



## Biometric Screening Options

Please see below for three options to earn your rewards: The deadline to participate and earn points is **11/30/2021**.

1. **Patient Service Center:** If you haven't visited a patient service center already, you have the choice to utilize this screening option since there will not be an onsite option this year. Quest has taken additional precautions to protect against COVID like requiring face masks by all participants, scheduling appointments further apart, sanitizing between members, etc.
  - a. Visit [My.QuestForHealth.com](https://www.MyQuestForHealth.com)
  - b. 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)
  - c. If you've never registered on the site to establish an account, use the Create Account area
  - d. After logging in or registering, you will be taken to the dashboard. Select the Quest Diagnostics PSC location where you'd like to complete your screening
2. **At-home Test Kit:** Essex is offering an alternative option for those who wish to participate in health evaluations from home.
  - a. Visit [My.QuestForHealth.com](https://www.MyQuestForHealth.com)
  - b. 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)
  - c. If you've never registered on the site to establish an account, use the Create Account area
  - d. After logging in or registering, you will be taken to the dashboard. To participate using Qcard™ at-home test materials, in the Wellness Screening section, under At-Home Test, select the green Order Materials button.
3. For additional registration instructions click [here](#). If you have any questions regarding your screening, please call 1.855.623.9355. Kits will need to be sent back in the mail by **11/19/21** to meet the **11/30/21** deadline. \*Disclaimer: this test kit requires you to take your own blood and may induce human error; please review the blood collection process [here](#) to ensure you are confident in participating in this process. Essex will only be providing one test kit per employee.
1. **Vitality Physician Form:** If you have had blood work done at the request of your physician, simply submit your results from the lab through the Vitality site or the Vitality Today app. Submit your lab results [here](#). Please note: a physician signature is not required for this option. In order to count as a complete Vitality Check though, you must submit results for blood pressure, glucose, total cholesterol OR LDL cholesterol and height and weight. With this option you don't always have results for height, weight, and blood pressure unless the lab captures those measurements and records them on your results form as well. If you get your results from the physician directly you can bring the attached form with you to your appointment, the physician fills in the results and signs off on the document and then no additional biometric data is required – only what the physician enters on the form.

\*Reasonable Alternative Standard: If you find yourself ineligible to receive points because your measurements are out of range, please review your options [here](#).

\*Please note, the Patient Service Center and At-home Test kit both offer a fasting heart and glucose panel that includes Glucose, Triglycerides, HDL, LDL, Total Cholesterol, and HDL/Chol Ratio. The biometric measurements will also be the same and include Height, Weight, Blood Pressure, Waist Circumference,