

## Blueprint for Wellness Screening Tests (Quest Diagnostics)

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The Blueprint for Wellness biometric screening includes a comprehensive panel of tests and other health measures, including:

Cholesterol (Total Cholesterol)*	ALT
Cholesterol (HDL Cholesterol)*	AST
Calculated LDL Cholesterol*	Total/Direct Bilirubin
Triglycerides*	GGT
Calculated Cholesterol/HDL Ratio*	Uric Acid
Cardio CRP	Fasting Glucose*
TSH	Hemoglobin A1c*
Free T4	Iron (Total Iron)
Creatinine	Iron Binding Capacity
eGFR	Iron/TIBC Percent Saturation
Calcium	Ferritin
Albumin	Blood Pressure*
Total Protein	Height*
Globulin	Weight*
Albumin/Globulin Ratio	Calculated Body Mass Index (BMI)*
Alkaline Phosphatase	Waist Circumference*

\*Labs and health measurements included in the Self-Collection Kit. The labs support the standard Heart and Diabetes Panel.

### Discuss Results with Your Doctor

Your Blueprint for Wellness test results will be provided in a printed report mailed to your home, or available online through a secure link. Once you receive your results, be sure to discuss the findings with your doctor.

The Blueprint for Wellness screening is provided at no out-of-pocket cost to primary participants and spouses enrolled in a HealthFlex plan—if taken at an on-site event or preregistered at a Quest facility.

Blueprint for Wellness also may be available to OneExchange participants and spouses (Medicare plans)—if offered by your plan sponsor.

### About Quest Diagnostics

Quest Diagnostics is one of the leading providers of diagnostic screening lab services in the U.S. HealthFlex chose to partner with Quest Diagnostics because of the company's high-quality programs, testing accuracy, commitment to individual privacy and extensive network of patient service centers throughout the U.S.