Quest Diagnostics® Biometric Screening and Online Personal Health Assessment

and Florida Blue have partnered with Quest Diagnostics to bring you health and biometric screening services that provide information about your body so you can take steps to be as healthy as you can be. If you do not have access to an onsite health screening, you can use this option to find out valuable information about your current health status and get person-alized recommendations for getting healthier.

IMPORTANT!

- You must complete your biometric screening between and at one of the Quest Diagnostics Patient Service Centers.

- You must complete your online PHA between and

- Be sure to have your biometric results handy when completing the online PHA, as you will be required to enter actual biometric numbers.

Here's how:

STEP 1
Schedule and complete your biometric screening at a participating Quest Diagnostics Patient Service Centers:

- Go to my.questforhealth.com

- Enter your registration key:

- Your Unique ID is the first 8 numbers found on your Florida Blue Member Card and your date of birth as MMDDYYYY (ex. Member Card 12345678, DOB 1/7/1965 = 1234567801071965)

- Don't forget! You shouldn't eat or drink anything other than water 9-12 hours before your blood draw. Take your medications, including blood pressure medications, with a sip of water. If you have diabetes, please check with your doctor about taking insulin or oral medications if you will be fasting. Be sure to print your confirmation page and take it to your appointment.

- Or to register by phone, simply call 1-855-623-9355 (M – F: 7:00 a.m. – 8:30 p.m. CST; Sat: 7:30 a.m. – 4:00 p.m. CST)

- Once your biometric screening is complete, your results will be available online within 3-5 days and a printed copy will be mailed to you.

STEP 2
Complete the Personal Health Assessment (PHA):

From floridablue.com

1. Log in to your Florida Blue online account, find "Your Guide to Better Health" on the right hand side and click "Get Started."

2. Provide User name and password, click "create your account" and follow directions to create security questions.

3. Click on "Health Assessment tab."

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BetterYou

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