



Biometric screening with Quest Diagnostics



Know your numbers!

- Southwest Research Institute will partner with Quest Diagnostics again this year to offer complimentary biometric screenings
- Quest Diagnostics is the nation's leading provider of health screenings and related population health solutions.
- With employer population health solutions from Quest Diagnostics, companies leverage screening insights to identify chronic disease risks, connect employees to needed in-network care, and empower better health



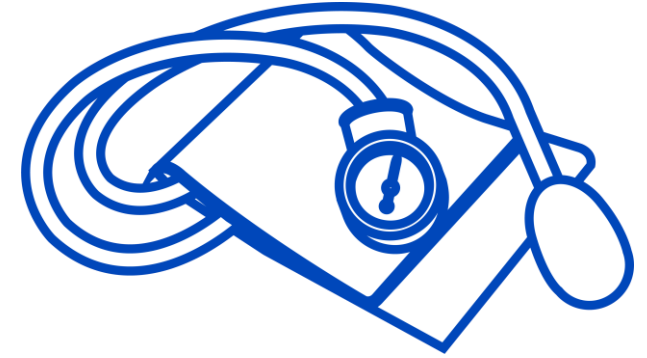
Why should I complete a screening?

- **To make your health one less thing to worry about.** It's time to make your health a priority and complete your screening to get a picture of your health today
- **To understand your numbers.** After you complete your screening and Health Risk Assessment, you will receive a full-color print report and access to an interactive online experience, with personalized content that highlights areas of focus and calls attention to potential health risks
- **To earn rewards.** Employees can earn a \$50 Amazon gift card for completing their screening and Health Risk Assessment



What is included in the screening?

- Biometric measurements: height, weight, blood pressure, waist circumference
- Venous blood draw (blood taken through vein) provides specimen for the laboratory testing of:
 - A comprehensive panel including cholesterol, triglycerides, A1c, Vitamin D for women, and PSA for men
- Fasting is recommended for accurate results – do not eat anything 9-12 hours prior to your screening appointment. Please drink plenty of water and take any medication as directed by your doctor
- [On-site Event Experience Video](#)
- [PSC Experience Video](#)



How do I complete my screening?

- At a Patient Service Center (PSC)
 - There are over 2,250 PSCs nationwide
 - Quest Diagnostics has implemented kiosks for quick check in
- At an on-site event
 - Look for information from SwRI about dates and times for upcoming on-site events
 - Schedule an appointment to choose a time that is most convenient for you



How do I schedule my screening?

- Go to My.QuestForHealth.com
- If you completed a screening last year, log in with the same username and password
- **New participants:** Enter your Registration Key: **SWRI2024** and click the **Register Now** button
- Provide information as prompted to complete the registration process
- Under the **Wellness Screening** section, select how you would like to participate and follow the instructions to schedule your appointment



How do I get my results?

- 3 to 5 days after completing your screening and Health Risk Assessment (HRA), if you registered online and provided an email address, you will be able to view your results in an interactive experience online
- Within 2 to 3 weeks after you complete your screening and HRA, you will receive a confidential, personalized, multi-page report in the mail, providing current health status and individual risk factors

Are my results confidential?

- Yes, Quest Diagnostics and SwRI value and understand that your privacy is very important, and we have put many steps in place to assure confidentiality
- All information obtained is Protected Health Information (PHI) and is secured in accordance with the Health Insurance Portability and Accountability Act (HIPAA)
- SwRI will not have access to individual results



Colorectal cancer screening with InSure® ONE™

- Colorectal cancer is the 2nd leading cause of cancer-related death in the United States¹
- 1 in 3 US adults aged 45 to 75 have not been tested for colorectal cancer as recommended by the American Cancer Society²
- InSure ONE is a fecal immunochemical test (FIT), which is a recommended initial screening option
 - Collection is water-based and non-invasive
- How InSure ONE works:
 - Kits are mailed to individuals
 - Individual collects sample at home and mails completed kit back to Quest in provided envelope
 - Quest performs and interprets tests
 - Results are sent to the individual

1. American Cancer Society. Cancer Facts & Figures 2018. Atlanta, Ga: American Cancer Society; 2018.

2. American Cancer Society. Guideline for Colorectal Cancer Screening. Atlanta, Ga: American Cancer Society; 2018.



Questions?

- If you have any questions about biometric screenings or need assistance with scheduling, you can contact the Quest Service Center:
 - Wellness@QuestDiagnostics.com
 - 1.855.623.9355 (Monday–Friday, 7:00 AM to 7:00 PM CST, Saturday 7:30 AM to 2:00 PM CST)

