

2022 Biometric Screening and Health Assessment Physician Results Form Help Guide

To save \$500 in 2023, complete your lab work, get the Physician Results Form completed and signed, submit it to Quest Diagnostics®, and complete the health assessment on the Cigna website by December 20, 2022.

Use the **Physician Results Form** if you prefer to:

- Get lab work that's ordered by your doctor which may include additional tests not required for a biometric screening (such as thyroid).
- Use an in-network lab (this requires your doctor to order the labs).
- Go to a convenience care clinic such as CVS or Walgreens.

Biometric Screening (Physician Results Form via Quest)

1. Visit [My.QuestForHealth.com](https://my.questforhealth.com)
 - a. Even if you already have a Quest username and password, you will still need to establish a new account using the Pinellascounty22 registration key.
 - b. To establish an account, use the **Create Account** area and enter **PinellasCounty22** as the registration key.

1 Quest Diagnostics®

Log In

Username *

Password *

Log In ▶

Forgot your [username](#) or [password](#)?

Create Account

Registration Key *
PinellasCounty22

Located in a communication from your company

Register Now ▶

- c. When registering, review the Terms and Conditions, select **Accept & Continue**, review the Consent, select **I Accept** and **Continue**, and confirm your eligibility by entering your Social Security number and date of birth.
 - d. Create a username and password. When you enter your information, be sure to use your personal email, not your County email. Click **Save**.
2. You will be taken to the dashboard. Click **Take Custom Questionnaire**. Complete the Quest Health Questionnaire. Please note this is not the health assessment which you complete in Cigna (see [page 4](#)).

2



Why You Should Participate

Completing a screening gives you the knowledge you need to identify your health risks and transform your health.



Personal Health Questionnaire

Complete this health questionnaire before you schedule your screening.

[Take Custom Questionnaire >](#)

3. In the **Biometric Screening** section, under **Physician Results Form**, select the green **Order Form** button. (If you do not see this option, it's because you have not completed the questionnaire in step 2 above.)

3



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Biometric Screening

To get started, select an appointment method below.

At a Patient Service Center

Schedule an appointment at a nearby Quest Diagnostics location.

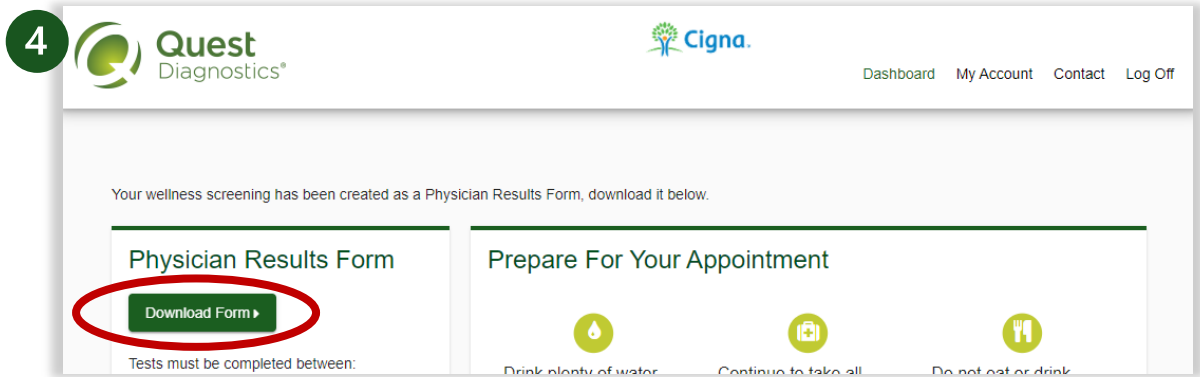
[Schedule a Screening >](#)

Physician Results Form

Download a form that your health provider completes with your recent test results.

[Order Form >](#)

4. Select the green **Download Form** button to download and print your personalized form.



Review the downloaded form to verify that your personalized information is accurate.

5. **Complete your screening** using one of the options below. Note: The **HgbA1c test**, which measures average blood sugar level, is optional. Known diabetics may choose not to get their HgbA1C test and should work under the direction/oversight of their physician. The form will be accepted even if the HgbA1C box is empty.

a. **Option 1 - In-network lab such as BayCare or Labcorp:**

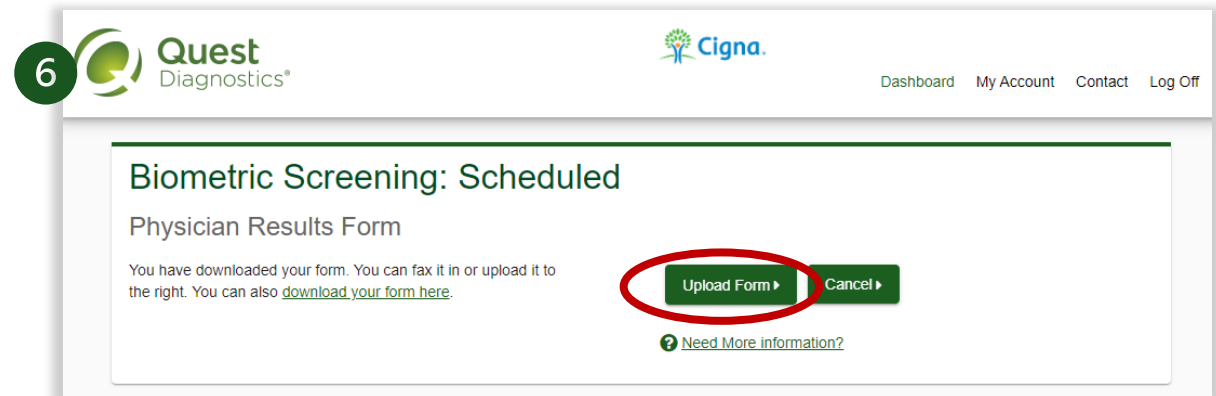
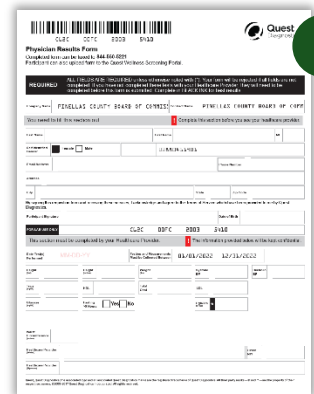
- Have your doctor order the lab work. Make sure it includes all required items, (HgbA1C is optional).
- Schedule an appointment at the lab of your choice. Do **not** use the Direct-to-Quest Patient Service Center appointment scheduler if using this method. It will generate an additional lab order that may cause confusion and problems later.
- When you receive the results, ask your doctor to complete and sign the form.

