

Blueprint for Wellness™ Measured Risk

Discover the Value of
Laboratory Results

Perception vs. Reality

Measured Values Overwrite Self-Reported Values

In a Blueprint for Wellness sample group of more than 29,000, lab values revealed vital risk factors that were not self reported.

Unidentified Risk from HRA Alone	% At Risk Discovered through Lab Screening
High Blood Pressure (> 139/89 mmHg)	10%
High LDL Cholesterol (> 129 mg/dL)	17%
High Glucose (> 99 mg/dL)	17%

Laboratory screening identified important health improvement opportunities that would not have been captured if measured diagnostics had not been used.

Revealing Hidden Health Risks

Blueprint for Wellness is an effective health risk identification solution and education tool for employers, employees and dependents offered by Quest Diagnostics, the nation's leading laboratory and health information provider. The program is designed to help improve an employee's true understanding of his or her health and well-being by providing new insights through laboratory results.

Our laboratory-based approach is unique. Laboratory testing accounts for less than 3% of medical costs, yet is vital in determining 70% of treatment or care. There is simply nothing more powerful than laboratory results when it comes to revealing hidden health risks and helping to motivate healthy behaviors.

The Blueprint for Wellness provides employers with risk identification and stratification, and employees with the tools and information they need to become engaged in their health and modify behaviors.

National Coverage

Blueprint for Wellness offers a truly national wellness solution — from an extensive delivery system with more than 6,000 mobile phlebotomists and 2,000 patient service centers to the laboratory-specific health content within our easy-to-read personal wellness and laboratory reports. With this national presence and consistent data, Quest Diagnostics provides you and your employees benefit equity across the country and across all health plans.



**Blueprint
for Wellness™**

A Service of Quest Diagnostics

Our Goal is Simple – To
Discover The Health of
Your Company and Your
Valued Employees

Programs and Options

Quest Diagnostics provides a full menu of Blueprint for Wellness programs. Our wellness specialists work closely with employers to develop the selected programs and features best suited to meet workplace requirements, goals and budgets.

Blueprint for Wellness Complete Wellness Solution

Our most comprehensive program provides integrated results and includes the following services:

- Personal Wellness Report (Spanish printed reports available)
- Health Questionnaire or Health Risk Assessments (HRA) — Employee completes a comprehensive online or paper health questionnaire to provide data related to health, diagnosed conditions, lifestyle and related information. (Paper Spanish HRAs available)
- Health Management Data Feed
- Employer Wellness Report
- Biometric Measurements— Employee's height, weight and blood pressure are measured at an employer's worksite
- Participant Registration and Scheduling
- On-Site Blood Draws
- Remote Service Center Collections
- Online Coaching
- Total Program Administration
- Physician Oversight and Management

Blueprint for Wellness Program Reporting

Personal Wellness Report

Our confidential, personalized, multipage report provides a current health status and individual risk factors, based on the integrated laboratory and HRA data for each employee.

Personal Laboratory Report

A condensed report with laboratory results, normal ranges, and brief description of tests used with programs that don't include our HRA data or are lab only programs.

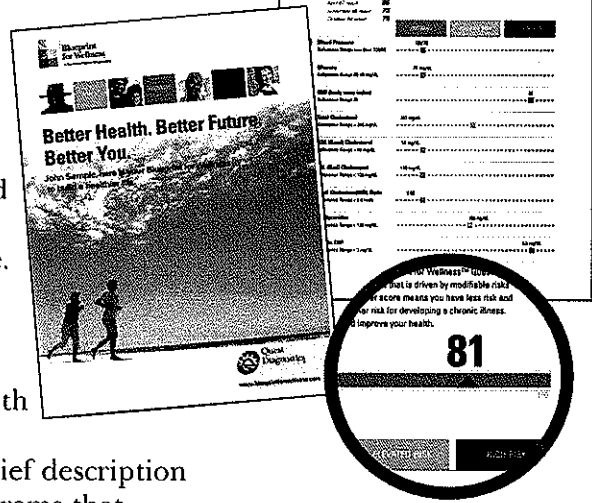
Employer Wellness Report

Answering the question, "What is the health of my company?" this comprehensive, aggregate report summarizes the results of your employee population — yet maintains employee's confidentiality with no personally identifiable information. Return-on-investment data provides a meaningful financial forecast of excess healthcare costs due to modifiable health risk factors in order to create effective intervention programs or to measure existing programs. The integrated data represented in our reports provides truly significant information back to the employee and employer — quantifiable and usable data of a type not usually found in self reported HRA-only programs.

Blueprint for Wellness Laboratory Screening Solution

Offers significant data for both employers and employees with valuable program administrative benefits.

- Informative Personal Laboratory Report with customized test menus and company-specific messaging
- Online results
- Health Management Data Feed



Health Quotient from Personal Wellness Report

- Employer Aggregate Statistics
- Biometric Measurement
- Participant Registration and Scheduling
- On-Site Blood Draws
- Physician Oversight and Management

For more information about how Blueprint for Wellness can control your healthcare costs, visit BlueprintforWellness.com or call 1.800.654.7824.



Health Benefits Management