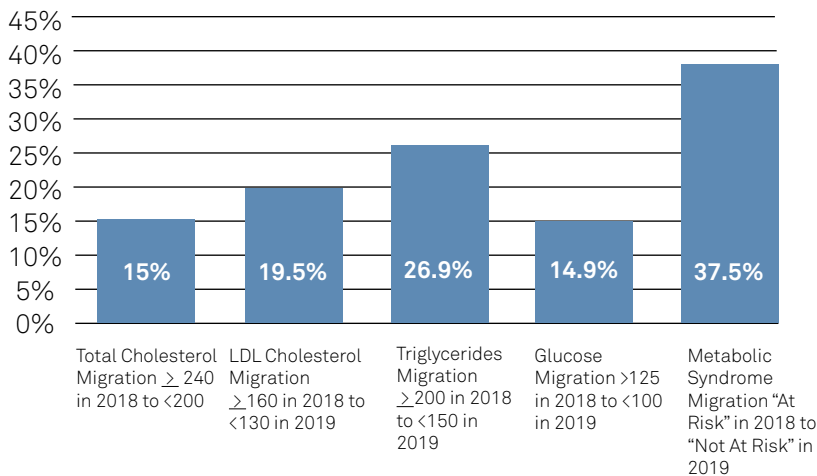


The value of annual biometric screenings

Our country faces epidemics of inactivity, obesity and diabetes, and annual biometric screenings can help close the gap in missing laboratory and claims data.

According to the Centers for Disease Control and Prevention, 70% of medical decisions depend on laboratory test results.¹

Percent movement from high risk to optimal risk categories²



Within our database, over 37 percent of those participants at risk for Metabolic Syndrome in 2018 based on failing 3 of 5 clinical factors, were no longer at risk in 2019. For total cholesterol, LDL cholesterol, triglycerides, and glucose measures, the percentage of participants at risk in 2018 who were no longer at risk in 2019 was in the double digits.

Biometric health screenings serve as the starting point for health improvement in three critical ways. Screenings:



Identify health risks that may have been otherwise unknown to individuals.



Connect individuals to the in-network care they need based on clinical values existing conditions



Empower better health by funneling individuals into the appropriate health improvement programs and employer-sponsored offerings based on laboratory results.

The data is clear: individuals who participate in yearly biometric screenings see improvement in important health metrics year over year.



For more information on biometric screenings from Quest, visit QuestForHealth.com or email PopulationHealth@QuestDiagnostics.com.

1. Centers for Disease Control and Prevention. Strengthening clinical laboratories. Accessed August 4, 2020. Updated November 15, 2018. <https://www.cdc.gov/csels/dls/strengthening-clinical-labs.html>
 2. Quest Diagnostics Internal Database. Cohort reports 2018-2019. Accessed April 13, 2020. N=1,535,184.