

Quest Diagnostics Patient Service Center Screenings (Employees Outside of Arizona)

Knowing your risks is the first step in taking action to help improve your overall health. We hope you'll take advantage of this convenient, free opportunity to know your numbers and find out how you can improve or maintain your overall health. The screening consists of a simple blood draw along with biometric measurements of height, weight, waist circumference, and blood pressure.

To participate in this health screening, you'll need to visit a **Quest Diagnostic Patient Service Center**. Register and schedule your appointment by following the steps below:

Registration Key: CWP2016

1. Visit <https://my.blueprintforwellness.com> and enter your **Registration Key** to get started
2. You will be asked to enter a **Unique ID**.
 - a. Create a Unique ID using your First name, Last name, and first 4 digits of Date of Birth:
For example: JohnDoe0101
3. You'll be asked to create a **username and password**.
4. Complete your registration information including the HRA (Lifestyle Questionnaire).
Please Note: The HRA shown when you register is NOT the CIGNA My Health Assessment that you are required to complete separately for incentives.
5. **Schedule your appointment** at the Quest Diagnostics Patient Service Center that is most convenient for you and that is designated as taking biometric vitals measurements.
6. You're all done and ready for your appointment!

After your screening, you'll receive an email letting you know that your results are available online. You can log back in using your username and password to view them.

This screening is non-fasting. You may eat and drink before the appointment.

If registering online isn't an option for you, you can call **1-866-908-9440** (available Mon – Fri 7 a.m. – 8:30 p.m. CST and Sat 7:30 a.m. – 4 p.m. CST) to register and schedule your appointment. Once your results are ready, they'll be mailed directly to you.