Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

Help shape the health and wellness of your company

**Metabolic Syndrome Screening**

We are now offering metabolic screening through a relationship with Quest Diagnostics, an industry leader in clinical laboratory services.

Screening, of course, is just one part of this benefit. Along with screening comes our detailed reporting and optional incentives administration designed to fit your needs — one reason this program is so flexible.

You’ll also take an important step in measuring the key risk factors of your workforce. **The end result for you?** You’ll help your employees and their eligible dependents learn how they can reduce their risk for serious and costly health problems.

With this information, Aetna can help you plan an effective wellness strategy, one that helps your employees become engaged in their own health. For you, that means lower overall health costs.

**What’s metabolic syndrome?**

Good question!

Think of it as a group of five risk factors that raise someone’s chances of certain conditions, such as heart disease or diabetes.

The five risk factors are:

- High blood pressure
- High triglyceride level (fat in your blood)
- Raised blood sugar
- Lower HDL or “good” cholesterol
- Above average waist circumference

Someone who has three of these five risk factors is at risk for metabolic syndrome.
What happens at a screening?

Quest Diagnostics estimates that onsite testing takes no more than 15 or 20 minutes out of an employee’s day.

A professional trained by Quest will screen your employees. Triglycerides, HDL cholesterol and blood sugar are tested with a fasting blood draw. The waist is measured with a tape measure. Blood pressure is taken using a blood pressure cuff.

Reporting afterward

Two benefits happen when reports go out:

- Participants learn about their health
- You learn about the health of your workforce

Participants receive a report in easy-to-understand terms. Their report lists any risk factors. It also tells them what they can do to lessen those risks, such as lose weight or get more exercise.

You’ll receive a summary report. This includes an analysis of your population’s lab and biometric data.

This report shows you just how “at risk” your employees are by gender and age group.

Developing a blueprint for change

The summary report will help you determine if intervention is needed and what steps are necessary.

You may offer an incentive to your employees. We can work with you to find the right incentive program for your company.

Incentives can be based on:

- Participating in the metabolic screening
- Follow-up (year-over-year) screening improvement with in-range results
- Falling within the established target ranges for one or more risk factors

Aetna working side by side with Quest

When you elect the incentives option, Quest sends Aetna a daily file, listing participants who have earned incentives.

This file will automatically feed into our incentive management system. It’ll be processed as a part of the Aetna Healthy Actions™ program, which lets you reward participants for adopting a healthier way of life.

Meet Alex! Our online Metabolic Health Advisor

Alex, our Metabolic Health Advisor, is an online interactive advisor that comes as part of your Quest screening package. Alex will “talk” with your employees about what to expect with the metabolic syndrome screening. After the screening, they can check back in with Alex for a personalized view of their screening results. And get suggestions for improving their long-term health, too.

Good health and the bottom line

Change doesn’t happen overnight. But a workforce engaged in improving their health can mean a positive change for your business.

Greater productivity, lowered absenteeism and reduced medical costs — they’re all possible when employees receive their screening results and understand their numbers.

Contact your Aetna representative today to discuss adding metabolic syndrome screening and incentives to your wellness strategy.

A quarter of all Americans have a high risk for heart disease and diabetes.† Many of them don’t even know it. That’s where metabolic syndrome screening comes in.


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Quest Diagnostics companies: AmeriPath, Berkeley HeartLab, CompuNet Clinical Laboratories, Diagnostic Laboratories of Oklahoma, Mid America Clinical Laboratories, Sonora Quest.

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