

KNOW YOUR HEALTH NUMBERS

Free Biometric Screenings at Quest Diagnostics

Get **free** verified biometrics for Live Healthy, Live Well incentives

Getting a verified biometric screening is one way to earn **Live Healthy, Live Well** wellness incentive dollars and provides valuable information about your health. MassMutual subsidizes free screenings at Quest Diagnostics Patient Service Centers throughout the country for employees enrolled in a MassMutual medical option.

- **You'll earn \$150** just for getting screened.
- If you also meet biometric targets, you'll earn an **additional \$50 for each target met**.
- If you cover a **spouse/partner** under a MassMutual medical option, they can get a free screening and help you earn wellness incentives, too.
- See pages 6-7 of the **2020 Incentive Guide** for complete info on biometrics incentives.

What happens when you get a Quest screening?

A qualified Quest screener measures your blood pressure, weight and height (body mass index/BMI), and waist circumference. Quest Diagnostics sends your results securely to Cigna. Cigna enters your results into the Live Healthy, Live Well platform – then you earn wellness incentives.

To register online

Follow the steps below. Your spouse/partner should register separately, under their own name.

1. Go to the **Quest Diagnostics Health & Wellness registration portal**.
Tip: If you have trouble registering using Internet Explorer, enter **https://My.QuestForHealth.com/** into the address window of another browser, such as Chrome.
2. **Sign in or register.**
3. **New participants:**
 - a. Enter your Registration Key: **MMScreen20** and click the “Register Now” button.
 - b. Follow prompts to complete your registration.
4. **Returning participants:**
 - a. Log in with the username and password you created previously.
 - b. If needed, use the **username** or **password** links to retrieve your login information.
5. Under the **Wellness Screening** section, select how you would like to participate and follow the instructions to schedule your appointment.

Need assistance? Contact Quest at **Wellness@QuestDiagnostics.com** or 1-877-304-7055, Monday-Friday between 8 a.m. and 9:30 p.m. ET, and Saturday between 8:30 a.m. and 5 p.m. ET.