



## Know Your Numbers Wellness Screenings For Employees Only

	<b>Onsite Event (offered at select worksites)</b>	<b>Quest Diagnostics Patient Service Center (185 centers in PA)</b>	<b>Your Physician (Testing must be done between January 1 and December 31, 2019)</b>
<b>Method</b>	Fingerstick blood test	Venipuncture (blood drawn from a vein)	Venipuncture (blood drawn from a vein)
<b>Cost</b>	Free	Free	You may have to pay your primary care physician (PCP) office visit copay. The blood test will be billed to your medical plan. PPO members, to avoid paying the \$30 lab copay, use Quest Diagnostics or LabCorp. Your doctor should screen for cholesterol, including HDL and glucose and A1C. If you are enrolled in prescription drug or supplemental benefits only, you may incur costs under your non-PEBTF medical plan. Bronze Plan members will have the cost of the office visit and blood test applied to their deductible.
<b>Advantages</b>	<p>Convenient</p> <p>Fast (takes 15 minutes)</p> <p>No travel time required if an event is held in your building.</p> <p>Subject to operational needs, employees will be given time off to attend an onsite event.</p>	<p>Convenient – locations throughout the state (Saturday hours are offered at most locations)</p> <p>Subject to operational needs, employees will be given time off to visit a Patient Service Center.</p>	<p>Schedule directly with your doctor. Testing must be done between January 1, 2019 and December 31, 2019, so if you recently had a blood test, your doctor may submit those results.</p> <p><b>Employees must take leave to visit the doctor.</b></p>
<b>How to Prepare for Your Screening</b>	<p>It is not necessary that you fast. However, your results will be more accurate if you do not have any food or drink except water for 9 to 12 hours prior to your blood draw.</p> <p>Remember to drink plenty of water and take all medications as prescribed by your doctor.</p>		
<b>How Do I Make an Appointment</b>	Follow the registration instructions on the PEBTF website on or after July 1. You should register in advance to guarantee an appointment.	Follow the registration instructions on the PEBTF website on or after July 1. You will then be able to choose an appointment date and time. You may register as a walk-in, however walk-ins are accepted based upon availability and you may have a wait time of up to 20 minutes.	Complete the online registration to print a Physician Results Form. It will populate with your demographic information. Schedule an appointment with your doctor well in advance of December 31, 2019. Provide the Physician Results Form to your doctor. Your doctor must complete the Physician Results Form in its entirety. <b>You must fax or upload the form to Quest Diagnostics by the deadline.</b> Visit <a href="http://www.pebtf.org">www.pebtf.org</a> , Get Healthy logo for Helpful Tips on Completing a Wellness Screening.
<b>When do I Get My Results/How do I Confirm that My Results were Received</b>	Immediately at the event and online in 7 to 10 days. A1C results will be available online. Watch for a “Results are Ready” email. Printed copy mailed within 2 to 3 weeks.	Online in 3 to 5 days (you will receive a “Results are Ready” email); printed copy mailed within 2 to 3 weeks. This is verification that your results were received by Quest Diagnostics and recorded.	Online within 3 days (you will receive a “Results are Ready” email); printed copy mailed within 2 to 3 weeks. This is verification that your results were received by Quest Diagnostics and recorded.
<b>Deadline to Get a Wellness Screening</b>	December 31, 2019	December 31, 2019	December 31, 2019 (you must fax or upload your Physician Results Form to Quest Diagnostics by this date so get your blood testing done well in advance).