

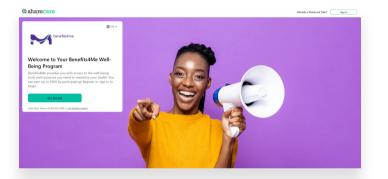
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# **Know Your Numbers**

How to Complete Your Biometric Screening

In order to participate in the Benefits4Me Well-Being Program biometric screening, you must register for an account first by visiting benefits4me.sharecare.com for instructions. Once registered, follow these steps to complete your biometric screening by November 30, 2024, to earn a \$75 reward!

Sign into your account, or log into your account through the Sharecare app.



Biometrics V

2/17/20 >

2/17/20 >

8/19/20 >

11/7/19 >

11/7/19 >

11/7/19 >

0

Blood Pressure Systolic

103 mmHg Diastolic 80 mmHg

Total Cholesterol

LDL Cholesterol

Triglycerides

VLDL Cholesterol

125 ma/dL HDL Cholesterol

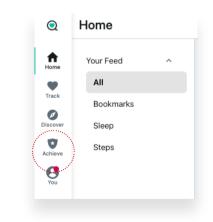
Cholesterol

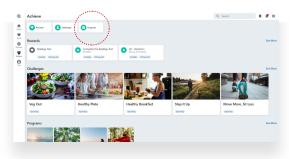
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## **Complete Your Biometric Screening**

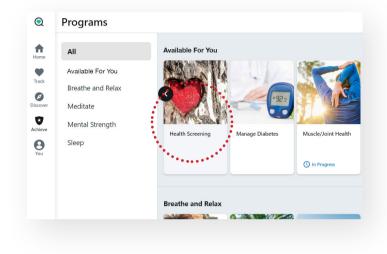
Click on the Health Screening tile to be directed to the Quest site to schedule and/or change your appointment at an event or Patient Service Center. (First time users will see a welcome screen before being directed to the Quest site.)

benefits4me

After reaching the Quest site, if this is your first time this year, you will need to accept the Terms and Conditions and the Sharecare Consent to continue.

Verify all your information under 6 Enter Your Information and Mailing Address. Select if you would like to receive appointment reminders from Quest, Click Save.

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#### Terms and Conditions

Terms of Service: Quest Diagnostics Blueprint for Wellness represents health benefit manager Terms of Service: Quest Diagnostics Bluegnin for Wellness represents health benefit management programs with polices in place to maintain the confidentiality of your information consistent with Quest Diagnostics Notice of Privacy Practices, which may be found at QuestDiagnostics comhome privacy policy/ionline privacy hml. Qur Privacy of Protected Health Information (PHI) policy requires that we 'must obtain, maintain, use and discose patient protected health information in a manner that protects patient privacy and complex with all state and devalues. The privacy hand complex with any program, should you choose not to accept these Terms and Conditions, you will not be able to participate.
You are participating in a voluntary program, should so diago to give conserve to the collection of a blood sample for thesis associated with that process. You must be 19 agrees of age or older. You consent to the collection of a blood sample for the same measurement of blood pressure, height, weight, waist and/or hip measurements, the collection of a check swab or blood sample for receipt of a vaccine involves certain potential insis which may include but are not limited to prioringed bleeding fainting or feeligibitheadd, bruising and multiple sticks. If the program includes the reporting of results at the point of collection, this data should be considered preliminary, the are screening assessments only. The instrument used convedeng, and consent to, Quest Diagnostics Blueprint for Wellness' disclosure of the data 9. By participating in the wellness program's jour actionwedge, and consent to, Quest Diagnostics Blueprint for Wellness' disclosure of the data 9. By participating in the wellness program's jour actionwedge, and consent to, Quest Diagnostics Blueprint for Wellness' disclosure of the data 9. By participating in the wellness disclosure of the data. ent programs with policies in place to mainta

By participating in the wellness program(s) you acknowledge, and consent to, Quest Diagnostics Blueprint for Wellness' disclosure of the data

Accept & Continue 🕨

ownload Terms and Conditions



Enter Your Information					
Finst Name Sample		Last Name Participant			
Preferred Name (Nickname)	Birth Date 09/09/1990 Example: 01/2	51980	Self-Identified G Female	ender *	-
Phane * 555.555.5555		Email Address * SampleParticipant@tes	st.com		
Mobile Phone					
Mailing Address					
Address Line 1* 10000 Sample Blvd		Address Line 2			
Country * City * United States * Lenexa		State * KS - Kansas		Postal Code * 66219	

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## Complete Your Biometric Screening

Once on the home dashboard under Wellness Screening, click on Schedule a Screening if you'd like to schedule an appointment at a Patient Service Center, Make an Appointment to attend a wellness event, or Order Form to request a Physician Results Form.

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To get started, select an appointment method below.	
Patient Service Center	At an Event
Schedule a screening at a nearby Quest Diagnostics location.	Attend a wellness event at work or a location designated by your organization.
Schedule a Screening	Make an Appointment
Physician Results Form	Self-collection
Download a form that your health provider completes with your recent test results.	Complete your self-collection
Order Form •	Order Materiats >

You will have access to the Quest Diagnostics Health & Wellness site through the Sharecare app to schedule and/or change your Patient Service Center (PSC) appointment, or download and upload your Physician Results Form (PRF) beginning January 1, 2024. If you submit proof of a biometric screening to Quest (for any screenings completed between October 1, 2023 - November 30, 2024), you are eligible to earn the \$75 reward. All screenings must be completed by November 30, 2024 to **earn your \$75 reward**.





### Questions? Call 800-806-3996 or visit benefits4me.sharecare.com.

Sharecare, Inc. administers your company Well-Being Program. Before you download Sharecare, you must register from a web browser on your computer or mobile device at benefits4me.sharecare.com. Then, create your user ID and password to use when you sign in to Sharecare. Otherwise, you won't get the added benefits from the Benefits4Me Well-Being Program.