

The impact of biometric screenings

Is providing biometric screenings worth it for employers? And do these tests really make a positive impact on individual health? Find out with 5 fast facts.

1 Biometric screenings drive primary care usage



Having received a biometric screening makes an employee **more likely to visit their primary care doctor – and less likely to visit the ER.**¹ It also leads to identification of 16% more health risks that lead to disease.²

2 Biometric screenings reduce disease progression

People who don't participate in biometric screenings tend to progress into higher-cost and higher-severity conditions at rates **10%–30% above** those who do participate.² **People who participate are:**

- **2x** as likely to engage in **wellness coaching** programs³
- **3x** as likely to **reduce their blood pressure** risk category⁴
- **1.5x** as likely to **reduce their cholesterol** risk category⁴

3 Biometric screenings reduce health costs

Participation in a biometric screening leads to lower medical costs by



\$24.25/month per participant

(\$291/year) for the following year.¹

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4 Employees value biometric screenings – and most don't require incentives



While incentives can increase participation, **many employees will get a biometric screening without being offered a reward.** They routinely rate biometric screenings as the first or second most valuable part of a company wellness program.⁵

5 Biometric screenings have value beyond health costs



For employees who haven't found health care accessible or don't know where to start, biometric screenings can be an important first step. And getting engaged with the health system can make people more present and productive in their work.

To learn more about how a biometric screening can help your company and its employees, contact us at optum.com/business.contact.

Sources

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3. The Association Between Biometric Screening and Wellness Program Participation in 2018, Prevention Analytic Team, Optum Customer Performance Management, July 2019.
4. UnitedHealth Group Risk Reduction Study, 2015.
5. 2020 Optum Market Research.