

Labcorp Employer Services

Labcorp provides strategic, comprehensive well-being solutions and insights that drive population health improvement nationwide. As a leading global life sciences company, we can provide enhanced service offerings to our clients, creating an integrated occupational lab testing and well-being benefit solution for employers.

Serving clients nationwide.

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Program/Service Name	Description	Onsite only, Virtual only, or Both?
Be Active		
Exercise Basics: A Guide to Getting Started and Staying Consistent	Intro to exercise	Both
How to Build Your Best Exercise Routine	Exercise routine built for you	Both
The Best & Worst of Fitness Trends: HIIT, Bodyweight Workouts & More	Latest Fitness Trends	Both
Be Nourished		
From Weight to Wellness: Going Beyond the Scale	Lifestyle changes that can help us improve and maintain health	Both
Go Further With Food: Sustainability From Farm to Fork	How to purchase and prepare more sustainable food choices and minimize food waste	Both
Mastering Mindful Eating: Building Awareness and Intention for Healthy Eating	Meaning to eat mindfully along with simple techniques for dealing with emotional and mindless eating	Both
Meal Prep Made Easy	Basics of meal prepping and starting your own home routine	Both

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Plant-Based Diets and You: What the Omnivore Can Learn	Teaches the basics of plant-based meals	Both
Smart Nutrition: What, Why, and How of Healthy Eating	Tips for changing habits and tools for staying on track	Both
The Best & Worst of Dietary Trends	Healthy takeaways from the keto, intermittent fasting, Paleo and others	Both
The He Diner's Dilemma: How to Make Healthier Choices When Eating Out	Learn simple tips and strategies for making the healthiest food decisions when eating out	Both
Be Energized		
Boost Your Mental Muscle: Promoting Long Term Brain Health	tips for preventative actions to take now for long term brain health	Both
From Roadblocks to Resilience	How to build resilience	Both
Happiness at Work: De-Stressing and Re-Energizing on the Job	Making healthier choices at work	Both
Meditation: Bringing Mindfulness and Happiness to Your Work and Home Life	Instructor will demonstrate techniques that can be used at work and home	Both
Sideling Stress: Tips and Tools For Stress Relief	ways to effectively manage stress	Both
Sleep Well: The Importance of Rest and Recovery for Wellness	Breaks down the value of quality sleep, noting how we can support through steps during our day	Both
The Self-Care Playbook	Overall wellbeing in order to feel happier and more productive	Both
Tiny Steps to Healthy Habits: Creating Lasting Change	How to start the process toward making successful and long-lasting behavior changes (goal setting, motivation and barriers	Both
Understand Habits: A Guide to Transformation	Strategies for identifying triggers and rewards attached to our habits and adopting healthy routines	Both

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Your Social Network	how to build your social support network as intentionally as you would build your exercise or nutrition plan.	Both
Be Empowered		
Decoding Diabetes: Tips for Prevention and Management	What you can do to make a difference in your diabetes risk and quality of life	Both
Heart Smart: Preventing and Managing Heart Disease	Tips on how heart disease can be prevented and managed with lifestyle changes	Both
Know Your Numbers	Understand what your biometric screening numbers mean	Both
Men's Health	Chronic diseases that commonly impact men and the measures that can be taken to prevent them	Both
The Self-Care Playbook	How you can put together your own personal self-care playbook to feel happier, be more productive and support the ones you love	Both
Women's Health	Chronic diseases that commonly impact women and the measures that can be taken to prevent them	Both
Blood Pressure	On-site personnel, BP readings, WellConnect+, medical provider--no biometrics or blood testing	Onsite only
Body Composition Analysis	On-site personnel, BP readings, WellConnect+, medical provider--no biometrics or blood testing	Onsite only
Glucose	On-site personnel, BP readings, WellConnect+, medical provider--no biometrics or blood testing	Onsite only
Hemoglobin A1C	On-site personnel, BP readings, WellConnect+, medical provider--no biometrics or blood testing	Onsite only
Cotinine	On-site personnel, BP readings, WellConnect+, medical provider--no biometrics or blood testing	Onsite only
PSA	On-site personnel, BP readings, WellConnect+, medical provider--no biometrics or blood testing	Onsite only

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Total Cholesterol (TC)	On-site personnel, Fingerstick test, WellConnect+, medical provider--no biometrics or blood pressure reading	Onsite only
TC and Glucose	On-site personnel, Fingerstick test, WellConnect+, medical provider--no biometrics or blood pressure reading	Onsite only
HDL	On-site personnel, Fingerstick test, WellConnect+, medical provider--no biometrics or blood pressure reading	Onsite only
TC and HDL	On-site personnel, Fingerstick test, WellConnect+, medical provider--no biometrics or blood pressure reading	Onsite only
TC, HDL, and Glucose	On-site personnel, Fingerstick test, WellConnect+, medical provider--no biometrics or blood pressure reading	Onsite only
Lipid Profile	On-site personnel, Fingerstick test, WellConnect+, medical provider--no biometrics or blood pressure reading	Onsite only
Lipid Profile and Glucose	On-site personnel, Fingerstick test, WellConnect+, medical provider--no biometrics or blood pressure reading	Onsite only
Package A	Finger stick/Venipuncture Lipid profile (TC, HDL, TC/HDL ratio, LDL, LDL/HDL ratio, Triglycerides) Glucose Blood Pressure (BP) & Pulse Body Mass Index (BMI) Measured Height & Weight, Waist Girth	Onsite only

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Package B	Finger stick/Venipuncture Total Cholesterol; Glucose; BMI (self-reported Height & Weight); Blood Pressure	Onsite only
Package C	Venipuncture Comprehensive (full metabolic/CBC/thyroid/lipid profile) & BP	Onsite only
Package D	Finger Stick Lipid Profile (Total Cholesterol, HDL, LDL, TC/HDL ratio, Triglycerides)	Onsite only
Package E	Finger stick Lipid Profile, Glucose, BP	Onsite only
Package F	Finger Stick Total Cholesterol/HDL and Glucose Blood Pressure & Heart Rate Height/weight/BMI & Waist circumference	Onsite only
Package G	Venipuncture Total Cholesterol/HDL and Glucose Blood Pressure & Heart Rate Height/weight/BMI & Waist circumference	Onsite only
Lab Vouchers		
Home Test Kits		

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