

Support your workforce with health screenings and services

Optum® Health Screening 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 the number of chronic health conditions.

We can help you engage your entire workforce by reaching employees where they work and where they live. Health Screening 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

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

Health Screening solutions includes biometrics screening, other health risk screenings and on-site flu vaccines.

Optum

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:

On-site screening

At-home kit

Lab program

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.

Know your numbers

Those who complete a health or biometric screening are almost:

2X

as likely to engage in wellness coaching programs after health screenings[1]

3X

as likely to reduce their blood pressure risk category[2]

1.5X

as likely to reduce their cholesterol risk category[2]

On-site screening

Drive awareness and foster a culture of health at work

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.

On-site screening events feature account management support, dedicated event planning by location and comprehensive program management provided by an Optum program coordinator.

A Know Your Numbers event at your worksite is a convenient, culture-building way to administer screenings at work.

The professionally administered screening package can include:

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

On-site screening event preparation checklist

Optum Health Screening 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

*On-site finger stick events only

At-home kit

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



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 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. Results are available online in the vendor partner's portal within 3–5 business days.



Physician results form

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 health 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, 45 business days after the program has been completed. The reports are designed to help organizations identify population risks and target future Health Screening Solutions programming.

Seamless data integration

We do more than collect biometric data for workplace populations, we make the data actionable. Health screening results can be integrated into your employees' individual health records 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

The following screenings and services are available through Optum Health Screening Solutions.

Health screening services — on-site options

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.

Adult flu vaccination

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

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.

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.

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).[3]

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.

Prostate specific antigen (PSA) — males only

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

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.

Comprehensive panel

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

Results sharing with physician

Member can opt in to sharing their test results for biometric/colorectal cancer screening results with their physician and receive follow-up care, if necessary.

About our services

Optum Health Screening 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 applicable CLIA Certificate of Waiver or as required by state Department of Health offices to ensure local CLIA requirements as well as state and federal health guidelines are met for on-site screenings as applicable. 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.

1. Prevention Analytic Team, Optum Customer Performance Management. The association between biometric screening and wellness program participation in 2018. July 2019.
2. UnitedHealth Group Risk Reduction Study. 2015.
3. National Kidney Foundation. Quick reference guide on kidney disease screening. Accessed Oct. 25, 2024.

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