



**Support your workforce  
with health screenings  
and services**

**Optum**

# The benefits of Optum Biometric Solutions

Optum® Biometric Solutions are designed to help you proactively manage the health risk of your workforce. Many companies are turning to wellness programs to help save health care costs, reduce absenteeism, increase productivity and reduce chronic health conditions.

We can help you engage your entire workforce by reaching employees where they work and where they live. Biometric Solutions provides a full set of health services to help manage and deliver better outcomes.



## Prevention and well-being programs at work have been shown to create:

- An environment that may help individuals assess their overall health status
- An organizational culture promoting the importance of a healthy lifestyle
- A competitive advantage that may help organizations move toward increased productivity, increased retention and lower medical costs

Biometric Solutions targets your specific wellness objectives. We're proud to offer consistency and seamless integration of wellness screening results with other Optum programs.



### Know your numbers

Those who complete a health or biometric screening are almost **3 times** as likely to **reduce their blood pressure** risk category than those who do not participate. Similarly, those who complete a screening are **1.5 times** more likely to **reduce their cholesterol** risk category.<sup>1</sup>

# Health screenings and immunizations for your workforce made easy

Health Screening Solutions allows you to make biometric screenings available to your employees in 4 convenient ways:



**Lab  
program**



**On-site  
screening**



**At-home  
kit**



**Physician  
results form**

All screening data, regardless of screening method, is aggregated to provide a complete risk profile for your total population.



Adult flu shot clinics are performed by medical professionals and administered on site.



## Lab program

The Optum lab program offers a convenient option for employees to learn key indicators of their health status. Through our collaboration with our vendor partners, we provide access to over 1,600 patient service centers across the country.

- Participants access the online registration site and select the lab option.
- Participants locate our vendor partner's patient service center and schedule an appointment convenient for them.
- Participants present a photo ID at the selected vendor partner's center and complete their screenings. Within 3 weeks, they receive a results report in the mail.



## On-site screening events

This screening option is designed to identify common risk factors among your employee population. These risk factors are tied to the most prevalent modifiable risks that individuals can address through lifestyle changes that, if addressed, may result in the biggest impact on your medical claims.

### The screening package can include:

- Glucose
- Body mass index
- Measured height and weight
- Blood pressure (systolic/diastolic)
- Partial or full lipid panel (HDL, LDL, TC, TC:HDL ratio, triglycerides)
- Fingertstick or venipuncture available

## The Know Your Numbers on-site screening events include:

- A designated Optum program manager/coordinator to assist with program design, communication and logistics planning
- Client marketing toolkit of templates for promotion and communication of each worksite event
- Convenient and secure registration
- Consistent services and programs for every worksite
- Integration of wellness screening results into the individual health record
- Comprehensive aggregate employer reporting
- All-inclusive pricing, with an overall commitment to the program's success and positive promotion of your organization
- Available results that are reviewed with the participant during the event, with a health professional



## On-site screening event preparation checklist

Optum Biometric Solutions provides designated Optum program managers/coordinators to assist you with the end-to-end planning of your on-site events, including:

- Scheduling and leading a planning call with you and the Optum account management team
- Providing promotional materials to the local site contact for distribution to eligible participants
- Providing registration updates and assisting with changes in projected number of participants
- Planning and confirming day-of-event details (room setup, parking, security, location, contact information)
- Requesting feedback on event



## At-home kit screening kits

At-home screenings provide easy access for employees to engage in their health care and improve their overall well-being, while reducing costs for employers. Our at-home screening options help close gaps in care and encourage employees by connecting them with the right care to address risks such as heart health, diabetes and even colon cancer. The results of an at-home screening allow employees to assess their health risks and determine which wellness programs may work best for them, which ultimately may help reduce long-term medical costs.

### Three different at-home kits to cover unique screening needs



#### Biometrics

The Biometrics screening is a full lipid panel screening plus A1c to evaluate heart health and diabetes risk with a self-administered fasting fingerstick.



#### Diabetes A1c

The diabetes A1c screening measures the average amount of blood glucose over the past 3 months to assess diabetes risk. Taking action on A1c results may reduce risks of other conditions like heart attack, stroke and kidney failure.



#### Colon cancer screening

Colon cancer screenings are now conveniently available to fit in your employee's schedule with no dietary restrictions, fasting or unpleasant prep. If a positive result is found, employees can contact their doctor for further testing and develop a treatment plan.

Employees simply order a kit online, conduct the screening at home by following the kit instructions, return in a prepaid envelope and then access their results online within 15 days.\*

\* Requires self-reported data and is not appropriate for outcomes-based incentive programs



## Physician results forms

Physician results forms are ideal for employees who work remotely or prefer to complete screenings with their current health care provider. Employees can get their screenings done with a provider or at a convenience clinic, and then fax or upload the form.

- Participants access the online registration site and select the physician form option, then they download the physician results form to their desktop.
- Participants schedule an appointment with their primary care provider and complete their screening at the clinic.
- Participants have the provider record the results and sign the verification form.
- After the results are recorded, the participant can upload the form on our registration site, or the participant or the clinic returns the form by fax.





