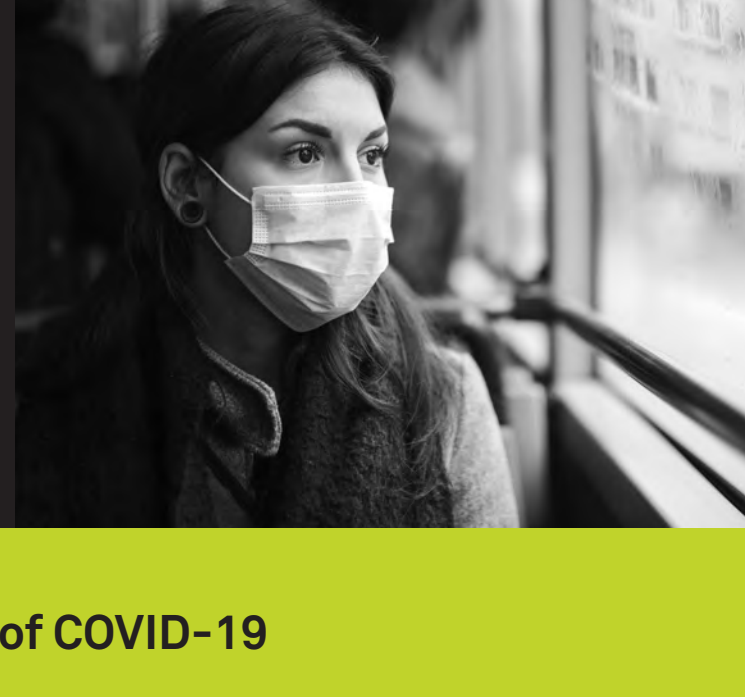


# POWERING BETTER OUTCOMES



## Health disparities and the impact of COVID-19

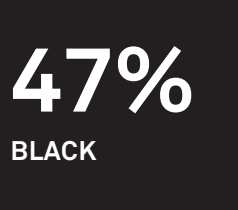
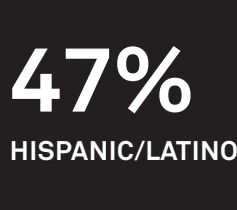
In the US, SARS-CoV-2 (COVID-19) has brought to light longstanding systemic health inequities as nothing else has, disproportionately affecting minority populations and financially disadvantaged communities. Expanding access to routine and baseline testing can help address these health disparities by identifying risk factors and chronic conditions to inform interventions.

### HIGHER PREVALENCE OF CHRONIC CONDITIONS

As a result of decades of racial inequities driven by systemic and structural racism, people of color face higher rates of chronic diseases than do white Americans.

#### Higher prevalence of obesity/diabetes<sup>1</sup>

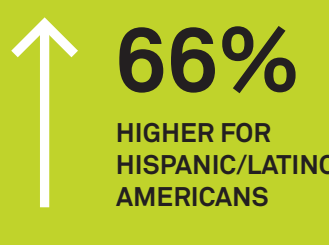
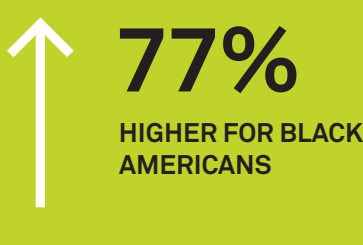
##### OBESITY



