



Optum Biometric Solutions

Health screenings and services



A close-up photograph of a man with dark hair, smiling broadly. He is wearing a light blue button-down shirt with a thin gold grid pattern. He is sitting at a desk with a yellow folder in front of him. The background is a bright, out-of-focus office setting with windows.

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 provide 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

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



Health screenings and immunizations for your workforce made easy

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

1. Lab program
2. On-site screening events
3. Self-collection screening kits
4. Physician results forms

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 three 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.¹



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

Utilize 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, four weeks after the program has been completed. The reports are designed to help organizations identify population risks and target future Biometric Solutions programming.

Lab program

Lab screenings deliver an easy option for employees to learn key indicators for their health status. Our collaboration with Quest Diagnostics™ allows participants to visit 2,200 Quest Diagnostics Patient Service Centers as an easy alternative for individuals who cannot attend an event at work.



- Participants access the online registration site and select the lab option.
- Participants locate a Quest Diagnostics Patient Service Center and schedule an appointment convenient for them.
- Participants present a photo ID at the selected Quest Diagnostics center and complete their screenings. Within three weeks, they receive a results report in the mail.

On-site screening



This screening package 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*)
- Fingertick or venipuncture available

The Know Your Numbers on-site screening events include:

- A designated Optum Program Coordinator and Quest Diagnostics Client Engagement Specialist 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 through Rally
- 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

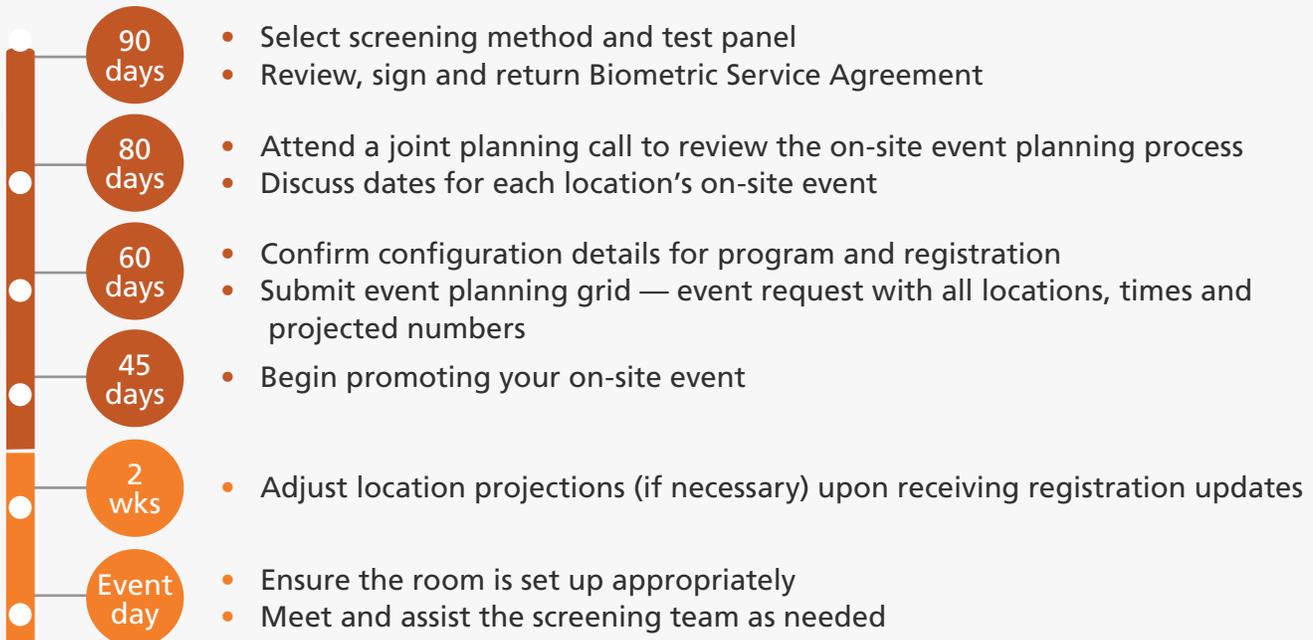


On-site screening event preparation checklist

Optum Biometric Solutions provide designated Optum Program Coordinators and Quest Diagnostics Client Engagement Specialists 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

A recommended timeline with steps you can take to help your Program Coordinator ensure your event runs smoothly:



Self-collection kit

The at-home screening can be a single screening option or used to extend the reach of your current on-site employee biometric screening events. With the self-collection screening kit, you have the ability to capture the cholesterol and glucose levels of employees who are not able to attend your worksite screening events. This may help employees assess their health risks and determine which wellness programs may work best for them, which ultimately may help reduce long-term medical costs.

Self-collection screening kits provide convenient access for everyone:



- Those at smaller or remote locations
- Those who are traveling or on leave during your scheduled worksite screening events
- Those who work remotely
- Those who enter your workforce at various times during the year
- Those who prefer to do the screening in the comfort of their home
- Employee's spouse and/or dependents (age 18 years or older)

Employees simply order a kit online, conduct the screening at home through a simple fingerstick, return in a prepaid envelope and then access their results online within 15 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 participants or the clinic returns the form by fax, or the participant can upload the form on our registration site.