b. **Option 2 - Convenience care clinic such as Walgreens or CVS:**

- Ask the pharmacy staff who does the screening to complete and sign the form.

6. **Submit your form:**

- a. Sign the completed form.
- b. Return the form by fax to (844) 560-5221 (the fax number can also be found on the form), or electronically using the **Upload Form** button on the Quest website.



c. After the form has been submitted, you'll receive an email in 1-3 business days that your **results** are available in Quest. It may take longer during peak times. Depending on volume, it can take approximately 4 weeks to update in [myCigna.com](#).

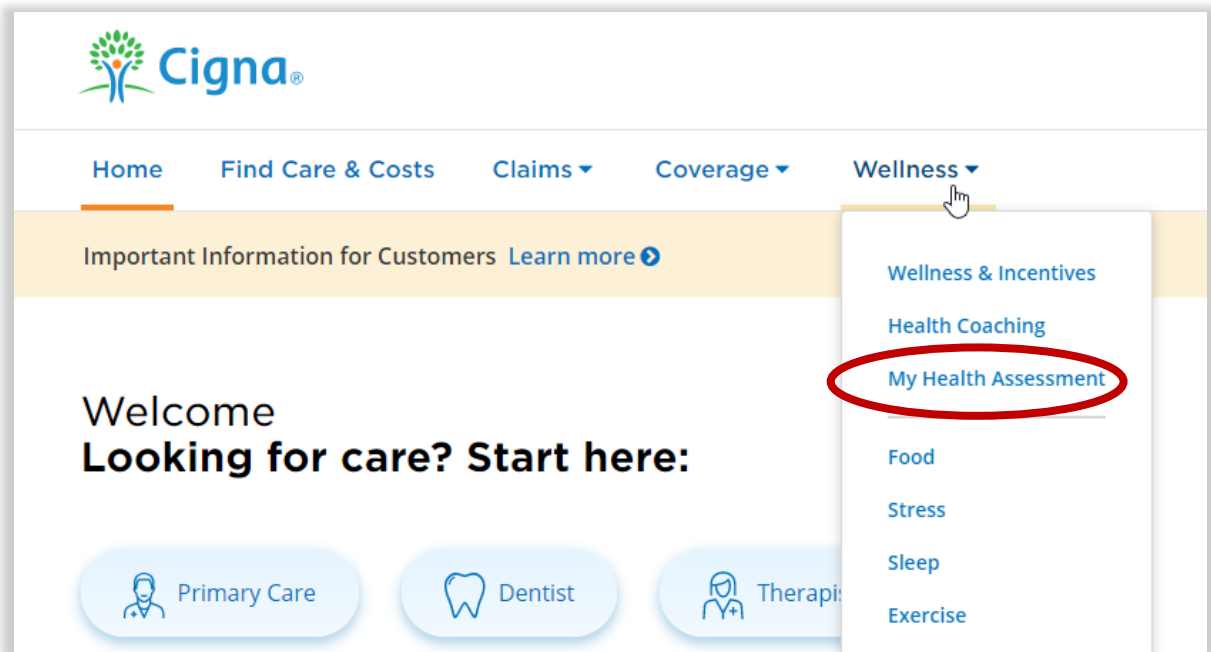
Need help?

For assistance with registration and downloading your Physician Results Form, email Wellness@QuestDiagnostics.com or call Quest at (877) 304-7055. Also view the [Quest FAQs](#).

Health Assessment (myCigna.com Wellness Portal)

If you take the assessment prior to your results populating into the survey, they will not be auto-filled at a later date, however, you can go back and fill that information in. You can take the assessment as many times as you wish. Cigna recommends doing it twice yearly. With current biometric data results, the assessment will provide a more accurate snapshot of your overall health.

1. Login to myCigna.com.
2. If this is your first time logging in, Cigna will ask you to set up your account by answering a questionnaire.
3. Click on the **Wellness** menu in the top right corner
4. Click **My Health Assessment**.



5. **Complete the assessment.** Your biometric screening data will auto-fill only if you take the assessment *after* the screening. Otherwise, you may manually enter the data. Please answer the questions as prompted.

Visit www.pinellascounty.org/hr/biometric for more information.
View the [Direct-to-Quest Help Guide](#) if you prefer the paperless option.

