Optum

Biometric Solutions

Reduce long-term medical costs and improve health outcomes

Chronic conditions are prevalent and costly

Nearly 60% of American adults have at least one chronic condition.[1] Not only can chronic conditions be difficult to manage, but they are costly, too. An estimated 90% of the nation's $3.8 trillion per year in health care costs can be attributed to people with chronic conditions and mental health conditions.[1] And even more jarring, treatment of the 7 most prevalent chronic conditions is expected to reach $2 trillion annually ($8,600 per person) by 2030.[2]

Optum® Biometric Solutions is designed to help you proactively manage the health risk of your workforce. By reaching employees where they work and live, we can help save health care costs, decrease absenteeism, increase productivity and reduce chronic health conditions.

Screening options to help improve health outcomes and identify health risks earlier

A biometric screening helps provide a snapshot of health by measuring numbers related to blood pressure, glucose, cholesterol, weight and more. The results may help employees identify current health issues – and reduce the risk of future ones.

We offer 4 convenient screening options:

1. **On-site screenings –** Events at your work sites are a convenient, culture-building way to administer screenings at work.
2. **Lab program –** Optum provides access to over 1,600 patient services centers as an easy alternative for individuals who cannot attend an event at work.
3. **Physician results form –** Employees maintain and build the provider relationship by having screenings done at their clinic. The physician results form simplifies the process for transferring data.
4. **At-home kit –** Engage employees, spouses and new hires throughout the year with screening kits delivered to their homes.

Biometric tests and screenings data are integrated into consumer health management platforms, and all options available to members are presented on their employer registration site, hosted by one of our screening partners.

In addition to screening options, we offer convenient on-site flu vaccination clinics to help keep your workforce healthy.

Proven results for employers and their employees

$24.25

PMPM reduced medical costs for the following year[3]

16%

more health risks that lead to disease have been identified with screenings[4]

300K+

screening events completed by Optum in 2023[5]

Individuals who are aware of their health risks are more motivated to improve their health

Prevention and well-being programs have been proven to help create an environment that helps employees take ownership of their health status and make healthier choices. It can also help foster an organizational culture promoting the importance of a healthy lifestyle and create a competitive advantage for employers that may lead to increased productivity, retention and lower medical costs.

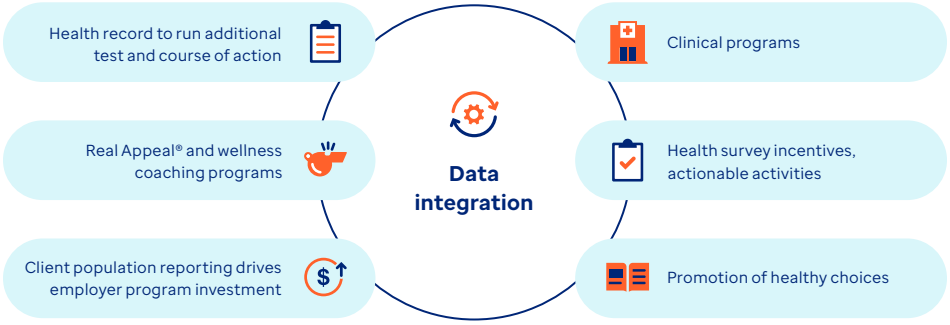
Help identify population health risk and scope future health-related programs

We offer aggregate employer reports to help employers assess risks within their employee population and understand what programs they can implement to direct their employees to the care they need.

Our reporting options include:

- Database comparisons for all ranges
- Cohort clinical data reporting for trend analysis
- Insights to unique sub-populations based on breakouts provided in eligibility
- High-impact executive summary
- Integrated reporting across all screening options
- Overall screening percentages in and out of range

Through access to our robust data, we can integrate into employers' existing solutions to drive impact.



In addition to reporting, our teams are dedicated to ensuring employees stay engaged and participate in screenings. Employers have access to a customized marketing playbook, which includes content that encourages employees to schedule a screening, plus co-branded templates and multi-channel engagement strategies. Content is curated based on the client's individual needs and backgrounds, such as industry, population and goals.

Employees who engage with our programs experience improved health outcomes

2X

as likely to engage in wellness coaching programs after health screenings[6]

3X

as likely to reduce their blood pressure risk category[7]

1.5X

as likely to reduce their cholesterol risk category[7]

Visit optum.com/biometric-screenings or contact your Optum representative for more information.

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Results not guaranteed. Individual plan results will vary.

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1. National Center for Chronic Disease Prevention and Health Promotion. Physical activity helps prevent chronic conditions. May 8, 2023.
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3. Well-Being Product Analytic Team. Biometric Screening Quasi-Experimental Value Study. 2019.
4. Steinfeld D. Comparison of members with and without a biometric screening. UnitedHealthcare Healthcare Economics. Jan. 10, 2018.
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7. UnitedHealth Group Risk Reduction Study. 2015.