## Promoting

### Client marketing toolkit drives engagement

Available at no additional cost, this toolkit is provided for clients to distribute to their workforce. It contains templates to customize posters, flyers, welcome letters and emails (English and Spanish versions). The kit also provides video clips and a consultative planning session.

### Employee e-toolkit guides their health journey

Use our robust communications electronic toolkit designed to help your employees complete their biometric screening. Materials that are available for customization and download include an email template, poster, flyer, postcard, digital screen and intranet article.



## Reporting

### A critical component to achieving outcomes is the collection of data

All health screening data is collected and analyzed, and a project aggregate outcome analysis report is created. You'll receive a comprehensive aggregate report, as applicable, 4 weeks after the program has been completed. The reports are designed to help organizations identify population risks and target future Biometric Solutions programming.

## Seamless data integration

We don't just collect biometric data for workplace populations, we make the data actionable. Health screening services and biometric screening results can be integrated into your employees' individual health records on Rally and into our clinical and wellness platforms. By offering employers consistency and seamless integration of data, your employees have the opportunity to gain better insight into – and take action on – their individual health situations. This may ultimately help you reduce long-term medical costs.



## Available screenings and services – on-site only

The following screenings and services are available through Optum Biometric Solutions. The results of certain services (identified with an asterisk) may be integrated with individual biometric screening results into a member's individual health record on Rally.

### Health screening services

#### Partial lipid panel fingerstick\*

Screening includes a non-fasting fingerstick analysis for total cholesterol, HDL, TC/HDL ratio and blood glucose. Wellness fact sheets are provided.

#### Full lipid panel fingerstick\*

Screening includes a fasting fingerstick analysis for total cholesterol, LDL, HDL, TC/HDL ratio, blood glucose and triglycerides. Wellness fact sheets are provided.

#### Know Your Numbers PLUS – on-site health consultation (full or partial lipid panel fingerstick only)

Buy-up option provides participant a 5- to 10-minute one-on-one session with a medical professional immediately after completing an on-site screening.

#### Full lipid panel venipuncture\*

Screening includes a fasting venipuncture blood test for total cholesterol, LDL, HDL, TC/HDL ratio, blood glucose and triglycerides. Personal reports are mailed after lab analysis.

#### Adult flu vaccination

On-site delivery of flu vaccine to adults 18 years and older by medical professionals.

### Advanced screening add-ons

Add these advanced screenings for greater awareness of health risks.

#### Hemoglobin A1c

Screening includes a blood sample to measure glucose levels over a 3-month period.

#### Nicotine/Cotinine screening

Service provides individual screening for the use of nicotine products.

#### Waist-to-hip ratio

Waist-to-hip ratio is a measurement tool that looks at the proportion of fat stored on the waist, hips and buttocks. In many cases, people with extra weight around the middle are at higher risk for chronic diseases than those who carry weight around their hips and thighs.

#### Waist circumference

Excess weight as measured by BMI, is not the only risk to participants health, so is the location of fat on the human body. If a person carries fat mainly around their waist, they are more likely to develop health problems than if they carry fat mainly in their hips and thighs. This is true even if a BMI falls within the normal range. Women with a waist measurement of more than 35 inches (88 cm) or men with a waist measurement of more than 40 inches (102 cm) may have a higher disease risk than people with smaller waist measurements because of where their fat lies.

#### Prostate specific antigen (PSA) – males only

Screening includes a blood analysis to detect potential prostate cancer in men ages 50 and older. Participants receive individual reports via mail within 2 to 4 weeks.

#### eGFR screening

Creatinine and estimated glomerular filtration rate (eGFR) screening is one way to measure overall kidney function and screen for risk of chronic kidney disease (CKD).<sup>2</sup>

#### Comprehensive panel

Enhanced screening that gives employees access to a broader view of their health in order to educate, motivate and address potential risks.

#### Body fat

Screening provides participant with their body composition (percent of body fat) and body mass index (BMI) score.

## About our services

Optum Biometric Solutions health professionals hold industry credentials, including licensure, national certifications and degrees, where applicable. Service providers are appropriately matched to purchased screenings and services based on qualifications and service proficiency. Teams may be composed of health and wellness professionals such as registered nurses, emergency medical technicians, health educators, physical therapists and registered dietitians. All on-site service teams are managed by a qualified team lead.

Our screening services are covered by federal CLIA Certificate of Waiver and all state Department of Health offices to ensure local CLIA requirements as well as state and federal health guidelines are met for on-site screenings. All screening services follow strict policies that were developed in conjunction with manufacturer guidelines, protocols and instructions as well as the protocols and recommendations of the Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), NCEP, American Heart Association, American Diabetes Association and the American College of Sports Medicine, where applicable.

### Sources

1. UnitedHealth Group Risk Reduction Study, 2015. Biometric services can be offered to spouses/dependents 18 years of age and older.
2. National Kidney Foundation. Quick reference guide on kidney disease screening. [kidney.org/kidneydisease/siemens\\_hcp\\_quickreference](https://www.kidney.org/kidneydisease/siemens_hcp_quickreference). Accessed November 9, 2022.



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