

2022 Biometric Screening and Health Assessment

Quest Help Guide

Direct-To-Quest Diagnostics® Patient Service Center

To save \$500 in 2023, complete both the direct-to-Quest Patient Service Center (PSC) biometric screening and the health assessment on the Cigna website by December 20, 2022.

The most convenient way to complete your biometric screening is to **make an online appointment** directly through [My.QuestForHealth.com](https://my.questforhealth.com). Here's a quick summary.

IMPORTANT: Do *not* make an appointment through the regular Quest Diagnostics® website or just show up at a Quest Patient Service Center.

Biometric Screening (Direct-to-Quest via Patient Service Center)

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.

The screenshot shows the Quest Diagnostics website interface. On the left, there is a 'Log In' section with fields for 'Username *' and 'Password *', a 'Log In >' button, and a link for 'Forgot your [username](#) or [password](#)?'. On the right, there is a 'Create Account' section with a 'Registration Key *' field containing 'PinellasCounty22', a note 'Located in a communication from your company', and a 'Register Now >' button. A red circle highlights the 'Registration Key' field.

- 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](#)).

The screenshot shows the Quest Diagnostics dashboard. At the top left is the Quest Diagnostics logo with a green circle containing the number '2'. To the right is the Cigna logo. Further right are navigation links: Dashboard, My Account, Contact, and Log Off. The main content area has a green header 'Why You Should Participate' with the text 'Completing a screening gives you the knowledge you need to identify your health risks and transform your health.' and the Pinellas County logo. Below this is another green header 'Personal Health Questionnaire' with the text 'Complete this health questionnaire before you schedule your screening.' and a green button labeled 'Take Custom Questionnaire' with a right-pointing arrow, which is circled in red.

3. In the **Biometric Screening** section, under **At a Patient Service Center**, select the green **Schedule a Screening** button. (If you do not see this option, it's because you have not completed the questionnaire in step 2 above.)

The screenshot shows the Quest Diagnostics dashboard. At the top left is the Quest Diagnostics logo with a green circle containing the number '3'. To the right is the Cigna logo. Further right are navigation links: Dashboard, My Account, Contact, and Log Off. The main content area has a green header 'Why You Should Participate' with the text 'Completing a screening gives you the knowledge you need to identify your health risks and transform your health.' and the Pinellas County logo. Below this is another green header 'Biometric Screening' with the text 'To get started, select an appointment method below.' There are two columns of options. The left column is titled 'At a Patient Service Center' and contains the text 'Schedule an appointment at a nearby Quest Diagnostics location.' and a green button labeled 'Schedule a Screening' with a right-pointing arrow, which is circled in red. The right column is titled 'Physician Results Form' and contains the text 'Download a form that your health provider completes with your recent test results.' and a green button labeled 'Order Form' with a right-pointing arrow.

4. Select a **Quest Diagnostics location** and appointment time. See example below:

The screenshot shows the Quest Diagnostics website interface. At the top left is the Quest Diagnostics logo with a green circle containing the number '4'. At the top right is the Cigna logo and navigation links: Dashboard, My Account, Contact, and Log Off. The main content area is divided into two sections. The first section, titled 'Location', shows the address: Quest Diagnostics, Palm Harbor, 31846 Us Highway 19 N, Palm Harbor, FL 34684-3713. There is a 'Change' link and a checkmark icon. The second section, titled 'Date & Time', prompts the user to 'Select a date to find availability at the above location.' It shows a date picker set to '01/21/2022' and a time dropdown set to '8:45 AM'. Below these sections are 'Continue' and 'Back' buttons.

5. Select the checkbox if you would like the **HgbA1c screening** (optional test which measures your average blood sugar level). Note: Known diabetics may choose not to get the HgbA1C test and should work under the direction/oversight of their physician. Click **Next**.

