

## **IBD care in a COVID-19 world can be tough. We want to make it easier.**

COVID-19 has disrupted the world around us in many ways. For you, that might mean you've missed an IBD appointment or aren't seeking IBD care that could be necessary.

For patients with Crohn's disease or ulcerative colitis who are currently prescribed a biologic medication, UnitedHealth Group wants to give you the opportunity to join our IBD remote monitoring study. All you need to do is fill out a survey and provide a stool sample, all from the comfort of your home. Here's how it would work:

1. Join the study and provide your consent
2. Complete a survey and receive your at-home sample collection kit
3. Mail the sample back to our laboratory
4. Await your results

The lab tests your sample for something called fecal calprotectin—an indicator of inflammation. The results of the tests will be shared with your care provider who will then decide if you need to be seen for further attention and care. If the results of these tests show that your disease hasn't gotten worse or has improved, then you'll know you're on the right track with your IBD care!

In addition to helping you find the appropriate care during this challenging time, this study will also help us understand IBD better. We'll see what happens when some patients miss doses of medication, and we'll also learn how well this at-home testing system works.

We would greatly appreciate your participation. If you are interested in furthering the cause of IBD care and learning more about your own health, please visit [unitedinresearch.com/studies/7](https://unitedinresearch.com/studies/7) to complete the recruitment survey and enroll!

Sincerely,

Brett Holden, MD  
Associate Director of Research – Immunology  
UnitedHealth Group Research and Development

**If you have questions about the study, send us an email at [IBDtrials@uhgrd.com](mailto:IBDtrials@uhgrd.com) or call us at 855-370-8979.**