My Benefits + Me

Health. Balance. Finances.



How to complete your biometric Wellness Screening

A Wellness Screening is a biometric health check that measures blood pressure, body mass index (BMI), blood sugar, cholesterol, triglycerides and Hemoglobin A1C. These numbers are indicators of overall health that have proven to help more people understand their health, uncover health risks and receive earlier treatment.

Ready to complete your Wellness Screening?

- Employees: Go to My Health > Schedule your Wellness Screening to access the Wellness Screening Portal
- **Covered spouses/domestic partners**: Go to <u>https://my.questforhealth.com</u>. You can also go through **My Health** (https://myhealth.jpmorganchase.com) > Access the Screening Portal.
 - Log in (if you've previously created an account); or
 - To create an account (for first-time users of the Quest Portal):
 - Enter registration key "JPMC"
 - Under "Confirm Your Eligibility", enter your Social Security Number (SSN) or Individual Tax Identification Number (ITIN) (full number, no dashes). Note: If you don't have either, use the JPMC employee's SSN
 - For "Relation", select "Non-Employee"

Note: If you are accessing the Quest Wellness Screening Portal for the very first time or the first time in 12 months, you'll be asked to accept the Terms and Conditions and verify/complete information, including your email and phone number.

You must use the <u>Wellness Screening Portal</u> through My Health for these Wellness Screening options:

- Onsite (employees only) Schedule an appointment at an Onsite Wellness Screening event or JPMC Health & Wellness Center¹.
- Or use one of these other options:
 - Doctor's office Make an appointment to visit your doctor for a routine physical exam. Then, using the Portal, download and print² a Physician Wellness Screening form and take it with you. Have your doctor complete ALL required biometric fields, the date of service and sign the form. And submit the completed form via fax or upload it to the Portal.
 - Quest Patient Service Center or lab Using the Portal, find the location nearest you and schedule a Wellness Screening.
 - CVS MinuteClinic Using the Portal, download and print² a
 CVS MinuteClinic Screening voucher and take it with you to CVS.

¹Where available. <u>VERA/COPC Care Centers</u> are available to those based in Columbus, OH.

²To download and print a form from your home computer, login to My Health (<u>https://myhealth.jpmorganchase.com</u>) > Schedule your Wellness Screening > Access the Wellness Screening Portal.

Next, see **How to complete your online Wellness Assessment with Cigna** on My Health (go/myhealth). *Important Disclaimers*

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Have questions about your Wellness Screening Options? Contact Quest Diagnostics at 1-888-606-3199.