

BIOMETRIC Screenings



Biometric Screenings, provided in collaboration with Summit Health are a series of health tests, provided conveniently at the workplace, designed to offer insight into your employees' health status. A quick, relatively painless blood draw allows for instant results and identification of risks that will help employees take action to improve their health, ultimately reducing overall medical costs.

Did you know

- In 2010, 25.8 million people had diabetes or 8.3% of the U.S. population.¹
- One out of three U. S. adults - 31% has high blood pressure.²
- More than one-third of adults and almost 17% of youth were obese in 2009–2010.³
- About 1 of every 6 adult Americans has high blood cholesterol.⁴

Our screening program provides

- **Early Health Risks Identification** – Instant results, provide a convenient way to reach employees.
- **Coaching** – A qualified screening professional will discuss results, potential risks, and recommendations so that participants can take action towards prevention or controlling conditions.
- **Quality and Consistency** – Strict clinical oversight and quality control assures consistent events nationwide.
- **Integration** – All participant data is collected electronically and may be available for integration into other Cigna programs, including the Cigna health assessment.
- **Actionable Reporting** – Detailed client reports clearly identify population risks with recommendations for action.
- **Online Registration** – Easy, online process helps increase employee participation and improves event

efficiency. An 800 number is provided for those unable to register online

Marketing/Communications

Included with each screening package, are event promotional materials that are easy to use and can be customized.



Reports

A broad array of reports are provided for all screening packages – valuable follow-up tools that help you understand the health status of your workforce. Now 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 Brochure** – 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. It includes multi-year comparison data for clients who repeat screenings.
- **Event Participant List** – A list of participant names.

GO YOU[®]



Billing

Any applicable client billing is handled by Summit Health. For Eligible plans claims will be submitted to Cigna Healthcare.

Screening Packages

Standard Screening

This package includes screens for healthy HDL cholesterol and total cholesterol. Fasting is not required.

- Total Cholesterol + HDL + Risk Ratio
 - High-Density Lipoprotein (HDL) - “good cholesterol”
 - Coronary Risk Ratio
- Measure for glucose, blood pressure, pulse, weight, height, waist circumference, body mass index (BMI).

Expanded Screening

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
- Measure for glucose, blood pressure, pulse, weight, height, waist circumference, body mass index (BMI).



1. Center for Disease Control and Prevention. National Diabetes Fact Sheet: national estimates and general information on diabetes and pre-diabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.
2. National Center for Health Statistics. <http://www.cdc.gov/bloodpressure/facts.htm> CDC. Vital signs: prevalence, treatment, and control of hypertension—United States, 1999–2002 and 2005–2008. MMWR. 2011;60(4):103-8.
3. Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of obesity in the United States, 2009–2010. NCHS data brief, no 82. Hyattsville, MD: National Center for Health Statistics. 2012.
4. High Cholesterol: Understand Your Risks. Available at: <http://www.cdc.gov/cholesterol/>. Schober SE, Carroll MD, Lacher DA, Hirsch R. High serum total cholesterol—an indicator for monitoring cholesterol lowering efforts; U.S. adults, 2005–2006. NCHS data brief no 2, Hyattsville, MD: National Center for Health Statistics. 2007.



Biometric screenings are independently administered by Summit Health, Inc. in collaboration with Cigna.

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