



Know Your Numbers Wellness Screenings For New Hires or Newly Enrolled Employees Only

	Quest Diagnostics Patient Service Center	Your Physician (Testing must be done between January 1 and December 31)
Method	Venipuncture (blood drawn from a vein)	Venipuncture (blood drawn from a vein)
Cost	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.
Advantages	<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 and December 31 and must be completed by deadline as stated in the letter you received from the PEBTF. If you recently had a blood test, your doctor may submit those results.</p> <p>Employees must take leave to visit the doctor.</p>
How to Prepare for Your Screening	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. Remember to drink plenty of water and take all medications as prescribed by your doctor.	
How Do I Make an Appointment	Follow the registration instructions on the PEBTF website. 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 the deadline as stated in the letter you received from the PEBTF. Provide the Physician Results Form to your doctor. Your doctor must complete the Physician Results Form in its entirety. You must fax or upload the form to Quest Diagnostics by the deadline. Visit www.pebtf.org , Get Healthy logo for Helpful Tips on Completing a Wellness Screening.
When do I Get My Results/How do I Confirm that My Results were Received	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.