



Human Resources

Updates and Announcements

Biometric Screening Instructions:

To schedule your biometric screening appointment at a Quest Diagnostic location, visit My.QuestForHealth.com and complete the following steps:

- Create an account starting in the green box on the right side of the screen. The registration key is **rjcaron**.
- Enter your personal information in the steps that follow. Your Unique ID is your **WID number** located on your AETNA insurance card. *Be sure to include a "W" before your 9-digit number with no spaces.*
- Once registration is complete, choose one of the following to schedule:
 - **Patient Service Center** - If you are a regional employee or cannot make one of the on-campus screenings, you can schedule at any Quest Diagnostics location on your own time ***no later than April 30, 2022.***
 - [Click here for step-by-step instructions](#) on how to register.

If you need any help with the registration process or want to schedule an appointment over the phone, please call **Quest Diagnostics Participant Call Center** at (855) 623-9355.

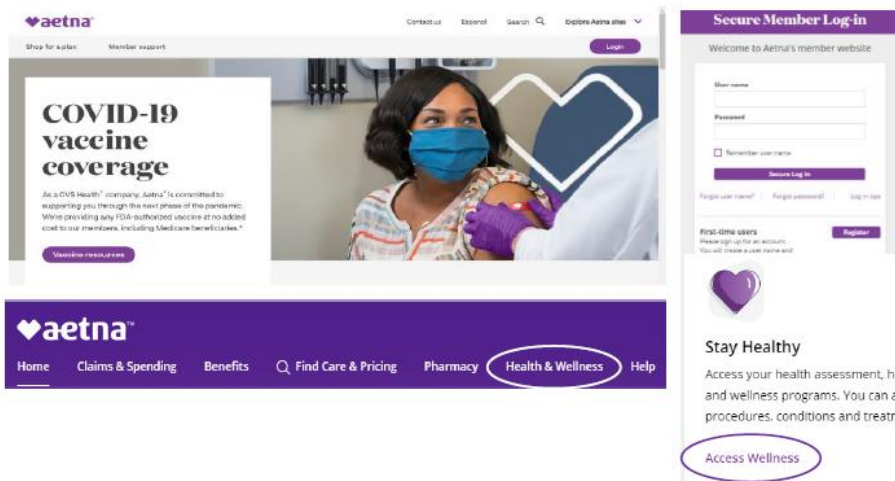
You may also choose to obtain your biometric screening from your physician.

- [Click here for step-by-step instructions](#) on how to upload a **Physician Results Form** to Quest Diagnostics. The form must be uploaded ***no later than April 30, 2022.***

Health Assessment Instructions:

To complete the assessment:

- Log onto [Aetna.com](https://www.aetna.com). Click the "**Login**" button and enter your username and password, or click "**Register**" to create an online account.
- On the homepage, click on "**Health and Wellness**" then find the "**Stay Healthy**" icon and click "**Access Wellness**."

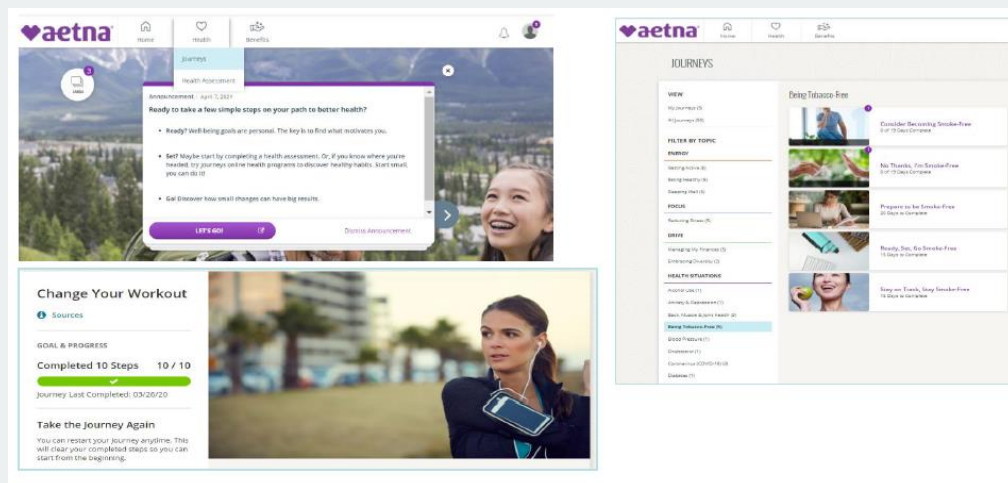


- In the "**Access Your Health Dashboard**" icon, click "**Complete Health Assessment**" and then on the next page, click the "**Launch My Health Assessment**" button. This will take about 15 minutes to complete.
- Upon completion, you'll receive a **customized health report** that includes your health risk score, top strengths, and top health risks to see what you're doing well and areas in which you can improve.

Complete a Journey and Earn an \$50 Gift Card!

After completing your Online Health Assessment, you will be eligible to complete a "**Journey**." These customized programs will help you achieve your health and wellness goals - and upon completion, ***you'll receive a \$50 gift card!***

- Follow the steps above to access your "**Health Dashboard**" then click "**Launch My Programs**."
- This will log you into the Virgin Pulse site, where you will begin your Journey. Click on the "**Health**" **heart icon** at the top of the page and click "**Journeys**."



- A Journey has been chosen for you based on your interests. You can choose to complete this Journey or choose any of the others listed on this page.
- **Each Journey takes 10 days to complete.** You do not need to access them daily, but it may be helpful to add a reminder to your Outlook calendar to log back in and complete each step as you are able.
- Upon completing your Journey, you will receive an email from Aetna Rewards with an e-gift card that can be used at over 200 retailers! Please **allow up to 45 days** to receive your e-gift card.

If you do not receive your reward within 45 days, contact WorkStride at 1-877-922-4483 or support@aetnarewards.com.

NOTE: Individual results are confidential.

All information obtained as a result of your screening experience is Protected Health Information (PHI) and is secured in accordance with the federal Health Insurance Portability and Accountability Act (HIPAA). Caron will **not** have access to your individual results. Read more about how Quest Diagnostics protects your privacy in [this statement from the Quest Diagnostics Privacy Officer](#).

If you have any questions, contact Missy Forry at mforry@caron.org / ext. 6406