



Wespath

BENEFITS | INVESTMENTS



Wespath and Quest Introduce an At-Home Screening Option—Qcard

The Qcard allows participants to do a finger stick test at home and self-report their biometrics. This can be a great convenience for those whose onsite events have been cancelled, who do not live near a patient service center or may not feel comfortable receiving an in-person screening due to pandemic.

Sign up to receive an at-home kit the same way you sign up for a Blueprint for Wellness screening—by phone at **1-855-623-9355**, or online by logging in to [HealthFlex/WebMD](#) and clicking on **Quest Diagnostics/Blueprint for Wellness**.

You and your spouse will still earn the **\$100 PulseCash** incentive for completing the Blueprint for Wellness Screening via Qcard*.

The kit includes the materials and instructions to complete and return your finger stick test to Quest. Additional metrics you will be required to self-report on the card are:

- Measurement of waist circumference, height and weight
- Most recent blood pressure measurement

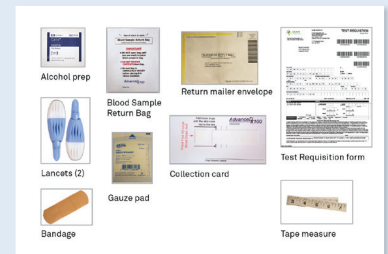
Results from this process highly correlate with the traditional venipuncture and analysis process. Qcards include all the tests for which Wespath awards wellness points for healthy or improved results. The tests include cholesterol—HDL, LDL, and total triglycerides, Glucose and A1c. Watch a Qcard Collection Instructional Video from Quest [here](#).

If you have an appointment scheduled at a patient service center, there will be no penalty for cancelling the appointment and ordering the Qcard.

Participation in wellness programs is voluntary.

* PulseCash is considered taxable by the IRS. Consult your tax advisor.

QCARDS WILL BE AVAILABLE TO ALL PARTICIPANTS ON JULY 1!



Request your Qcard, or register for your in person screening NOW to make sure you meet the **September 30 deadline** to earn your **\$100 PulseCash** incentive!

Quest is NOT able to mail the Qcard to participants who live in **New York state** due to specific regulations. Other Blueprint for Wellness options, including patient service center, physician form and onsite event(if offered by your plan sponsor) are still available to NY residents.

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Results will be viewable in the Quest account 14 days after the receipt of the Qcard specimen. The MyGuide to Health report will arrive 3 weeks later.