The screenshot shows the Quest Diagnostics website interface. At the top left is the Quest Diagnostics logo with a green circle containing the number '5'. At the top right is the Cigna logo and navigation links: Dashboard, My Account, Contact, and Log Off. The main content area is divided into three sections. The first section, titled 'Location', shows the address: Quest Diagnostics, Palm Harbor, 31846 Us Highway 19 N, Palm Harbor, FL 34684-3713. There is a 'Change' link and a checkmark icon. The second section, titled 'Date & Time', shows the date 'Friday, Jan 21, 2022' and the time '8:45 AM'. There is a 'Change' link and a checkmark icon. The third section, titled 'Additional Screening(s)', contains the text 'The selected panels below will be performed in addition to your Wellness Screening'. Below this text is a checkbox labeled 'HgbA1c (select only if not a current diabetic) ?'. This checkbox is circled in red. Below the checkbox are 'Next' and 'Back' buttons. At the bottom of the page is a grey bar labeled 'Review & Confirm'.

6. Click **Confirm** to schedule your lab work appointment. This process is paperless and does not require you to bring the Order Requisition to the Patient Service Center, but you may print it if you wish by selecting *Print Order Requisition* on the left side of the screen.
7. Your **results** will be uploaded to Quest 1 to 3 business days after the screening and mailed to your home within 2 to 3 weeks. During peak times, it can take approximately 4 weeks to update in myCigna.com.

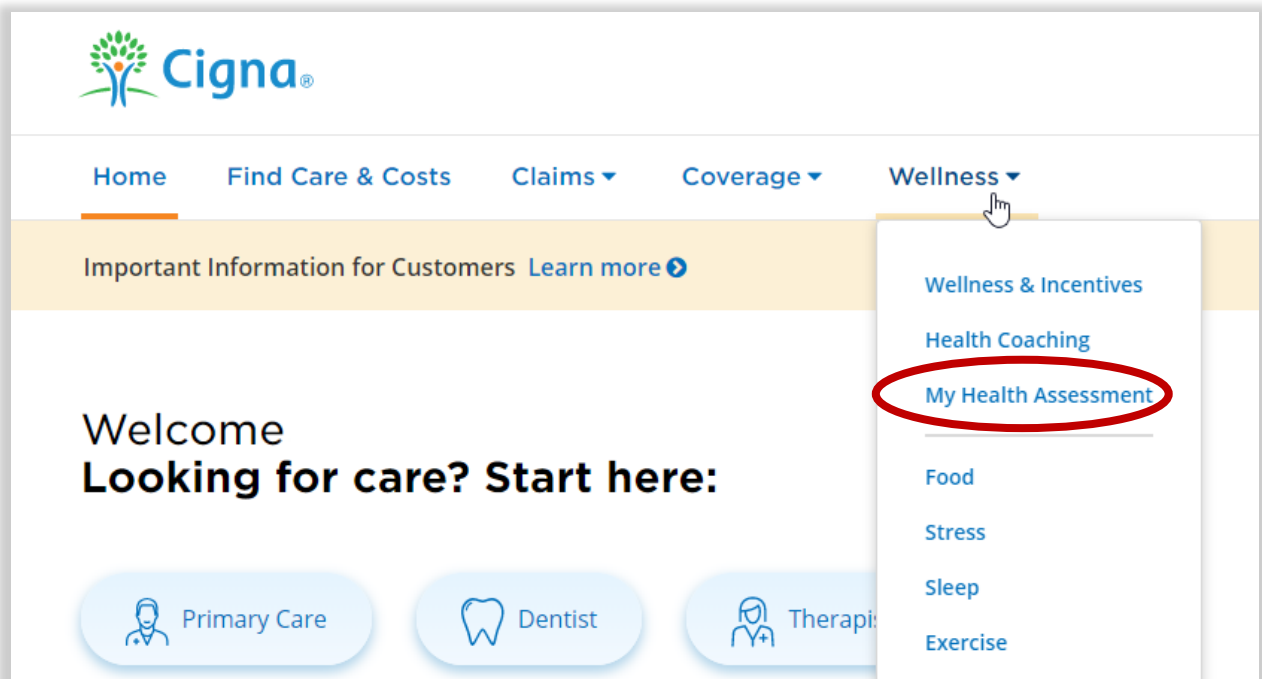
Need help?

For assistance with registration and scheduling your biometric screening, 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 [Physician Results Form Help Guide](#) if you prefer not to use a Quest lab.

