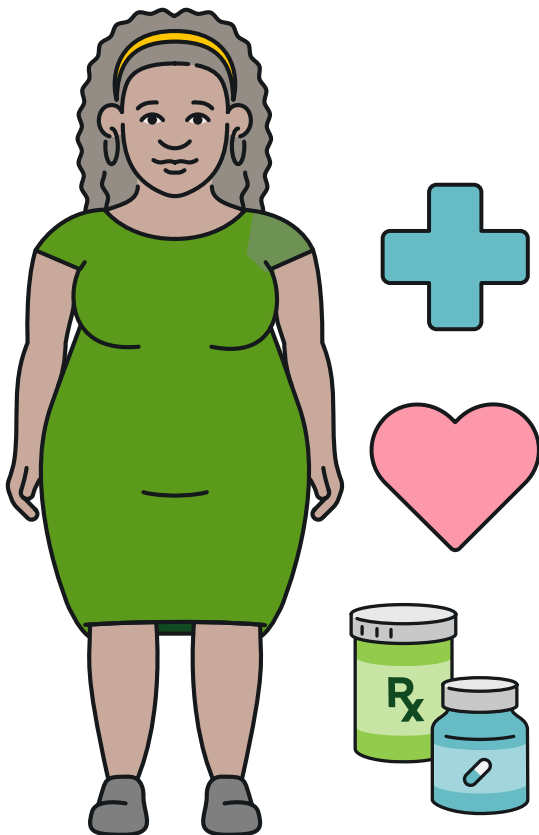




Trends impacting the future of senior healthcare: Higher rates of multimorbidity

As more seniors enter their 70s, 80s and beyond, multimorbidity (the coexistence of two or more chronic conditions) will increasingly become the norm.



78.8% of adults ages 65+ report living with multiple chronic conditions.

The number of multimorbidity cases among adults ages 50+ is expected to increase from 7.8 million in 2020 to almost **15 million by 2050**

Percentage of seniors living with two more or more chronic conditions:

63%: Ages 65-74 years

78%: Ages 75-84 years

83%: Ages 85+

Higher rates of multimorbidity will boost demand for preventive care strategies and a whole-person approach to care that addresses seniors' physical, social and emotional needs.

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The Humana response:

Patients of value-based, senior-focused primary care organizations like Humana's CenterWell have **17% more primary care visits** compared with patients in traditional primary care settings.⁴

CenterWell doctors spend **50% more 1:1 time** with patients compared with doctors in traditional primary care settings.⁵

Humana Group Medicare Advantage members have **more preventive screenings** compared with patients who aren't aligned with a value-based care practice.⁶



1. [“Trends in Multiple Chronic Conditions Among US Adults, By Life Stage, Behavioral Risk Factor Surveillance System, 2013-2023,”](#) CDC, Preventing Chronic Disease, Volume 22, April 17, 2025, accessed February 13, 2026 .
2. John P Ansah and Chi-Tsun Chiu, [“Projecting the chronic disease burden among the adult population in the United States using a multi-state population model,”](#) National Library of Medicine, January 2023, accessed February 14, 2026.
3. [“Chronic Conditions among Medicare Beneficiaries,”](#) Centers for Medicare & Medicaid Services, 2012, accessed January 25, 2026.
4. [“Humana study: Senior focused care gives better outcomes,”](#) The Lane Report 40, September 4, 2024, accessed January 25, 2026.
5. [“Primary care that’s focused on you. It’s about time.”](#) CenterWell Senior Primary Care, accessed January 25, 2026.
6. [“Value-Based Care Simplifies Healthcare for Patients and Clinicians, New Report Finds,”](#) Humana, Health Policy Center, February 5, 2025, accessed January 25, 2026.

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