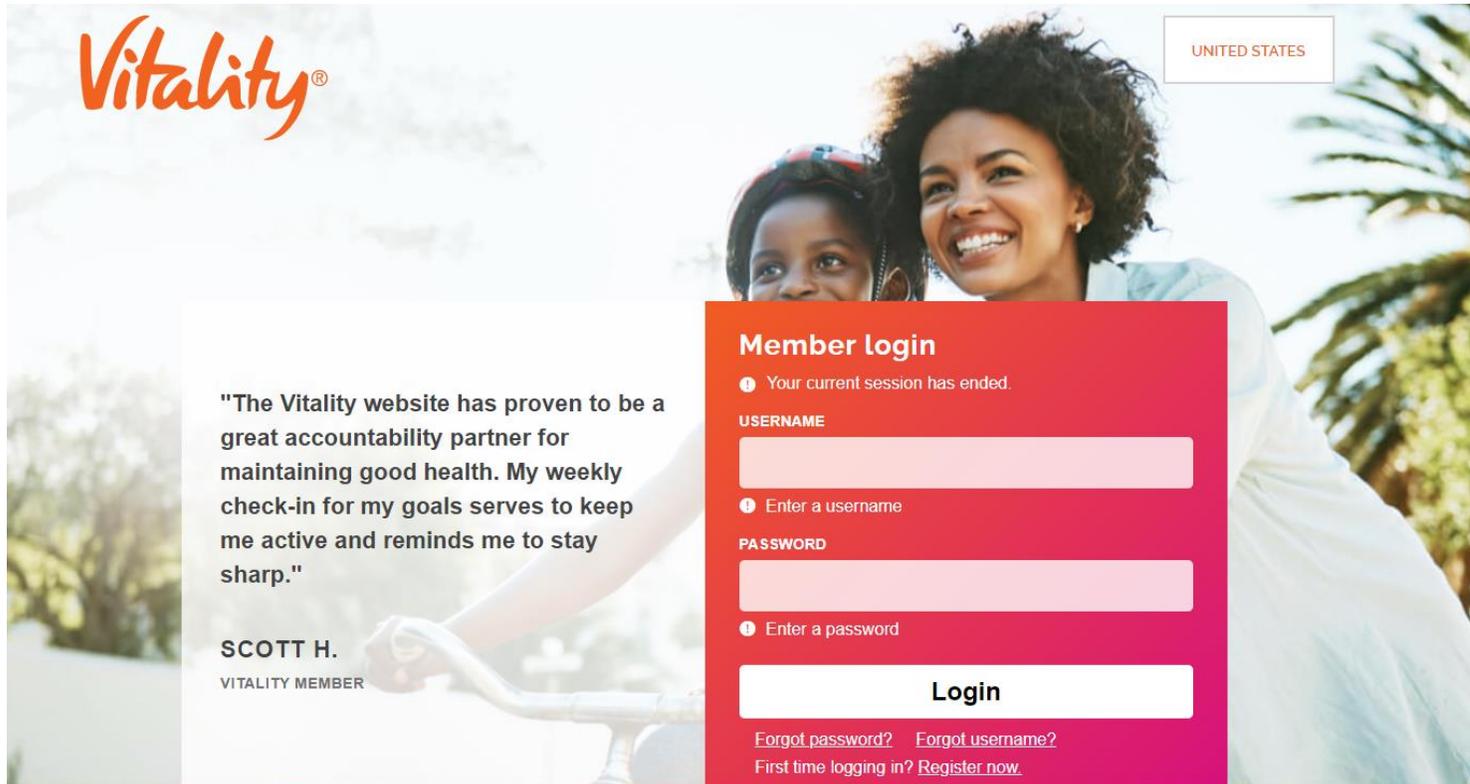


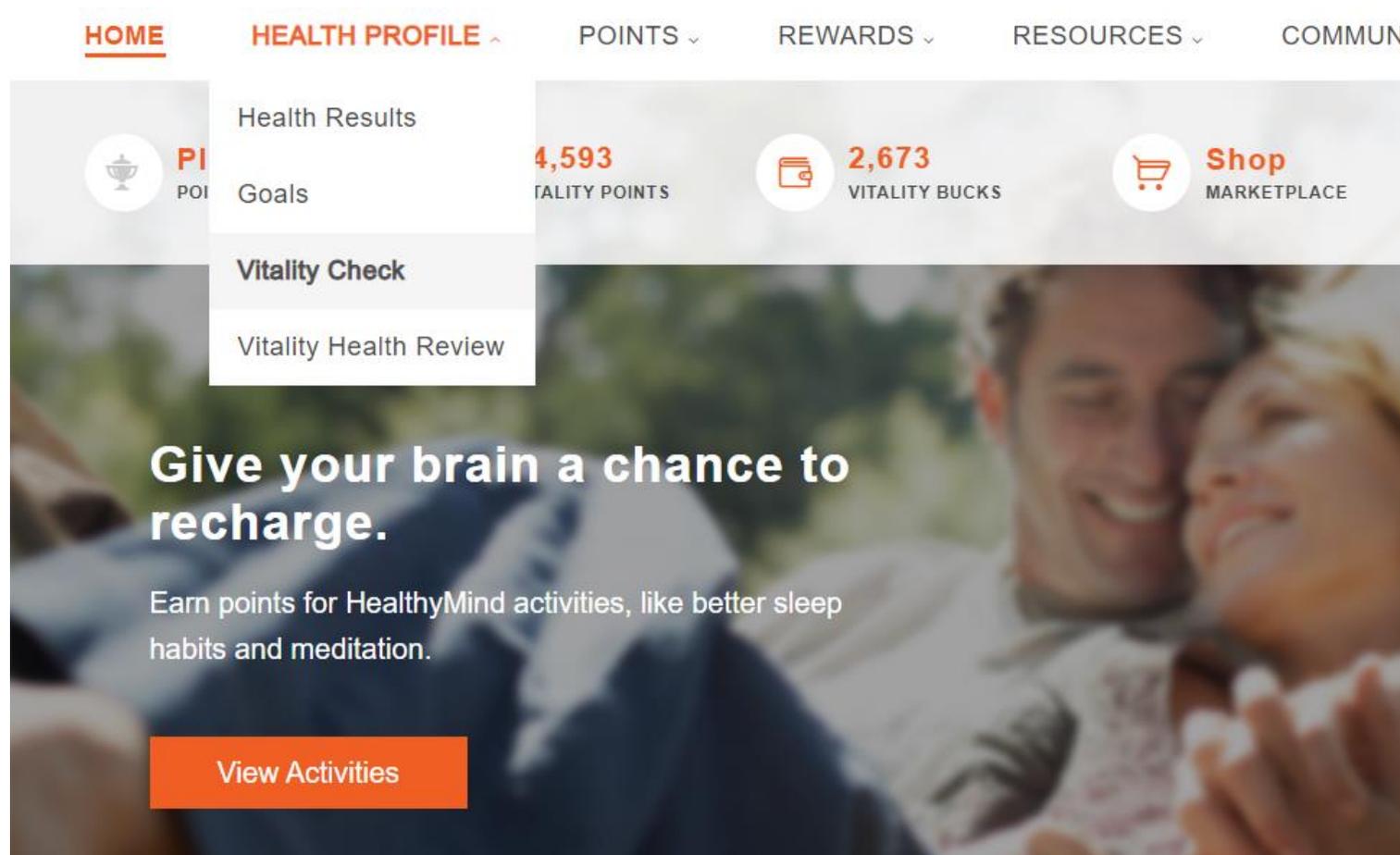
How to access Quest Diagnostics site from the Vitality platform

- Visit www.powerofvitality.com and enter your username and password. If you have not registered as a Vitality member, you must register first to access the SSO to schedule your biometric screening. Select **Register now** and follow the prompts.
- **Note:** If you just registered or have not completed your Vitality Health Review (VHR) this program year, you will receive a pop-up message prompting you to complete your VHR. You can choose **I'll do this later** to bypass this message if you would like to complete your VHR at a later date.



