

**Genius Sheet**

**The Value of Biometric Wellness Screenings**

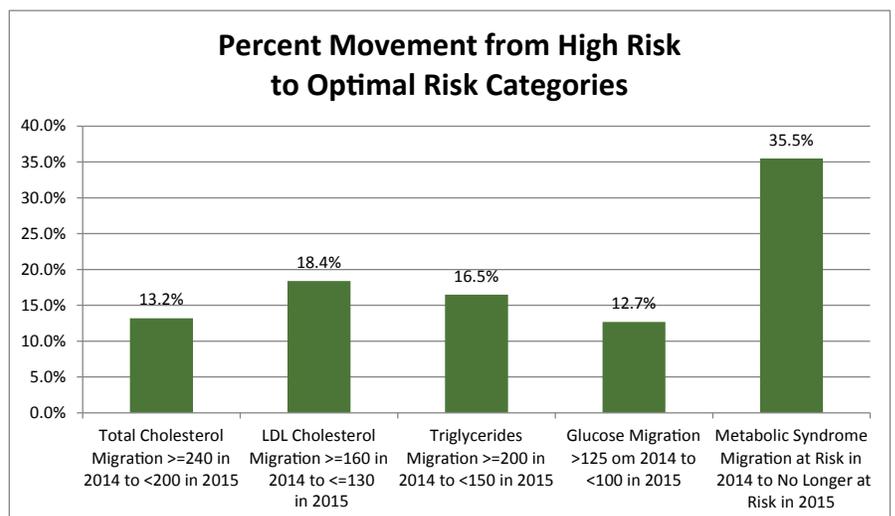
Biometric wellness screenings provide data and insights that can motivate participants to engage in their health and take action to reduce risk factors. Our country faces epidemics of inactivity, obesity and diabetes; biometric wellness screenings speak to the symptoms of these behaviors and health conditions. Only 42 percent of more than eight million obese adults in the U.S. have been told by their physicians that they need to lose weight to improve their health.<sup>1</sup> The data is clear; obese individuals who participate in biometric wellness screenings have average glucose values that reflect a pre-diabetic state and high cholesterol levels.<sup>2</sup> Offering screenings to employees can help inform individuals not getting health information from their physicians.

Biometric wellness screenings serve as a reality check for employees and employers in three critical ways:

- 1. Identify health risks that were otherwise unknown to participants.**
  - Twenty-two percent of those participants who had never reported a diagnosis of diabetes were found to be in a pre-diabetic or diabetic state through fasting glucose levels.
  - In addition, 23 percent of participants who had not previously been diagnosed with high cholesterol were found to have elevated or high LDL (bad) cholesterol levels.
- 2. Significant risk level reduction occurs among returning participants who were identified as being high-risk status based on clinical results and in the following year moved to an optimal status. Even higher rates of health improvement are present for outcome-based wellness programs.**
  - Nearly 36 percent of those participants who were at risk for Metabolic Syndrome based on failing 3 of 5 clinical factors in 2014 were no longer at risk in 2015.
  - For programs who implemented an outcome-based approach, 42 percent of participants who began at risk for Metabolic Syndrome were no longer at risk in 2015.
- 3. Biometric wellness screenings can identify health conditions before they present as serious medical conditions or catastrophic claims.**
  - Disease management companies recognize the value of population-level biometric wellness screenings as a tool for early disease detection and prevention.
  - More than 70 percent of all medical decisions involve clinical laboratory test results. Population level biometric wellness screenings help close the gap in missing laboratory and claims data.

The evidence-based data from biometric wellness screenings provides employers with actionable insights they can use to improve wellness program design and drive health improvement for their employees. Insights can motivate participants to target health risks and improve their individual health.

**For more information, visit [QuestForHealth.com](http://QuestForHealth.com) or call 1.800.654.7824**



(N=1,017,307). In all categories the percent of participants moving to optimal risk status from a high risk category is double digits.

<sup>1</sup> Welcoa, 2007  
<sup>2</sup> Quest Diagnostics Database, 2016