

APRIL IS NATIONAL MINORITY HEALTH MONTH

EVERYONE DESERVES TO LIVE A HEALTHY LIFE

We're here to ensure you get the care and support you need.



Racial and ethnic minority groups suffer higher rates of diabetes, heart disease, stroke and cancer than white Americans. **Together, we can reduce health disparities and preventable illnesses to improve the health and wellness of all Americans.**

THE FACTS



The risk of **DIABETES** is 77% higher among Black Americans and 66% higher among Hispanic/Latino Americans than it is among white Americans.¹



Black Americans are 30% more likely to die from **HEART DISEASE** than white Americans.²



STROKE is the fourth-leading cause of death for Hispanic men and third for Hispanic women.³

HOW TO LOWER YOUR RISK

- Get regular exercise
- Have an annual checkup
- Maintain a healthy weight
- Stop smoking
- Manage stress
- Cut back on salt and processed foods

1. The Disparate Impact of Diabetes on Racial/Ethnic Minority Populations. Clinical Diabetes. July 2012.

2. Heart Disease and African Americans. U.S. Department of Health and Human Services Office of Minority Health. Jan. 2022.

3. Let's talk about Hispanic and Latino Americans and Stroke. American Stroke Association. Jan. 2022.

YOUR QUANTUM HEALTH CARE COORDINATORS ARE HERE FOR YOU

This team of nurses, benefits experts and claims specialists is here to help with things like:

- Finding an in-network primary care provider close to home
- Determining care gaps and ensuring you get the care you need
- Setting attainable health goals and helping you stay on track



MyNIAMBenefits.com

(866) 871-0839

(Monday-Friday, 8:30 a.m.-10 p.m. ET)