The screenshot shows the Vitality website interface. At the top left is the Vitality logo. In the top right corner, there is a dropdown menu showing "UNITED STATES". The main content area is split into two sections. On the left, there is a testimonial from Scott H., a Vitality Member, stating: "The Vitality website has proven to be a great accountability partner for maintaining good health. My weekly check-in for my goals serves to keep me active and reminds me to stay sharp." On the right, there is a "Member login" form. The form includes a message: "Your current session has ended." Below this are input fields for "USERNAME" and "PASSWORD", each with a red error message: "Enter a username" and "Enter a password" respectively. At the bottom of the form is a "Login" button. Below the button are links for "Forgot password?", "Forgot username?", and "First time logging in? Register now."

- Once logged into your account, you can access the Quest SSO from the homepage
- From the navigation bar on the homepage, select **Health Profile**, then select **Vitality Check**



The screenshot shows the Quest Health Profile navigation bar with the following items: HOME, HEALTH PROFILE (selected), POINTS, REWARDS, RESOURCES, and COMMUN. A dropdown menu is open under HEALTH PROFILE, listing: Health Results, Goals, Vitality Check (highlighted), and Vitality Health Review. Below the navigation bar, there are three cards: 'POINTS' with a trophy icon and '4,593 VITALITY POINTS', 'REWARDS' with a wallet icon and '2,673 VITALITY BUCKS', and 'Shop MARKETPLACE' with a shopping cart icon. The main content area features a background image of a smiling couple and a large heading: 'Give your brain a chance to recharge.' Below the heading is the text: 'Earn points for HealthyMind activities, like better sleep habits and meditation.' and an orange button labeled 'View Activities'.

HOME **HEALTH PROFILE** ^ POINTS ^ REWARDS ^ RESOURCES ^ COMMUN

Health Results

PI POI

4,593 VITALITY POINTS

2,673 VITALITY BUCKS

Shop MARKETPLACE

Vitality Check

Vitality Health Review

Give your brain a chance to recharge.

Earn points for HealthyMind activities, like better sleep habits and meditation.

View Activities

- Select the **Schedule your Vitality Check with Quest** link found under **Quick Links**

Home / Learning Center / Guide To Vitality / Vitality Points / Vitality Check

Health Resources | Guide to Vitality

GUIDE TO VITALITY

Learn more about Vitality and its many elements and offerings. Select a topic in which you're interested from the index on the left below.

Vitality Overview
Vitality Points
Certifications
Goals
HealthyFood
Healthy Kids
Online education
Other activities
Physical activity
Prevention
Vitality Check
Vitality reviews
Waivers and Accom...

VITALITY CHECK

A Vitality Check is a biometric assessment that helps identify which areas of your health are strongest and which may need some work, as well as your risk for any potential health problems like diabetes or heart disease. It includes physical measurements and a blood draw to determine one's fasting blood glucose levels, blood pressure, total cholesterol and body mass index (BMI). Some - not all - Vitality Checks also include a cotinine test, which can allow you to earn additional points if you are a non-smoker.

QUICK LINKS

- [Schedule your Vitality Check with Quest](#)
- [Submit your Vitality Check form](#)

JUMP TO | [Body Mass Index](#) | [Blood Pressure](#) | [Cholesterol](#) | [Fasting Blood Glucose](#) | [Cotinine](#)

Steps to earning Vitality Points

- 1 You are eligible to earn 125 Vitality Points for each of the four core biometric screenings (BMI, blood pressure, fasting glucose/HbA1c, and total or LDL cholesterol). In addition to the points you can earn for completing a Vitality Check, you can also be awarded for results that fall within a healthy range. You will earn 1,000 points for having a BMI that falls within a healthy range. You will earn 600 points each for submitting a blood pressure, fasting glucose/HbA1c, or total cholesterol/LDL result that falls within a healthy range.
- 2 To earn Vitality Points for a Vitality Check, you may submit one of these forms of supporting documentation:





You will arrive at My.QuestForHealth.com

- When you reach the Quest Diagnostics site, if this is your first time on the site this year, you will need to accept the Quest Diagnostics Terms and Conditions
- Scroll to the bottom and select the **Accept & Continue** button



Contact

Terms and Conditions

1. Terms of Service: Quest Diagnostics Health & Wellness represents health benefit management programs with policies in place to maintain the confidentiality of your information consistent with Quest Diagnostics Notice of Privacy Practices, which may be found at QuestDiagnostics.com/home/privacy-policy/online-privacy.html Our Privacy of Protected Health Information (PHI) policy requires that we "must obtain, maintain, use and disclose patient protected health information in a manner that protects patient privacy and complies with all state and federal laws." Though this is a voluntary program, should you choose not to accept these Terms and Conditions, you will not be able to participate.

