- 69 locations and delivery nationwide - any address, no matter how remote
- 2,300+ employees, all based in U.S.
- 460M meals delivered the past 10 years



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DIABETES

Diabetes is one of the nation's most prevalent and expensive chronic conditions



\$412.9B

cost of diabetes in the U.S.



1 in 4

health care dollars spend on diabetes in the U.S.



133M+

Americans have diabetes or prediabetes



**2.6x
GREATER**

Health care costs for those with diabetes

Sources: <https://diabetesjournals.org/care/article/47/1/26/153797/Economic-Costs-of-Diabetes-in-the-U-S-in-2022>, <https://www.cdc.gov/diabetes/php/data-research/index.html>, <https://diabetesjournals.org/care/article/47/1/26/153797/Economic-Costs-of-Diabetes-in-the-U-S-in-2022>, [diabetes.org](https://diabetesjournals.org/care/article/47/1/26/153797/Economic-Costs-of-Diabetes-in-the-U-S-in-2022)

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POOR NUTRITION IS A MAIN LIFESTYLE RISK FACTOR FOR CHRONIC CONDITIONS LIKE DIABETES

47.4 M

Americans are food insecure

2 to 3x

More likely to have Type 2 diabetes if they are food insecure

1 in 5

people with diabetes report rationing their insulin to save money



Sources: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics>, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10061307/#:~:text=Discussion%20aged%20to%2044%20years>, <https://www.cdc.gov/diabetes/healthy-eating/diabetes-food-insecurity.html>

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UnitedHealthcare Community Plan of Kentucky

At UnitedHealthcare, our mission is to help people live healthier lives and make the health system work better for everyone. Across our Medicare, Medicaid and commercial business in Kentucky, we are honored to serve:



530,000+ Members



2,400 employees



117 hospitals



29,000 providers

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Diabetic Home Delivered Meals



Target Population: Members with diagnosis of diabetes with A1c over 8

Intervention

- 1) Outbound calling for member engagement based on referral list (GSD compliance)
- 2) Home delivered refrigerated meals 2 meals/day for 8 weeks (112 meals)
- 3) Nutritional counseling sessions with Registered Dietician (30 min) 2 calls at kick off and towards end of meals

Program Goals:

- a) Support members who have uncontrolled Type 2 diabetes with counseling and meals to reduce A1c levels and promote healthy eating
- b) Promote health, disease management program engagement, and condition self-management
- c) Impact health care utilization and cost

Counseling Sessions	Total Members	Members Completed Program	Compliant Members who Completed Program	% Compliant who Completed Program
0 Counseling Sessions	340	261	41	15.71%
1 Counseling Session	265	228	53	23.25%
2 Counseling Sessions	61	60	15	25.00%
Overall	666	549	109	19.85%



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Q&A



Khristina Ramos, MSSW, RN, CSW
UnitedHealthcare
Health Impact Manager
khristina_amos@uhc.com



Cole Bradham, MHA
Mom's Meals
Vice President – Business Development
cole.bradham@momsmeals.com



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