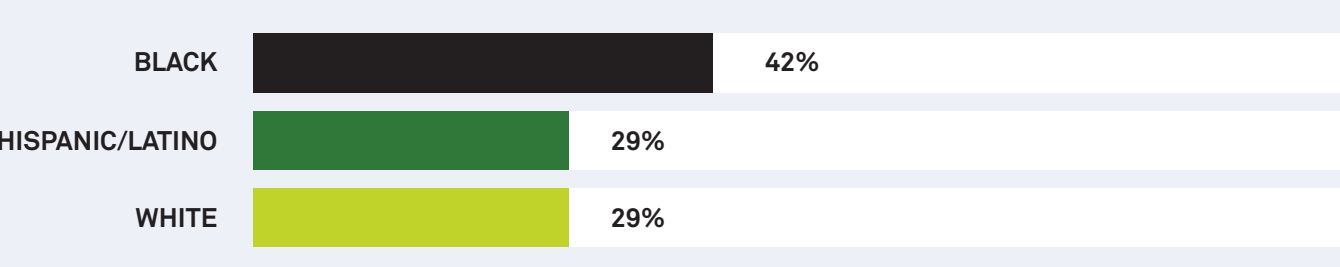
##### DIABETES



#### Risk of diabetes for people of color vs white Americans<sup>2</sup>



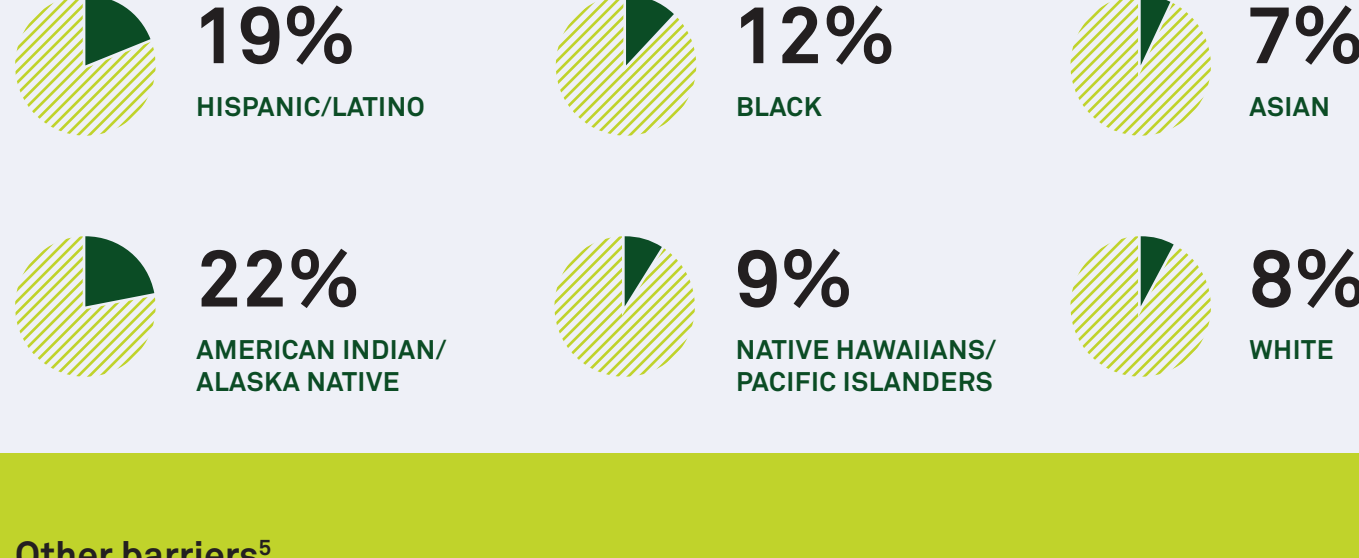
#### Percentage of population with hypertension<sup>3</sup>



### BARRIERS TO HEALTHCARE

Racial and ethnic minorities face greater barriers to healthcare, including lack of health insurance, lack of access, and inequities in care and treatment.