Empower employees to know their risks and improve their health

This biometrics dashboard is the new front-end to Biometric Solutions for clients using the Rally digital platform. It has been designed to enhance your employees' screening experience and drive participation so you may better understand your organization's health risks and plan future health programs.

This digital front-end to Biometric Solutions provides a single location for employees to quickly schedule biometric screenings, as well as access and understand their results. By simplifying the user experience and integrating incentives, employees are more empowered to manage and improve their health.

Simplified scheduling and preparation

The screenshot shows the Rally Biometrics Dashboard interface. The top navigation bar includes 'HOME', 'Find Care & Clinic', 'Health Plan', 'Health & Wellness', 'Rewards', and 'Resources'. The main content area is titled 'Biometrics Dashboard' and includes sections for 'About Your Screening', 'Rewards Program', and 'Tips to prepare for your screening'. Callouts on the right side of the image point to specific features: 'Pre-screening' (a direct link to Quest Diagnostics), educational content about screening tests, a rewards program for completing screenings, and preparation tips for the screening process.

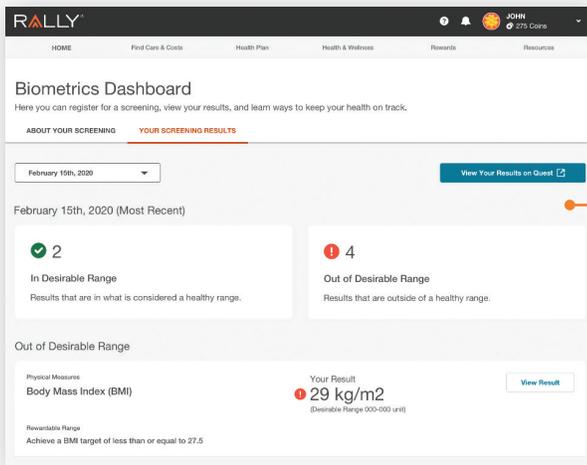
Pre-screening
Direct link to Quest Diagnostics provides easy access to schedule a biometric screening and the Physician Results Form

Provides educational content to improve knowledge of screening tests and how to prepare for them

Displays rewardable activities, such as completing screenings (where applicable)

Tips to prepare provides useful information in advance of screening

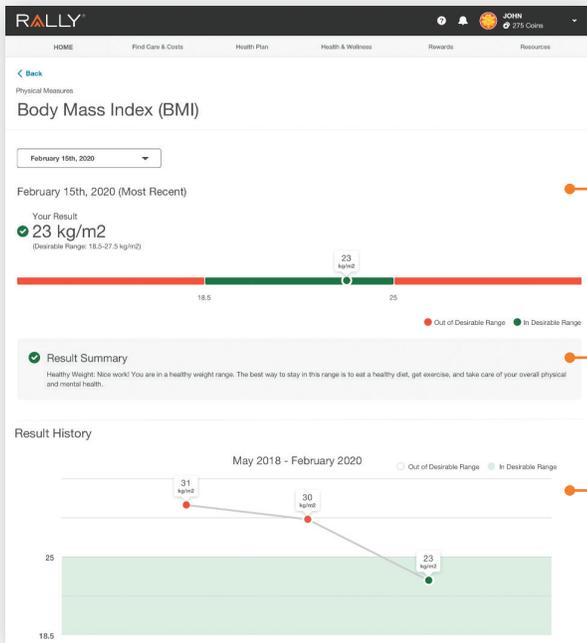
Engaging individuals with actionable data insights



Post-screening

Your screening results page

Elevates a summary of results within and outside of range, including buttons to review greater detail

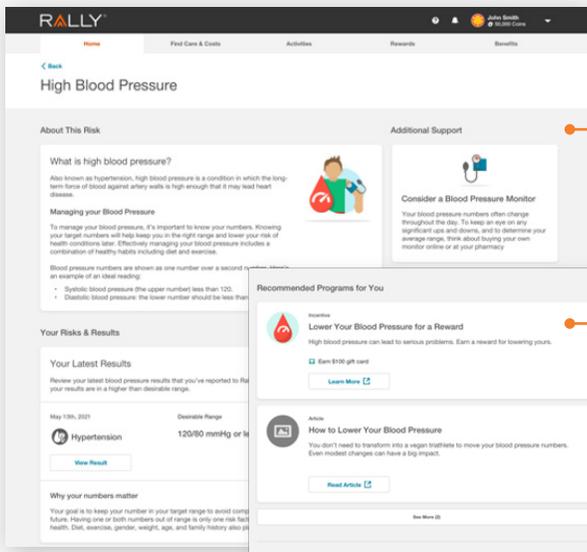


Actionable data insights

Deeper dive into individual screening results, including what is tested and results within clinical range

Result summary provides more information on results, potential risks and recommendations

Result history displays result trends over time



Education pages

About this risk section educates members on health and clinical info

Additional support empowers members to address health with options

Personalized recommendations helps members to get started on healthy habits

Available screenings and services

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.