2. By participating in the wellness screening program(s) you acknowledge, and consent to, Quest Diagnostics Health & Wellness' disclosure of the data and outcomes of your Health Questionnaire and test results in accordance with the requirements of the Health Insurance and Portability and Accountability Act (HIPAA) and any other applicable laws. If you are providing family medical history or other genetic information through a Health Questionnaire or test results, you are also authorizing and consenting to the use of such genetic information for the purposes of the wellness screening program as described in paragraph 3 below. If you are a spouse or dependent of another participant in the wellness screening program, you are also authorizing and consenting to the use of your genetic information, which genetic information may include blood pressure, BMI, and blood work results such as cholesterol, glucose, and triglycerides, in your spouse's data. Your employer will not receive your results in any form that may match the data to you, though your employer may receive de-identified, aggregated data from the entire population of participating employees.

[Accept & Continue ▶](#)

[Download Terms and Conditions](#)

Please note: these screenshots are based on common browser resolution; actual screens may vary due to responsive design



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- If custom consent is required for your program, you will need to read through the consent and select **I accept**
- Then select the green **Continue** button

ABC Consent

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed sit amet euismod tellus, in ultricies leo. Sed maximus dignissim dolor, vitae porttitor est semper sit amet. Cras tempor ac dui vel bibendum. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent libero lacus, sagittis vitae auctor quis, tempor quis elit. Ut lacinia egestas lorem, in auctor metus faucibus in. Vivamus nec vehicula velit. Mauris consequat ligula sed dolor viverra, eu vulputate ex fringilla. In ac volutpat ex.

Pellentesque porta maximus posuere. Nullam commodo id leo sodales mattis. Curabitur condimentum finibus vulputate. Curabitur finibus felis mi, nec rhoncus libero vulputate nec. Vivamus non venenatis est. Integer vitae turpis rutrum, mattis lorem ac, mattis mauris. Nulla ultrices elementum ante vitae commodo. Praesent aliquet fermentum tristique. Nam sit amet dolor risus. Donec sed neque dignissim enim pellentesque tempor. Praesent ut scelerisque lacus, rhoncus interdum nunc. Praesent venenatis elementum nulla, consectetur blandit felis tempor vel. Cras viverra metus quis cursus varius. Cras vestibulum mauris eros, id vulputate velit tempus ac. Pellentesque gravida mauris in gravida pretium. Curabitur congue blandit nunc nec condimentum.

I accept I decline

Continue ▶

- Verify/complete all of the information under **Enter Your Information**
 - Please note that an email address is required and will be used in case you need to retrieve your username or reset your password
- Verify/complete all of the information under **Mailing Address**
- Select if you would like to receive appointment reminders from Quest Diagnostics
- Select the green **Save** button



Progress bar: 1 Confirm Your Eligibility (checked), 2 Create Account (checked), 3 Enter Your Information (active)

