



HealthFlex Mini-Summit—March 2021



**Wespath**

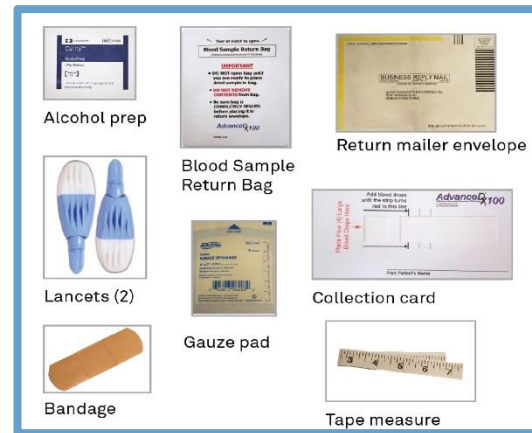
BENEFITS | INVESTMENTS

# Blueprint for Wellness— Self-Collection Update

# A Great Option with Limitations

## Self-Collection Kit (Qcard) Advantages

- No risk of COVID exposure
- No appointment needed
- Includes all the measures which can earn Wellness Credits



**1,484** or **24%** of  
2020 HealthFlex BFW  
completers used  
self-collection

# A Great Option with Limitations

## Self-Collection Kit (Qcard) Limitations

- Depends on the USPS
- Doesn't include the full panel of tests
- Requires member to follow all directions for a good sample
- Uses fingerstick blood vs. venipuncture blood



**Originally designed to be used at onsite events where a Quest professional obtains the sample from the individual's finger**

# A Great Option with Limitations

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OUCH!!  
I think this pinhead  
drop should be  
enough!

# Quest Quality Control Observation

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- Glucose and LDL results from self-collection samples trended about 22% lower on average compared to venipuncture samples
- Other tests from self-collection blood samples lined up with venipuncture samples
  - Hemoglobin A1c (provides 3-month average of blood glucose)
  - HDL
  - Total Cholesterol
  - Triglycerides

# Impact to Members Who Self-Collected

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Some individuals using self-collection received normal glucose and LDL results which may not be accurate

Those on the margin of normal may not be aware they may be at-risk of having prediabetes or high cholesterol

Re-screening recommended, preferably at a Quest Patient Service Center for a venipuncture sample

Most likely had other at-risk values which already led to physician follow-up

# Impact to Affected Members

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Identified with  
**marginal 'normal'**  
**glucose** results



Identified with  
**marginal 'normal'**  
**LDL** results

Some are likely  
in both categories

# Communications to Affected Members

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- Plan to directly contact these 200+ members
- Will recommend local Quest lab screening with venipuncture for 2021, if available, not required



**Remember: all other values are accurate**



# Future of Self-Collection

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## Continue to Offer in 2021

- Quest working on ways to improve accuracy

## Considering Options for 2022

Assuming no COVID pandemic

- Offer to everyone every year
- Only offer to individuals or groups with limited lab availability
- Don't offer it at all

# Polling Question

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## Which option do you prefer?

- Offer to everyone every year
- Only offer to individuals or groups with limited lab availability
- Don't offer it at all

# Impact to Reporting—Metabolic Syndrome

Combination of risk factors—often occurring together—  
which greatly increase risk of heart disease, stroke, diabetes

Any three of the following (or taking medications to control)  
= **metabolic syndrome\***

Blood pressure	≥ 130/85	
Fasting blood glucose	≥ 100	
Triglyceride level	≥ 150	
Low HDL (good cholesterol)	Men < 40	Women < 50
Waist circumference	Men > 40 inches	Women > 35 inches

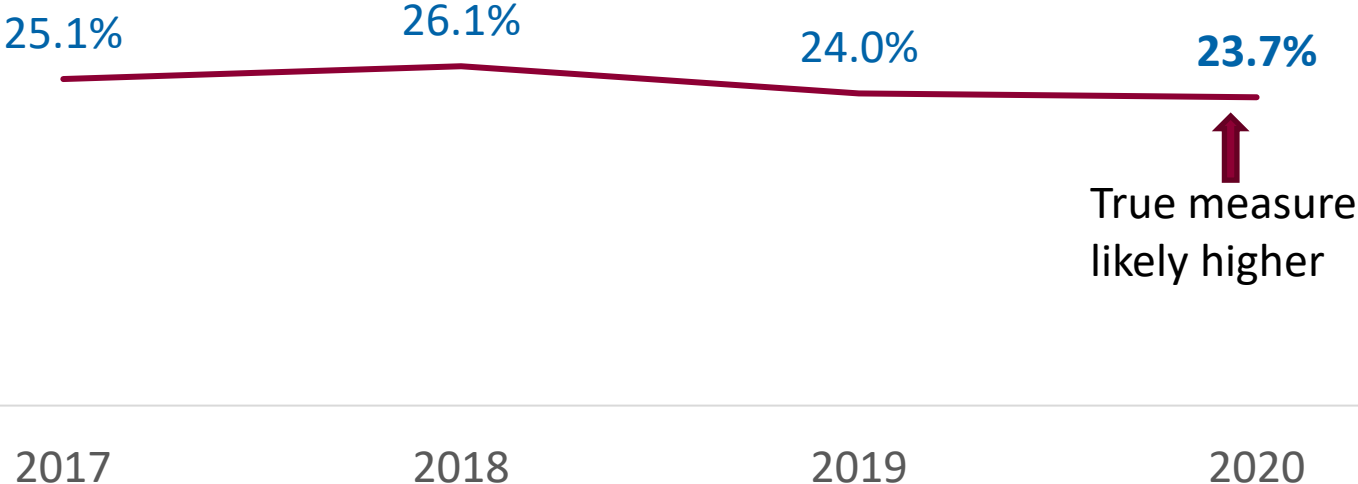
\* American Heart Association definition

# Impact to Reporting

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- Reported metabolic syndrome prevalence likely lower than true number
  - Glucose is a metabolic syndrome risk factor, LDL is not
  - Self-reported waist circumference may be biased lower as well
- Summary Reports will have a footnote for metabolic syndrome
- Quest recently provided an adjustment factor to apply to self-collection results for future aggregate reporting

# HealthFlex Metabolic Syndrome trend



Based on total HealthFlex completers for each year represented



**HealthFlex/Wespath  
positively impacts the  
health and productivity of  
those who serve the UMC**



**Wespath**

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