Premium Participant Report

Buy-up (for all screening options) participant results report option which focuses on unique health risks and recommends specific actions to modify behavior and improve numbers. Helps build engagement and promote other relevant health improvement programs offered by employer.

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 to a Know Your Numbers on-site event for greater awareness of health risks.

Hemoglobin A1c

Screening includes a blood sample to measure glucose levels over a three-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.

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 two to four weeks.

eGFR Screening

For venipuncture screenings only — 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) and measure overall kidney function.²

Comprehensive Panel

Enhanced screening that gives employees access to a broader view of their health 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.

*All reporting to the employer is provided in aggregate.

Seamless data integration

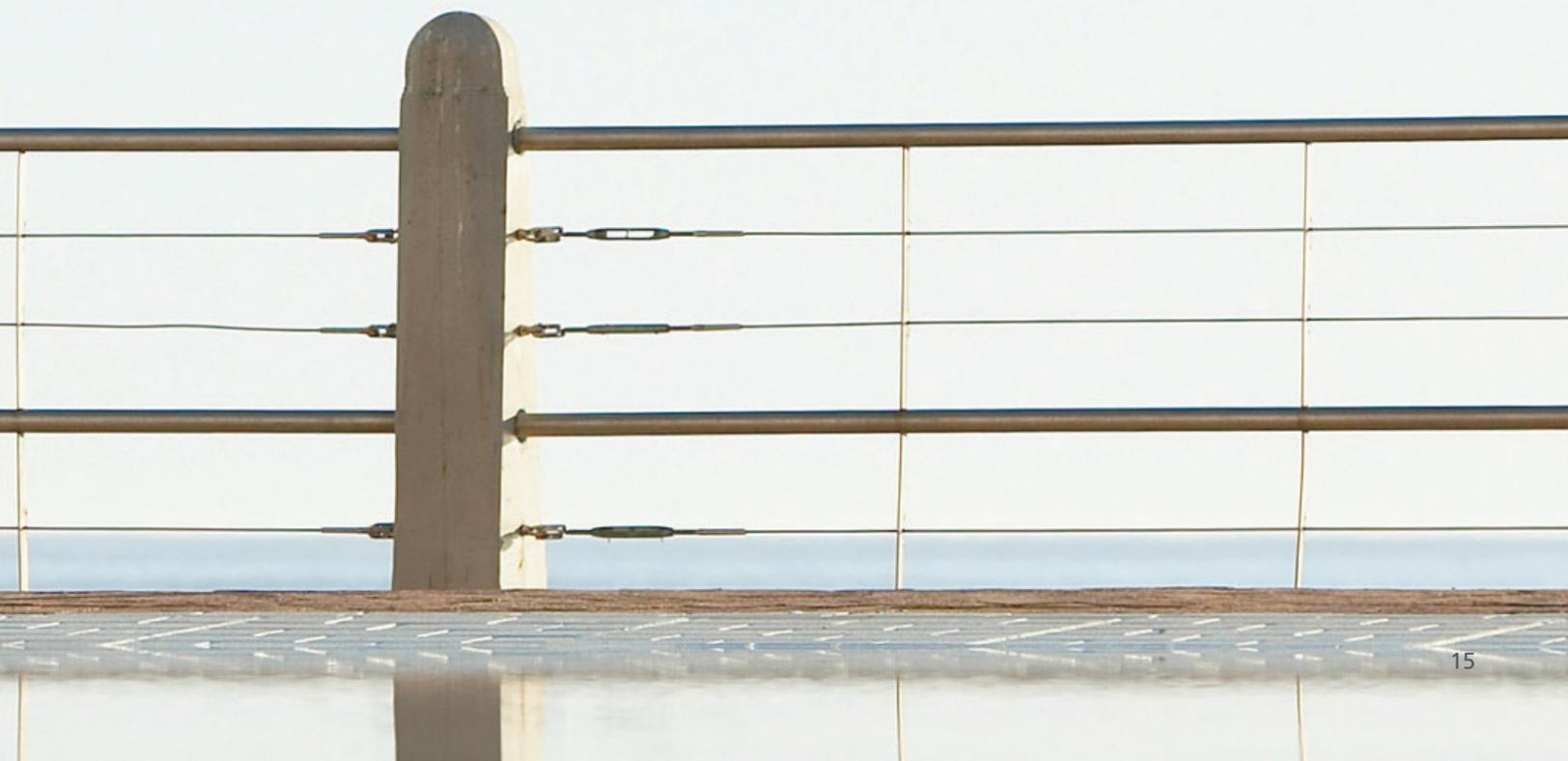
We don't just collect biometric data for workplace populations, we make the data actionable. Health screening services and biometric screening results can be integrated into your employees' individual health records on Rally and into our clinical and wellness platforms. By offering employers consistency 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.



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 May 4, 2021.



11000 Optum Circle, Eden Prairie, MN 55344

Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

© 2021 Optum, Inc. All rights reserved. WF4479388 06/21