



# Understanding the long-term effects of COVID-19 infection to better support the American workforce

In one of the first nationwide aggregate COVID-19 studies published by a health plan, Cigna revealed the most common long-term complications from COVID-19 infection among the American workforce. Based on these new insights, Cigna is building a predictive model to determine at-risk individuals and quickly provide supportive tools and resources, such as case management and behavioral health services.

The key complications shown in the data were issues with the nervous system (such as headaches, migraines and seizures), hypertension, depression and substance use disorders, in addition to the well-documented respiratory issues.

The data also showed more than one-third of this population suffered from pre-existing conditions, most notably hypertension and diabetes.<sup>1</sup>

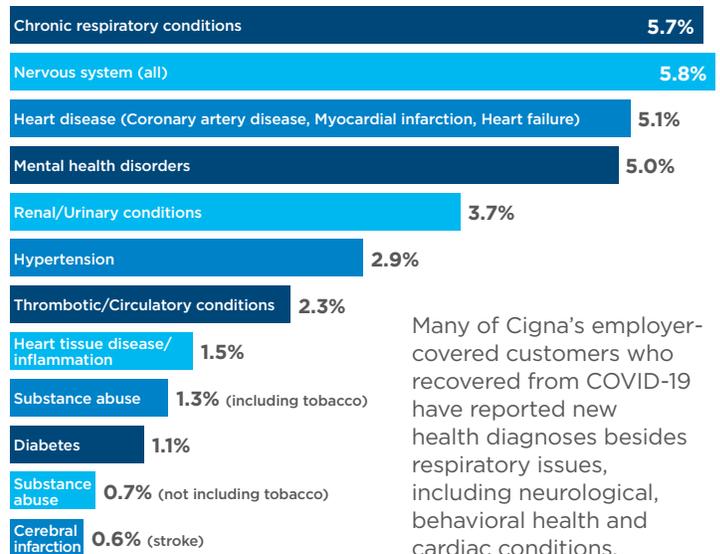
Overall, the incident rates, hospital admission rates and mortality rates were 3.5 times higher for African American and Hispanic employees than for their Caucasian counterparts.<sup>2</sup>

Cigna's study evaluated nearly 150,000 of its commercial customers (i.e., those who receive health benefits from their employer) and their family members from April to July 2020.<sup>2</sup> As Cigna develops its predictive model, employers will need to be prepared for these potential long-term effects of COVID-19 among their infected

workforce and supply additional physical and behavioral health support as these people recover and return to work.

Cigna continues to closely monitor the COVID-19 pandemic and works with employers and commercial partners to help ensure employee health and safety, as well as ease the immediate and long-term impacts of the disease. To find out more, please visit [Cigna.com/coronavirus](https://www.cigna.com/coronavirus).

## Emerging conditions post-COVID-19:<sup>2</sup>



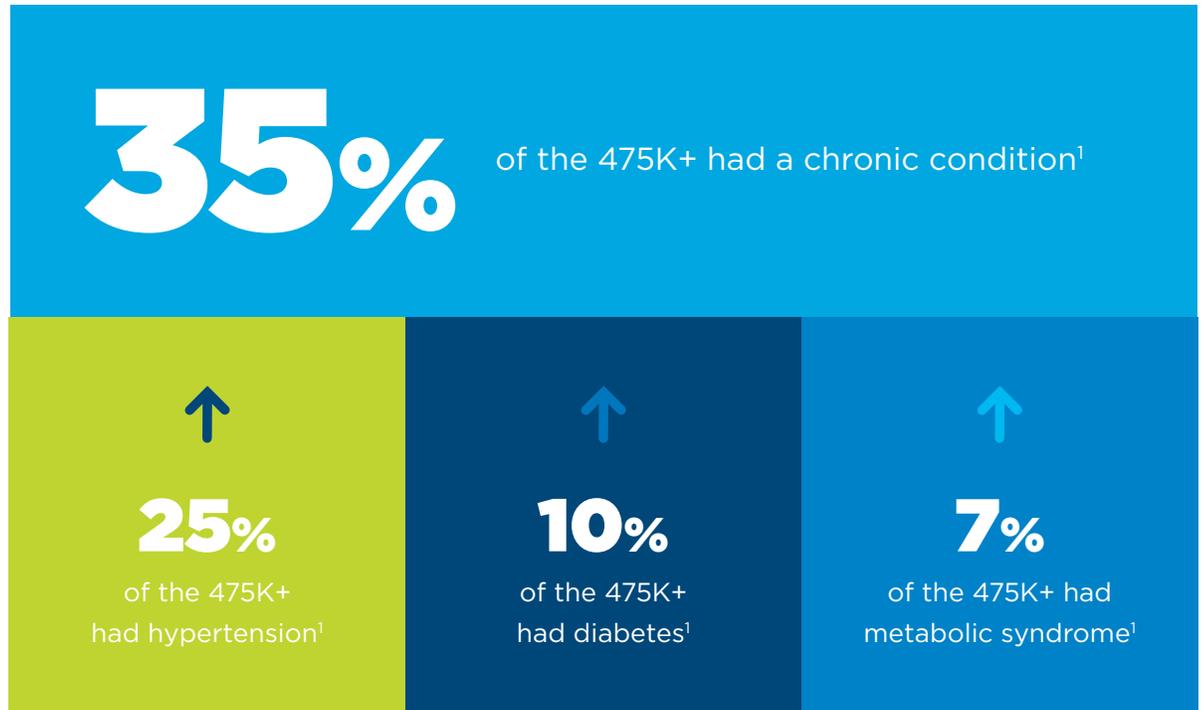
Many of Cigna's employer-covered customers who recovered from COVID-19 have reported new health diagnoses besides respiratory issues, including neurological, behavioral health and cardiac conditions.





**More than one-third** of Cigna's employer-covered customers with COVID-19 had pre-existing chronic conditions,<sup>1</sup> which were likely to worsen if they showed signs of persistent COVID-19 symptoms or any of the emerging conditions discovered in this study.

**More than 475,000 cases of COVID-19 were confirmed among Cigna's employer-covered population in 2020.<sup>1</sup>**



1. Based on Cigna's analysis of health and claims data of more than 475,000 commercial customers diagnosed with COVID-19 from April 1 to December 31, 2020.  
2. Based on Cigna's analysis of 2020 health and claims data of 147,876 commercial customers diagnosed with COVID-19 from April 1 to July 31, 2020. Emerging conditions are a mix of new diagnoses that may be attributed to COVID-19, may be due to postponement of care due to the pandemic or were uncovered while receiving care for COVID-19.

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