Enter Your Information

First Name * Last Name *

Preferred Name (Nickname) Birth Date Self-Identified Gender *

Example: 01/25/1980

Phone * Email Address *

Mailing Address

Address Line 1 * Address Line 2

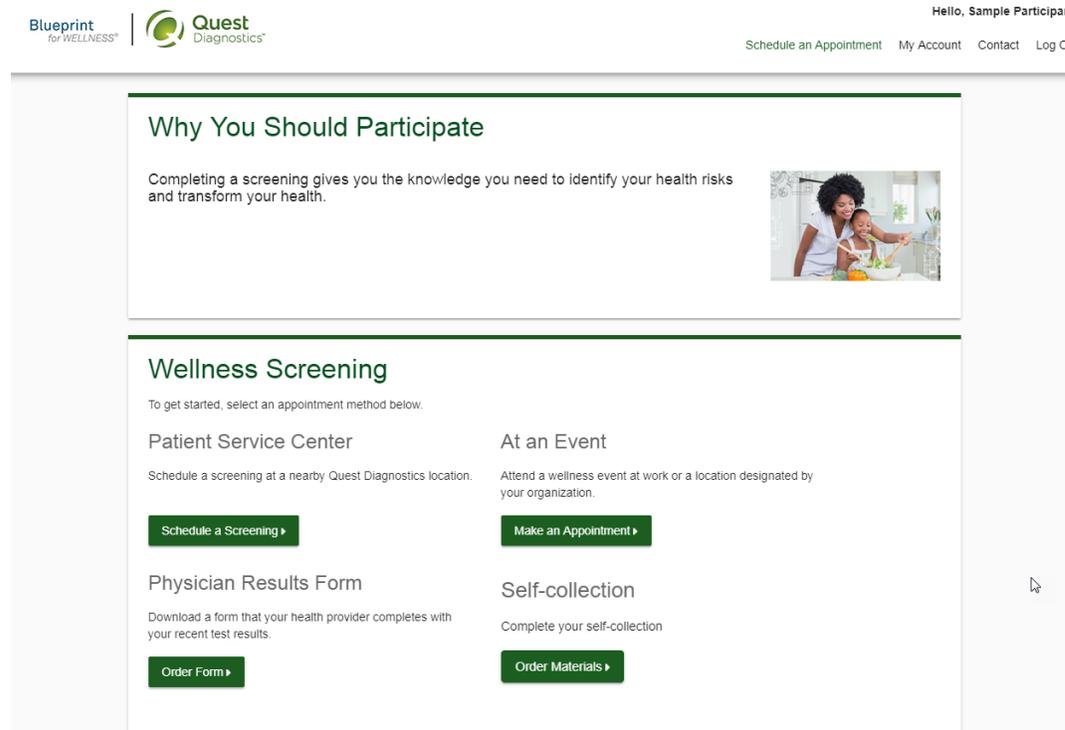
Country * City * State * Postal Code *

Communication Preferences

I would like to receive appointment reminders from Quest Diagnostics Health & Wellness.

How to schedule a screening at an on-site event

- Visit [My.QuestForHealth.com](https://myquestforhealth.com)
- If you've already established an account, use the **Log In** area to enter your **username** and **password** and select the green **Log In** button
 - If you've forgotten your login information, use the **password** link to reset your password or the **username** link to retrieve your username
- If you've never registered on the site to establish an account, use the **Create Account** area
- After logging in or registering, you will be taken to the dashboard



The screenshot shows the Quest Diagnostics website interface. At the top left, there are logos for 'Blueprint for WELLNESS' and 'Quest Diagnostics'. On the top right, it says 'Hello, Sample Participant' with navigation links for 'Schedule an Appointment', 'My Account', 'Contact', and 'Log Off'. The main content area is divided into two sections. The first section is titled 'Why You Should Participate' and contains the text: 'Completing a screening gives you the knowledge you need to identify your health risks and transform your health.' Next to this text is an image of a woman and a child in a kitchen. The second section is titled 'Wellness Screening' and contains the text: 'To get started, select an appointment method below.' This section is divided into four columns: 'Patient Service Center' (with a 'Schedule a Screening' button), 'At an Event' (with a 'Make an Appointment' button), 'Physician Results Form' (with an 'Order Form' button), and 'Self-collection' (with an 'Order Materials' button).

Please note: these screenshots are based on common browser resolution; actual screens may vary due to responsive design

- To schedule an appointment at an on-site event, in the **Wellness Screening** section, under **At an Event**, select the **Make an Appointment** button

Why You Should Participate

Completing a screening gives you the knowledge you need to identify your health risks and transform your health.



Wellness Screening

To get started, select an appointment method below.

Patient Service Center

Schedule a screening at a nearby Quest Diagnostics location.

[Schedule a Screening ▶](#)

At an Event

Attend a wellness event at work or a location designated by your organization.

[Make an Appointment ▶](#)

Physician Results Form

Download a form that your health provider completes with your recent test results.