#### Uninsured rates by race/ethnicity<sup>4</sup>



#### Other barriers<sup>5</sup>

- Inability to take time off work
- Language barriers
- Lack of childcare
- Lack of internet access (telemedicine)
- Lack of access to transportation
- Unequal treatment/racism

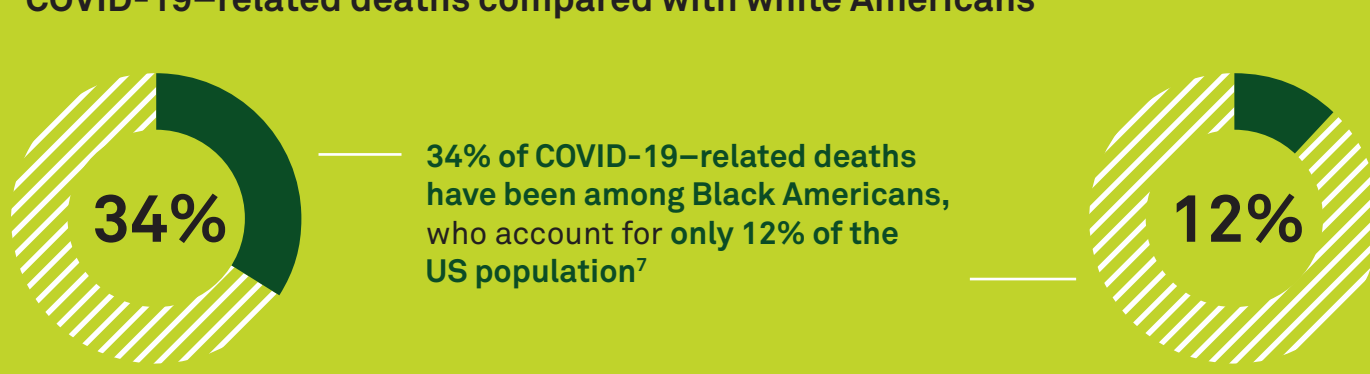
### THE IMPACT OF COVID-19

As a result of systemic health and social inequities, many racial and ethnic minority groups are at increased risk for COVID-19 and its long-term effects.<sup>6</sup>

Adults with chronic conditions are more likely to become severely ill from COVID-19<sup>6</sup>



#### Minority groups are experiencing a disproportionate number of COVID-19-related deaths compared with white Americans<sup>7</sup>



#### Delayed treatment and care

23% ↓ decrease in FQHC visit volume from pre-pandemic levels<sup>8</sup>      ⚠ Deferred care exacerbates risk factors<sup>9</sup>

#### Across all demographics post-COVID-19, some people experience new, returning, or ongoing health problems

- |   |   |
|---|---|
| <b>Post-COVID-19 conditions<sup>9</sup></b> <ul style="list-style-type: none"> <li>Long COVID</li> <li>Multisystem inflammatory syndrome</li> <li>Post-intensive care syndrome</li> </ul> | <b>Long-term symptoms<sup>10,11</sup></b> <ul style="list-style-type: none"> <li>Dyspnea</li> <li>Unusual fatigue</li> <li>Heart palpitations</li> <li>Shortness of breath</li> <li>Joint pain</li> <li>Brain fog</li> <li>Mood swings</li> </ul> |
|---|---|

### SUPPORTING ONGOING HEALTH NEEDS

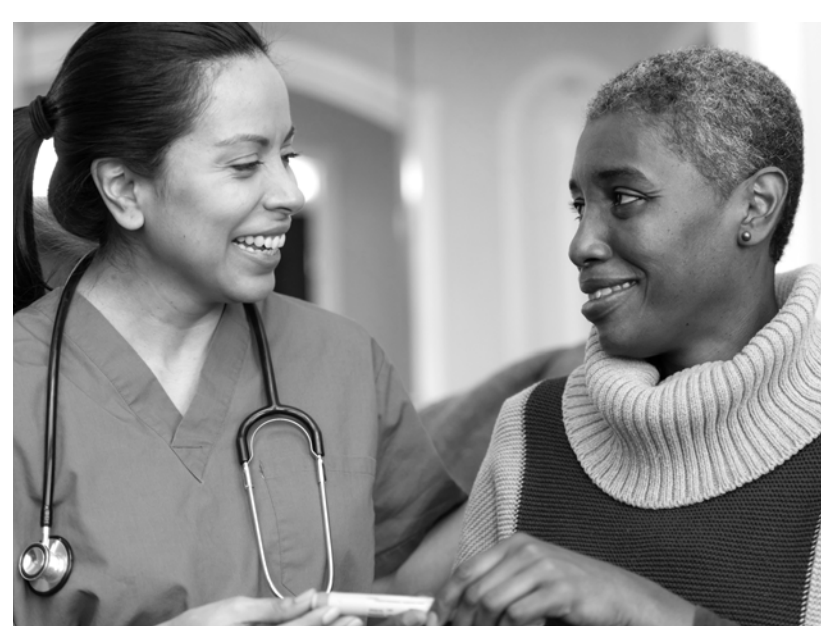
Testing at 3 critical junctures can help clinicians identify and manage the chronic conditions that put disadvantaged communities at greater risk for COVID-19 and adverse outcomes.

