Biometric Screenings

Helping employees understand their health risks is an important first step in helping them improve their overall health and productivity.

CIGNA's Biometric Screenings are a series of health tests, provided conveniently at the workplace, designed to offer insight into your employees' health status. Identification of these risks, coupled with coaching and appropriate referrals into CIGNA and other employer-sponsored health and wellness programs, help employees take action to improve their health, ultimately reducing overall medical costs.

Did You Know:
- 28.6% of adults with high blood pressure are undiagnosed
- 69% of adults do not know their Body Mass Index
- 51.2% of adults with high cholesterol are undiagnosed
- An estimated 23.6 million Americans had diabetes in 2007, yet 5.7 million were undiagnosed

Our Screening Program Provides:
- **Early Health Risks Identification** – With instant results, biometric screenings provide a convenient way to reach employees who don’t have the time or motivation to get regular preventive health exams on their own.
- **Health Education** – Each test, the potential risk factors they may identify, and recommendations for preventing or controlling conditions are clearly explained.
- **Coaching** – Our qualified health coaches refer participants to available targeted health and wellness programs, driving participation, leading to change.
- **Quality and Consistency** – Strict clinical oversight and quality control assures consistent events nationwide.
- **Seamless Integration** – All participant data is collected electronically, and for CIGNA customers, it is automatically populated into their health assessment and integrated into other CIGNA programs.
- **Actionable Reporting** – Detailed client reports clearly identify population risks with recommendations for action.
- **Expertise** – CIGNA has over 40 years of health care delivery experience.

Marketing / Communications

Effective communication is essential for the success of any Health Screening event. Included with each screening package, CIGNA provides event promotion materials that are easy to use and customize (such as posters, flyers and ecards).

Reports

CIGNA provides a broad array of reports – valuable follow-up tools that help you understand the health status of your workforce. With this information, you can set realistic goals and create wellness initiatives that are suited to your company and employee needs.

With appropriate privacy protections in place, CIGNA delivers:
- **Participant Results Report** – This brief summary describes the screening test and documents the screening results. The report is standard for all events.
- **Client Aggregate Report** – All clients receive a thorough summary report of screening results, including a breakdown by location, delivered with recommendations for how to improve and maintain workforce health. It includes multi-year comparison data for clients who repeat screenings.
- **Event Participant List** – A list of participants, names only, that may be used for tracking and incentive purposes. (Provided by request at no additional charge.)
- **Participant Data Report** – A list of individual participants with detailed results that may be used for health plan administration. (Provided by request at no additional charge.)

Online Scheduling

This easy, online process helps increase employee participation and improves event efficiency.

- Complete management of all event dates, times and locations
- Custom URL (link) provided to register for the screening
- Register, change or cancel appointments
- Automated email confirmation and participant email reminders
- Real time event scheduling results reporting to track participation
- An 800 number is also provided for those unable to utilize online scheduling
**Screening Packages**

CIGNA’s Biometric Screening packages include:

- **Health Coaching** - A health coach reviews the participant’s results, explains where they fall in health/at-risk range, identifies steps they can take to improve their scores, and offers referrals to targeted CIGNA or other employer-sponsored programs.

- **High-Risk Referral** - A health coach reviews each participant’s results and compares them to national standards. If necessary, the coach completes a High-Risk Referral Form to refer the participant to his or her primary care physician.

- **Finger-Stick Blood Draw** - This quick, relatively painless method of blood draw allows for immediate results analysis.

### Comprehensive Screening $41

This package includes screens for healthy HDL cholesterol and total cholesterol. Fasting is recommended for accuracy, but not required.

- **Total Cholesterol + HDL + Risk Ratio**
  - High-Density Lipoprotein (HDL) - “good cholesterol”
  - Coronary Risk Ratio
- **Glucose Measurement**
- **Blood Pressure Measurement**
- **Weight Measurement**
- **Height Measurement**
- **Waist Circumference**
- **BMI**

### Comprehensive Plus Screening $43

This package offers a comprehensive picture of your population’s health risk, allowing for the most accurate recommendations. Fasting (9 - 12 hours) is required because this package includes a Comprehensive Lipid Profile with complete breakdown of cholesterol.

- **Total Cholesterol + Comprehensive Lipid Profile**
  - High-Density Lipoprotein (HDL) - “good cholesterol”
  - Low-Density Lipoprotein (LDL) - “bad cholesterol”
  - Triglycerides
  - Coronary Risk Ratio
- **Glucose Measurement**
- **Blood Pressure Measurement**
- **Weight Measurement**
- **Height Measurement**
- **Waist Circumference**
- **BMI**

### Additional Screening Options

Enhance the participant experience by offering:

- **Participant Results and Recommendations Booklet** $8.50 per participant
  A personalized, full color booklet provided immediately following the screening that includes results and recommendations for the participant to follow. Body Composition analysis is included with this service enhancement.

- **Screening packages are also available without health coaching. For events without coaching, an onsite health professional will ensure participants understand their scores and provide a High-Risk Referral if needed.**

- **Vouchers** For locations with fewer than 35 participants or remote workers. Billing available through invoice or optional services.

### Billing

Select from several options when you request the screening service. All billing is handled by CIGNA Onsite Health:

- **Bill CIGNA HealthCare** (Client must have 100% adult routine preventive care with no annual maximum, deductible or routine office visit copay. Travel and setup are billed separately to the client. For Fully Insured, Comprehensive Screening With Coaching only). This billing option is not available for Commercial HMO.
  - **Total Cholesterol + Comprehensive Lipid Profile**
    - High-Density Lipoprotein (HDL) - “good cholesterol”
    - Low-Density Lipoprotein (LDL) - “bad cholesterol”
    - Triglycerides
    - Coronary Risk Ratio
  - **Glucose Measurement**
  - **Blood Pressure Measurement**
  - **Weight Measurement**
  - **Height Measurement**
  - **Waist Circumference**
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*There is a $4 fee for unprocessed vouchers.*

All prices are per person unless otherwise stated, and are subject to change. Prices do not include shipping, travel costs or state permit fees, if required. A minimum of 35 participants per site per event is required. Event minimum is either 35 participants or expected participants, whichever is higher. Event requires a six (6) week lead time.


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