[Order Form ▶](#)

Self-collection

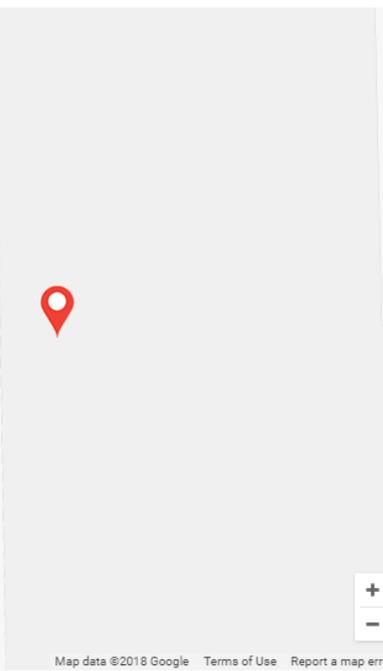
Complete your self-collection

[Order Materials ▶](#)

- Select the on-site event location where you'd like to complete your screening
- Select the **Continue** button

Location

[Recenter](#)



Zip Code
66219

[Search](#) or [Use Your Location](#)

Search Results "66219"

NOC
9601 Renner Blvd
lenexa, KS 66213
[Select](#)

Lenexa
10101 renner blvd
address 2
lenexa, KS 66213
[Select](#)

[Continue >](#) [Cancel](#)

Date & Time

- Click the calendar icon to choose a date for your screening
- Select the **Time** you would like to complete your screening. *Note: Unavailable times will not display*
- Select the **Continue** button

Blueprint for WELLNESS® |  Quest Diagnostics™

Hello, Sample Participant

[Schedule an Appointment](#) [My Account](#) [Contact](#) [Log Off](#)

Location

NOC
9601 Renner Blvd
lenexa, KS 66213

[Change](#) 

Date & Time

Choose a date *

12/05/2018 

Example: 01/25/1980

Choose a time *

[Continue ▶](#) [Back](#)

Review & Confirm

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- Verify that all the appointment details shown on the screen are accurate
- Select the green **Confirm** button
 - NOTE: Your appointment is **not scheduled** until you select the **Confirm** button

Blueprint for WELLNESS® |  Quest Diagnostics™

Hello, Sample Participant

[Schedule an Appointment](#) [My Account](#) [Contact](#) [Log Off](#)

Location

NOC
9601 Renner Blvd
lenexa, KS 66213

[Change](#) 

Date & Time

Wednesday, Dec 05, 2018
8:08 AM

[Change](#) 

Review & Confirm

[Confirm ▶](#) [Cancel](#)

Your appointment is not scheduled until you click confirm.



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- Once your appointment has been scheduled you will arrive at the **Confirmation** screen
- Select the green **Back to Dashboard** link to return to the dashboard

Thank you, Sample

Your wellness screening has been scheduled at the below location.

At an Event

NOC
9601 Renner Blvd
Lenexa, KS 66213

Wednesday, Dec 05, 2018
8:08 AM

Tests must be completed on or before:
Monday, Dec 31, 2018

[Back to Dashboard >](#)

Prepare For Your Appointment



Drink plenty of water
prior to your
appointment



Continue to take all
medications as
prescribed by your
healthcare provider



Do not eat or drink
anything, except water,
for 9-12 hours prior to
the blood test

For questions, contact the Health & Wellness Service Center: **855.623.9355**



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- On the dashboard, you will be able to see your scheduled appointment
- You can select the green **Download to Calendar** link to add the appointment to your calendar
- If needed, you can use the green buttons to cancel or reschedule your appointment

Scheduled

At an Event

NOC
9601 Renner Blvd
Lenexa, KS 66213

Wednesday, Dec 05, 2018
8:08 AM

 [Download to Calendar](#)

[Reschedule ▶](#)

[Cancel ▶](#)

[? Need More information?](#)

Why You Should Participate

Completing a screening gives you the knowledge you need to identify your health risks and transform your health.



Transform your health

Biometric screening results can provide powerful insights into your health and risks you may not currently recognize. See how these screening participants changed the [stories of their lives](#) with the information gained from screenings.

Did insights from your screening help you transform your health?

