



## Optum awards LabCorp for population health achievements

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In recognition for its bold commitment to tackle major health care challenges and exceptional effort in applying population health strategies, LabCorp was honored with the “Achieving Population Health Management” award at the 2019 Optum Inspiration in Health Care Awards in Las Vegas.

LabCorp is a leading global life sciences company that is deeply integrated in guiding patient care through its comprehensive clinical laboratory and end-to-end drug development services. The company provides diagnostic, drug development and technology-enabled solutions for more than 120 million patient encounters per year. LabCorp typically processes tests on more than 2.5 million patient specimens per week and supports clinical trial activity in approximately 100 countries through its industry-leading central laboratory business, generating more safety and efficacy data to support drug approvals than any other company.

LabCorp serves a broad range of customers, including managed care organizations, biopharmaceutical companies, governmental agencies, physicians and other healthcare providers, hospitals and health systems, employers, patients and consumers, contract research organizations, and independent clinical laboratories.

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“We are very excited to have received the award and thankful to Optum for the recognition. It validates that we are moving in the right direction, making exceptional progress to improve the health and lives of our employees and their families, and accomplishing this with the best vendor partners.”

— KIM BECK  
Health and Wellness Manager,  
LabCorp

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## The challenge: Encourage employees to think about their health

When data revealed that a large number of employees were struggling with obesity, hypertension, diabetes and vertebral disc disorder, the company set out to engage its widely dispersed workforce and support their health in a creative, relevant and accessible way. The approach needed to serve LabCorp employees who work in a variety of roles and environments including sedentary jobs, around-the-clock shifts, solo practitioners, couriers, pilots, and employees who staff more than 1,700 service sites and 40 primary labs.

Wanting to help employees not only improve their health, but also their lives, LabCorp launched its first wellness program in 2004. That program, rebranded in 2015 as Partnership for Health, is a comprehensive wellness strategy that incorporates personal coaching, a fitness reimbursement program, WW, formerly Weight Watchers®, and more than 165 Volunteer Worksite Wellness Champions who further personalize the program.

## The strategy: Empower employees to engage

Employees participate in an annual wellness screening and meet two wellness goals to earn wellness rewards that reduce their medical plan premiums. When an employee completes Optum programs and/or preventive screenings, they earn dollars in their health reimbursement account (HRA). Participants can also access tools and resources designed to enhance their overall well-being.

## The results: Healthy employees + lower costs

Over time, Partnership for Health has grown into a robust program that's highly valued by employees and very effective at reducing risk and costs. Of those who were continuously enrolled in the program and reported seeing an improvement in their health status, LabCorp's **per-member costs decreased by nearly 25%** and **hospital admissions were down over 57%** among employees after just one year. In addition, Rally Health survey results showed:

- **A decline in employee stress and weight levels and overall higher engagement.**
- **More than 86% of members** who qualified for a lifestyle management program were **working with a coach.**
- **More than 12% of members** saw an improvement in their health status.



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