

BETHESDA, Md., Oct. 13, 2013 /PRNewswire/ -- Dr. Szilard Voros, Chief Clinical Strategy Officer of Health Diagnostic Laboratory, Inc., will present the results of a recently released study showing reduced healthcare costs and improved outcomes in patients who use HDL, Inc.'s advanced testing and health management at the Patient-Centered Primary Care Collaborative (PCPCC) Annual Fall Conference on Monday, Oct. 14.

Dr. Voros' presentation, *Comprehensive Health Management Strategies Improve Outcomes and Reduce Cost of Care*, offers insight into how HDL, Inc.'s advanced cardiometabolic testing paired with follow-up health management by clinically licensed health consultants resulted in a 23 percent decrease in a patient's overall healthcare costs and an improved lipid profile in just two years compared to those patients who did not use HDL, Inc. testing and follow-up health management services. Results of the independent study, conducted over three years by [redacted] Wilmington, Del. [redacted]-based HealthCore, were published in September in *Population Health Management*.

"As healthcare leaders seek to improve outcomes and lower the cost of total care with models such as the patient-centered medical home, our ROI study shows that clinical laboratory and health management providers play an important role in the coordination and design of patient care plans to achieve those goals," Dr. Voros said. "Providers and payers that are entering shared savings initiatives should consider the role ancillary service providers with comprehensive care models such as HDL, Inc. offer to both manage costs and improve overall health of patients."

For a free download of the paper, *The Changing Role of Ancillary Healthcare Service Providers: An Evaluation of Health Diagnostic Laboratory, Inc.*, visit *Population Health Management* at <http://bit.ly/HDLROIstudy>.

Dr. Voros is a graduate of University Medical School of Pecs in Hungary. He completed his

internal medicine internship and residency at

University of Alabama at Birmingham

where he served as a Chief Medical Resident, and his fellowship at the

University of Virginia

, where he served as Chief Cardiovascular Fellow. In addition to his role at HDL, Inc., Dr. Voros

is CEO of Global Genomics Group, LLC, and is a Clinical Associate Professor of Medicine,

Cardiology, and Radiology at Stony Brook University in

New York

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About Health Diagnostic Laboratory, Inc. Health Diagnostic Laboratory, Inc. (HDL, Inc.) is a leader in health management offering a comprehensive test menu of biomarkers of risk factors for cardiovascular disease, diabetes, and related diseases. HDL, Inc.'s systematic approach identifies factors contributing to disease and provides a basis for effective treatment, allowing physicians to more effectively manage patients. Individuals receive a personalized overview of their risk factors along with intensive counseling from expert Clinical Health Consultants at no additional cost, improving compliance and enhancing satisfaction. HDL, Inc. is a CLIA-certified, CAP-accredited laboratory. For more information, visit myhdl.com, and make HDL, Inc. part of your digital lifestyle at Facebook.com/myhdl and Twitter.com/hdltweets.

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