

At-Home Biometric Screenings

Worksite wellness

UnitedHealthcare is pleased to offer At-Home Biometric Screenings to complement on-site screenings, enabling employers to obtain biometric data on more employees than ever before.

Conducting screenings at your worksite can help create a culture of wellness at your company. However, mail-based At-Home Biometric Screenings are recommended as a complementary screening for the following:

- ▶ Small, remote and/or multisite populations not able to meet minimum requirements for on-site screenings
- ▶ Employees who are not able to attend on-site screenings (thus, using At-Home Biometric Screenings as a “make-up” tactic)
- ▶ Those who work remotely
- ▶ New employees wanting to participate in programs that require biometric screenings

Combining on-site and home screenings helps maximize the coverage of obtaining biometric data of your employee population.

Benefits of At-Home Biometric Screenings

- ▶ Cost-effective access for employees at small, remote or multisite locations
- ▶ Turnkey implementation materials provided to employer to promote the program
- ▶ Access for spouses and dependents
- ▶ A convenient option to obtain biometric data
 - Kits with “fasting finger stick” mailed to individuals
 - E-mail reminders sent periodically, resulting in 70 percent return rate

The At-Home Biometric Screenings program offers the following special features:

- ▶ Turnkey solution with flexible platform integration, high-quality lab results and communications materials to drive high return rate
- ▶ Home test kit with screenings for Diabetes (A1C or Fasting Glucose)² and Heart Disease (Total Cholesterol, HDL, LDL and Triglycerides)
- ▶ Secure, personalized online account for participant
- ▶ 24/7 customer support service
- ▶ Full integration with the Personal Health Record and online Health Assessment via myuhc.com[®]
- ▶ Nationwide service delivery
- ▶ Aggregate employer reporting (with a minimum of 20 participants)



Helping all employees know their biometric numbers is an essential part of any wellness strategy.

- ▶ A study conducted by the Center for Disease Control revealed that over 50 percent of individuals do not visit their physician on a regular basis, and 50-70 percent of health problems and disease are preventable¹
- ▶ Early detection is the key to reducing overall spending on preventable disease. Worksite Wellness programs promote preventive care through convenience by removing barriers of participation for members.

Accuracy of At-Home Biometric Screenings

All capillary (finger stick) tests have undergone rigorous validation studies to correlate directly with venous draw samples processed in standard CLIA (Clinical Laboratory Improvement Amendments of 1988)-certified U.S. laboratories.

Glucose and Cholesterol panel capillary tests are compared directly to venous samples and fall within the strict correlation ranges recommended by the National Glycohemoglobin Standardization Program and the National Cholesterol Education Program, respectively.

In addition, participants are more likely to adhere to the proper fasting guidelines necessary to receive an accurate test when testing at their convenience in their own home. This helps provide more accurate results for members.

How it works

Here are the steps to the At-Home Biometric Screenings program:

1. As the employer, you will promote the At-Home Biometric Screenings program at the workplace with various communication and marketing materials provided by UnitedHealthcare. This will include an e-mail sent to employees announcing the program.
2. Employees who select the mail-based At-Home Biometric Screenings program will simply click on a link to the program's secure Web site.
3. Once on the site, an employee will create an account and request the test kit.
4. The At-Home Biometric Screenings test kit arrives with instructions three to five days after the request is submitted.
5. Up to four reminder e-mails are sent periodically to participants who have received their kits but have not sent screenings back to the lab via the instructions.
6. A notification is sent to the employee via e-mail when results are available on the secure program Web site (seven to 10 business days after completing kit and sending via mail).

Please note that biometric screening result comparisons over time may vary depending on diet, hydration, exercise, medication, metabolic conditions, time of day and other medical conditions.

For more information on the At-Home Biometric Screenings option for your employees, contact your UnitedHealthcare representative.

On-site/know your numbers

- Partial lipid – HDL, TC, TC:HDL ratio, glucose
- BMI
- Body composition
- Blood pressure

At-Home Biometric Screenings

- Full lipid – LDL, HDL, TC:HDL ratio, triglycerides, glucose
- Self entered
 - BMI
 - Blood pressure



¹ Centers for Disease Control. Chronic Disease Overview 2007, <http://www.cdc.gov/>

² Note that A1C results are not yet integrated into the online Personal Health Record.

UnitedHealthcare Worksite Wellness programs provide information and support. They do not diagnose medical problems or recommend specific treatment, nor are they a substitute for a physician's care.

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