

Annual Blood Work & Biometric Screening

Contact Information: Quest Diagnostics

Quest Diagnostics Phone Number: 1-866-908-9440

Quest Scheduler: [Click Here](#) **Registration Key:** KROLL

Physician Results Collection Form: [Click Here](#)

Awareness is the first step to maintaining and monitoring your health. The biometric screening for metabolic syndrome gives you a snapshot of your current health status and any risk factors you may have. Insights from your screening results can help you understand what to maintain or change to improve your health. **And, if you're enrolled in one of the Company's medical plans and use Quest Diagnostics or another in-network provider, the cost of the screening is covered at 100%.**

Employer Contribution

You can earn more dollars toward your health savings account (HSA) by completing a biometric screening for metabolic syndrome. The 2016 employer contribution for completing the biometric screening with blood work will be \$200 for employee only coverage or \$400 for all other coverage categories. Employer contribution amounts will be prorated for midyear enrollees.

Screening for Metabolic Syndrome

Metabolic syndrome is a set of five risk factors that, in combination, can set the stage for serious health problems. The risk factors are:

- Elevated blood pressure
- Elevated blood glucose
- Low HDL ("good") cholesterol
- High triglyceride levels
- Central obesity, as measured by waist circumference

The results of your screening (your numbers) will tell you about your risk for metabolic syndrome. If you have three or more of these risk factors, you are at a higher risk of heart disease, stroke, Type 2 diabetes, hardening of the arteries and kidney disease. These conditions can be silent. This means you may not notice any symptoms at first. So it's possible to have metabolic syndrome and not know it.

The screening consists of a blood draw and measurement of your blood pressure and waist. Once you know your numbers, you can start taking steps to live healthy now and in the years to come.

Scheduling a screening

You choose where to get your screening:

- **Visit a Quest Diagnostics Patient Service Center.** Use the Quest Scheduler at <https://my.blueprintforwellness.com> to locate a Quest Service Center and make an appointment. Although an appointment is not required, you must register in advance to visit a Quest Service Center. Keep in mind that scheduled appointments have priority over walk-ins. You can also make an appointment by calling Quest Blueprint for Wellness at 1-866-908-9440. The registration key is **KROLL**. **The deadline for visiting a Quest Diagnostics Service Center is November 30, 2016.**
- **Or, at your doctor's office.** If you prefer, you can visit your primary care physician to get screened. Just remember to bring a **Physician Results Collection form**. **To qualify for the 2016 employer HSA contribution, your completed Physician Results Collection form must be received by Quest Diagnostics before November 1, 2016.**

Before your screening

You'll need to fast (no food or drink, except water) for 9-12 hours before your screening. It's also important to drink plenty of water and take all medication according to your regular schedule prior to your screening appointment.

Get your results

You'll be able to view your results on the Quest Diagnostics website 3-5 days after you complete your screening. You'll also receive a report via regular mail 2-3 weeks after your screening. All information obtained in your Blueprint for Wellness experience is personal and confidential, as protected by federal law.

