

Quest Diagnostics Patient Service Center Screenings (Arizona Employees)

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. **Place a "walk in" order** at the Quest Diagnostics Patient Service Center that is most convenient for you and that is designated as taking biometric vitals measurements.
6. **Use the following directions to now Schedule an Actual Appointment** at your Patient Service Center you selected in step 5.
7. Visit www.sonoraquest.com and click on the Locations and Scheduling link. Find the location where you wish to have your collection and click on the link to schedule an appointment. You will be required to set up an account if this is your first visit to our website. Detailed instructions to schedule the appointment are available on the website once you have logged in. For assistance with scheduling an appointment at a Sonora Quest facility participants may call 7.855.FOR.APPT (1.855.367.2778) or email SQLAPPT@bannerhealth.com Monday thru Friday from 7:00 a.m. to 5:00 p.m. Appointments are recommended and strongly encouraged. Please arrive ten minutes prior to the scheduled appointment time and bring your confirmation page to your appointment. **Be prepared to communicate to the Sonora Quest Laboratories employee who serves you that you are there for your Blueprint for Wellness with Biometrics visit and provide them with your confirmation page. Upon arriving at the PSC, please let the staff know your name and date of birth so that your collection order can be retrieved.**

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.