

Results

Did we see the right employees? Yes.

Aggregate Data:

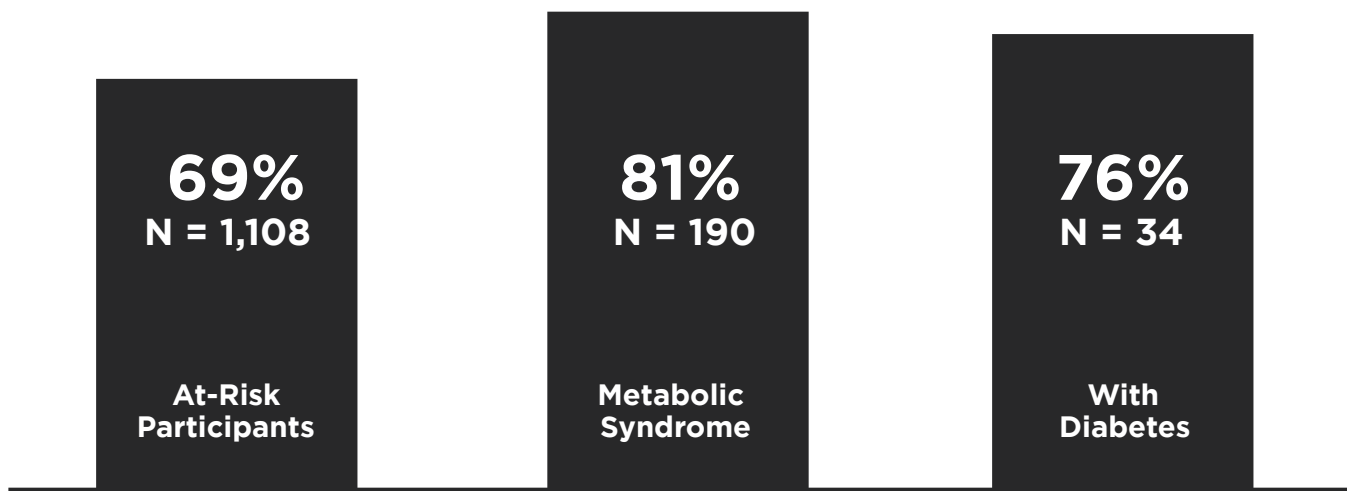
Measure	2012	2011	U.S.	Value
Pre-diabetes Blood Sugar	17.8%	17.8%	25% ⁽¹⁾	100-125 mg/dL
Diabetes Blood Sugar	8.1%	8.8%	8.25% ⁽¹⁾	Dx or 126+ mg/dL
Metabolic Syndrome	24.3%	27.0%	28.5% ⁽²⁾	3+ risks
BMI/Obesity	33.2%	37.0%	33.9% ⁽³⁾	BMI >30
Hypertension	27.9%	32.2%	31.2% ⁽⁴⁾	Dx or >140/>90 mm/Hg
Elevated LDL	34.8%	38.1%	32% ⁽⁵⁾	Dx or 130+ mg/dL
Low HDL (F/M)	5%/18%	7%/25%	8%/25% ⁽⁵⁾	<40 mg/dL
High Triglycerides	29.0%	31.3%	30% ⁽⁵⁾	150+ mg/dL
Tobacco Use	12.8%	12.2%	18.6% ^{(1),(6)}	Smoker

Reference:

(1) American Diabetes Association 1/26/11. (2) National Health Statistics Report #13, May 5, 2009; blended average of age groups 20-39 & 40-59. (3) JAMA, 2010; 303 (3):235-241. NHANES 2007-2008 data. (4) CDC – 2007-2008 HTN over 20 year old <http://www.cdc.gov/nchs/data/hus/10.pdf#066>. (5) 2010 American Heart Association Statistical Fact Sheet. From 2003- 2006 NHANES and NHLBI. (6) CDC, MMWR Nov 5, 2010; 59 (43):1400-1406. (7) Am. Academy of Allergy, Asthma & Immunology, Ref:CDC, 2011.

Check-Ups improves engagement of at-risk employees into support / disease management programs.

% Engaged into Support / DM Programs*



*Case Study – Testing & Technology company: 4,000 US employee (7 states)

Results

Do on-site check-ups improve outcomes? Yes.

Data Improvement: 2011 to 2012

Measure	2011	2012	Change	% Change
Smokers	36	26	-10	-28%
Avg. LDL >130 mg/dL	153.2	135.5	-17.7	-11.6%
HDL <40 mg/dL (men)	35.4	38.0	+2.6	+7.6%
HDL <50 mg/dL (women)	43.1	48.9	+5.75	+13.3%
Triglycerides 150+ mg/dL	206.8	185.2	-21.6	10.4%
Systolic BP >135 mm/Hg	142.1	129.7	-12.4	-8.7%
Diastolic BP >85 mm/Hg	89.7	82.7	-7.0	-7.8%
BMI 30 or Higher	35.1	33.7	-1.4	-4.0%
FSBS >100 mg/dL	120.3	110.1	-10.2	-8.5%

Reference:

Results from a subset of the population that had exams in the same location in both 2011 & 2012

Total N=224-227. N for each individual risk varied from 19 to 66.

PathFinder's Check-Ups program is highly effective in reducing employees' risk factors.

Metabolic Syndrome:

59% removed from category in one year

177 employees diagnosed with metabolic syndrome

104 of the 177 no longer had metabolic syndrome after one year

Diabetes:

83% of previously undiagnosed diabetes were in control within one year

18 previously undiagnosed diabetes were identified

15 of the 18 were in control within one year

Source:

Case Study – Testing & Technology company: 4,000 US employee (7 states)