



How to Complete Your Wellness Screening

At an Onsite Event

Onsite events provide an easy and convenient way to complete your wellness screening.

1

Schedule an onsite appointment at My.QuestForHealth.com

- **Returning users** login using your username and password.
- **New users** use Registration Key: **DoD2019**
- Fast 9-12 hours prior to screening. Take any regularly scheduled medications as usual. Drinking water is permissible and recommended during the fasting period.
- You will receive an email when your results are ready to view online. Your printed report will arrive in the mail 2-3 weeks after your screening.

At a Patient Service Center (PSC)

Quest Diagnostics has 2,200 convenient PSC locations across the country.

2

Schedule a PSC appointment at My.QuestForHealth.com

- **Returning users** login using your username and password.
- **New users** use Registration Key: **DoD2019**
- Fast 9-12 hours prior to screening. Take any regularly scheduled medications as usual. Drinking water is permissible and recommended during the fasting period.
- You will receive an email when your results are ready to view online. Your printed report will arrive in the mail 2-3 weeks after your screening.

With a Physician

If you are unable to make an onsite or PSC appointment, have your physician complete a Physician Results Form.

3

Download a Physician Results Form at My.QuestForHealth.com

- **Returning users** login using your username and password.
- **New users** use Registration Key: **DoD2019**
- Ask your doctor to complete it using recent lab results. Your doctor may charge a fee to complete the form.
- Form needs to include all required screening values and signatures.
- Make sure your doctor faxes the form to Quest Diagnostics by **11/30/2019**
- Your printed report will arrive in the mail 2-3 weeks after your screening.

Completing your wellness screening is easy and convenient. You will receive current and accurate lab results that you can share with your doctor. We hope you take advantage of this free service.