



Optum Biometric Solutions: A catalyst for healthy action

Optum can help you proactively manage the health risk of your work force with our comprehensive Biometric Solutions.



Many companies are turning to wellness programs to save health care costs, reduce absenteeism, increase productivity and retain employees.

Biometric screenings are an important component of any overall wellness program. Biometric screenings not only help employees become aware of their health risks, but can also serve as a catalyst for health action.

In fact, **employees who complete an Optum™ biometric screening are more than twice as likely to reduce their risk for high blood pressure.** Similarly, those who complete a screening **are 1.75 times more likely to reduce their cholesterol risk category.**

Source: Optum Health Risk Reduction Study, 2012

What makes us different

Since 1986, Optum has provided organizations with premier biometric screening solutions. In 2012 alone, we facilitated nearly 900,000 screening interactions with employees. We serve employers in all 50 states, using a variety of delivery modalities to bring screening services directly to employees — at work, at home, in the lab and at the their doctor's office. Whether you choose to offer your employees one or more biometric screening options, participant results are integrated into the Optum coaching and online platforms, providing a more personalized experience for your employees and their families that facilitates lasting behavior change.

Total population engagement

Our flexible solution allows companies to offer wellness screenings to adult dependents in addition to on-site and remote employees who may frequently travel, work from home, or simply prefer an off-site option. These delivery options include offering an On-site Screening event, Health Provider Screening Form, Lab Option and/or At-Home Kit. All screening data, regardless of modality, is aggregated to provide a complete risk profile for a client's total population.

On-site screenings: Know your numbers

Foster a culture of health with an on-site Know Your Numbers event. These events provide employees with a convenient, office-based option, which can help drive health awareness company-wide.

The following high-demand individual tests can be done via non-fasting or fasting fingerstick or fasting venipuncture methods for:

- Cholesterol (Full or partial lipid panel available — HDL, TC, TC:HDL ratio, LDL* and triglycerides*)
- Glucose
- BMI
- Height and weight
- Blood pressure

*LDL and triglycerides are part of a full-lipid panel only.



What we've learned:

Nearly 900,000 screening interactions in 2012 found:

- 90% of biometric participants were out of normal range for SBP, DBP, TC, BMI and glucose.
 - 68% of BMI measurements were out of the healthy range.
 - 66% of blood pressure measurements were out of the healthy range.
 - 32% of cholesterol measurements were elevated.
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On-site Screenings: Comprehensive panel

This standard program can also incorporate a comprehensive panel option, which includes 36 additional fasting tests to provide an overall view of the major body systems and the potential risk for many diseases, including anemia, kidney disease, thyroid disease, heart disease and more.

At-Home Kit

This easy, self-administered test offers remote employees, spouses and new hires a private way to “self-screen,” leveraging step-by-step instructions and a screening kit delivered directly to their doorstep.

Lab option with LabCorp Patient Service Centers

For individuals who aren’t comfortable with an at-home option or who can’t attend a work event, employers can offer access to our national lab partner — LabCorp. LabCorp maintains a national network of Patient Service Centers enabling participants ready access to lab testing services.

Health provider screening form

This option is beneficial for individuals who prefer to complete their screening with their current physician to foster the important patient-provider relationship. Employees can simply have their screenings done with a physician or at a convenience clinic, and then fax the form to Optum.

An integrated biometric solution

Optum doesn’t just collect biometric data for workplace populations. We make the data actionable for employees, employers and our health management team. Data is integrated into the Optum coaching and clinical platforms, which allows nurses and health coaches to view the latest biometric numbers and leverage that information to create a tailored action plan for employees.

Employees can view, track and share their biometric data through our integrated Health & Wellness website*. This site includes:

- **Health assessment:** Biometric screening numbers are pre-populated into employees’ Health Assessments.
- **Personal health record:** Biometric data is integrated into this important medical record that can be easily shared with a care provider.
- **Health trackers:** As employees work toward behavior changes, they can continually track their biometric improvements with online Health Trackers.

In addition to website integration, the biometric data synchronizes across other online tools including the Optum Challenges* program and the OptumizeMe app.

*purchased separately.

On-Site Screening



At-Home Kit



Lab Option



Health Provider Screening Form



Easy administration

Most companies don't have time to manage biometric events and solutions. That's why Optum is helping employers every step of the way. Our dependable, easy-to-administer solution includes a registration site, program coordinator and all-inclusive pricing, bringing everything together to fit all employers' needs with an integrated biometric solution.

Registration site

The innovative Optum registration site offers easy scheduling for employees and integrates all screening options together in one platform. Employees can select from all available modalities in a client-driven configuration.



Designated program coordinator

Optum also provides a designated program coordinator to assist with end-to-end planning. The assigned program coordinator will partner with the client to implement the biometric program, from customizing the registration site to coordinating on-site events. They serve as your single point of contact for the biometric solution.

All-inclusive pricing

Optum offers one-stop shopping with all-inclusive pricing for biometric screenings, which includes staff, travel, supplies, end-to-end program support, reporting and registration tools.

Optum — Your premier biometric solution partner

At Optum, we are dedicated to making the process of administering a comprehensive biometric solution easy. Our flexible solution allows you to engage your entire work force by reaching employees where they work and where they live.



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