Many people are unaware of their current health status and health risk factors. Having knowledge of key health indicators is vital because it can provide individuals with the information and motivation they need to proactively change behaviors to prevent and manage costly diseases, conditions and events.

Our self-service Health Kiosk is an innovative and cost-effective solution that organizations can easily implement to help educate employees at the workplace about their health status. The Health Kiosk can be strategically placed in high-trafficked, visible locations within any organization to provide individuals with convenient, immediate and ongoing access to their key health indicators.

Creating awareness and promoting a culture of health

Creating a culture of health does not happen overnight. It takes a variety of tools and resources working together to encourage health at the workplace. The Health Kiosk is a visible solution that helps promote a healthy culture by creating awareness and insight into key health metrics for individuals, helping them to stay on-track with their health goals.

How it works

As a standalone solution, or as a complement to onsite health screenings or health fairs, the Health Kiosk can provide the member his or her biometric status and motivate them to take action.

The aggregate biometric data can be used in a variety of ways. Once an individual measures his or her key biometrics, the information is stored within the individual's user account so the user may easily track progress over time.

Users' data can also be uploaded into their Personal Health Records and Health Assessments available on myuhc.com®. If they are not UnitedHealthcare members, they can still use the kiosk and have their data loaded into a health record available through our partnership with Lifeclinic. This allows health risks to be identified, and helps individuals keep track of important biometrics.

In addition, de-identified data provided by the Health Kiosk can also help an organization assess the health of their employee population to determine which wellness and clinical solutions will best benefit their population.

- About one in three U.S. adults has high blood pressure; but because there are no symptoms, nearly 33% of these people don’t know they have it.¹
- A recent analysis of U.S. diabetes data found that nearly 13% of adults age 20 and older have the disease, and 40% of them have not been diagnosed.²
- 33% of those with Type 2 diabetes are not aware of their condition.³
- A large percentage of overweight individuals do not have an accurate perception of their weight status.⁴
- 25% of Americans have pre-diabetes, but only 4% are aware of their condition.⁵
The Health Kiosk allows users to measure, store and track key biometrics over time.

**Biometrics measured:**
- Weight
- BMI (with self-entered height)
- Body fat percentage
- Blood pressure (systolic and diastolic)
- Pulse
- Blood oxygen level

**Health Kiosk features:**
- Measures, stores and tracks key biometrics
- Provides an easy-to-use touch screen
- Stores individual user accounts
- Populates members’ online Personal Health Record with biometrics data
- Alerts members when biometrics are out of normal range and provides call-to-action, as relevant
- Collects data from glucose meters, and uploads to the Health Assessment (plan members only) and Personal Health Record
- Provides monthly population-level reporting for employers

**Health Kiosk benefits:**
- Creates awareness of key biometrics
- Identifies at-risk individuals for referral into other programs
- Educates on healthy ranges of key biometric risk factors
- Convenient and easy to use
- Tracks employee biometrics any time they wish – between doctor’s appointments and health fairs
- Integrates biometric data to online Health Assessment and Personal Health Record
- Alerts/notifies individuals to contact a doctor if biometrics reach dangerous levels
- Complements worksite health fair screenings
- Serves as a visible solution, which symbolizes the organization’s commitment to health

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