Note: Healthcare professionals (HCPs) may consider a variety of testing approaches based on the needs of individual patients. Below are some of the tests HCPs may find useful in developing a better understanding of their patients' current health status.

<h2>1</h2> <p>► <b>BASELINE/ROUTINE CARE</b></p>	<ul style="list-style-type: none"> <li>Complete Blood Count (CBC)</li> <li>Basic Metabolic Panel (BMP)</li> <li>Comprehensive Metabolic Panel (CMP)</li> <li>Hemoglobin A1c</li> <li>Lipid Panel</li> <li>Vitamin D</li> <li>COVID-19 IgG Antibody</li> </ul>		
<h2>2</h2> <p>► <b>SUSPECTED RESPIRATORY OR COVID-19 INFECTION</b></p>	<ul style="list-style-type: none"> <li>COVID-19 and Influenza A and B, Qualitative NAAT</li> <li>COVID-19 and Respiratory Pathogen Panel, Qualitative NAAT</li> <li>Influenza A and B RNA, Qualitative, Real-Time PCR</li> <li>Influenza A and B and RSV RNA, Qualitative, Real-Time PCR</li> <li>Respiratory Viral Panel, PCR</li> <li>Respiratory Pathogen Panel</li> </ul>		
<h2>3</h2> <p>► <b>POST-COVID-19 INFECTION*</b></p>	<table border="0"> <tr> <td> <b>Basic testing</b> <ul style="list-style-type: none"> <li>CBC</li> <li>BMP</li> <li>CMP</li> <li>C-Reactive Protein</li> <li>TSH, T4 Free</li> <li>Vitamin D</li> </ul> </td> <td> <b>Specialized testing†</b> <ul style="list-style-type: none"> <li>Rheumatological testing</li> <li>Coagulation disorder testing</li> <li>Myocardial injury testing</li> </ul> </td> </tr> </table> <p><small>* At this time, no laboratory test can definitively distinguish post-COVID-19 conditions from other etiologies, in part due to the heterogeneity of post-COVID-19 conditions. † For more up-to-date/current information, visit <a href="https://www.cdc.gov">cdc.gov</a>.</small></p>	<b>Basic testing</b> <ul style="list-style-type: none"> <li>CBC</li> <li>BMP</li> <li>CMP</li> <li>C-Reactive Protein</li> <li>TSH, T4 Free</li> <li>Vitamin D</li> </ul>	<b>Specialized testing†</b> <ul style="list-style-type: none"> <li>Rheumatological testing</li> <li>Coagulation disorder testing</li> <li>Myocardial injury testing</li> </ul>
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## GOOD HEALTH SHOULD BE IN REACH FOR EVERYONE

Quest Diagnostics is taking action to address health disparities through Quest for Health Equity, an initiative that seeks to ensure equitable health for all, with a special focus on those hit hardest by COVID-19. If you're interested in working together to drive lasting change, visit [QuestforHealthEquity.com](https://QuestforHealthEquity.com).



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