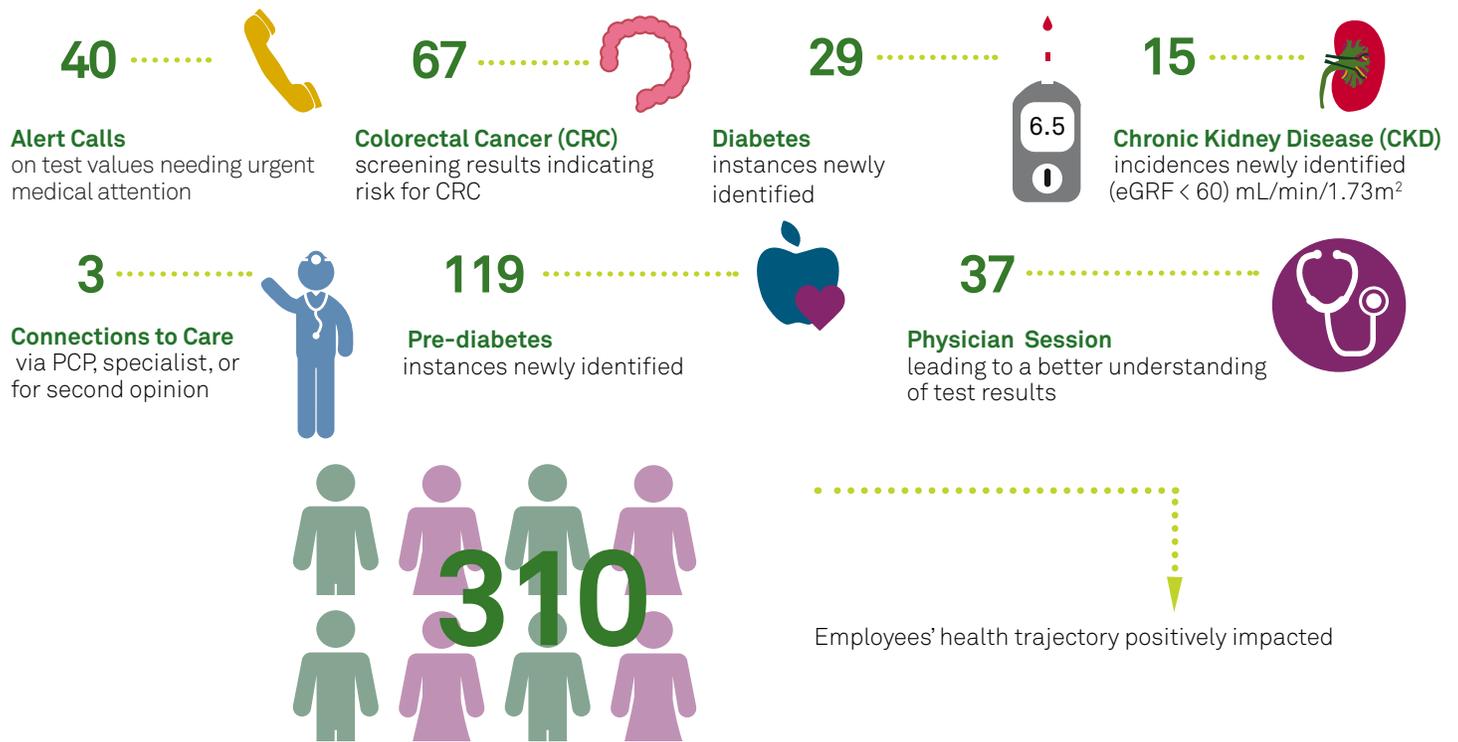


Employers can reduce healthcare spending through comprehensive population health programs

For every 1,000 employees in an employee population leveraging laboratory screening insights, the program positively impacts the health of 310 employees:



Results based on actual Blueprint for Wellness program data from 2013-2017 in an employer with 37,000 participants per year.

High-cost conditions develop over time, and with **effective identification, connection to care, and intervention**, employers can reduce the incidence of high-cost conditions among their employees

Participants in laboratory-based wellness programs that can identify chronic disease risks **spend 30% less** in overall per-employee per-year claims¹

Prevention of type 2 diabetes through a Diabetes Prevention Program and lifestyle changes may result in **34-44% lower medical costs** attributable over 10 years due to lower hospital, emergency room, urgent care, and outpatient services²

Comprehensive population health programs help reduce healthcare spending and improve the health of employees:

- Identification of health risks** allows employees to address those risks to help avoid becoming high-cost claimants
- Connection to care** helps employees manage current health conditions effectively
- Targeted interventions** mitigate healthcare spending using lifestyle intervention and coaching

1. Quest Diagnostics Blueprint for Wellness 2017 HRA.
 2. Ward BW, Schiller JS, Goodman RA. Multiple chronic conditions among US adults: a 2012 update. *Prev Chronic Dis.* 2014 Apr 17; 11:E62. doi: 10.5888/pcd11.130389.
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