

Blueprint for Wellness Screening Tests (Quest Diagnostics)

The Blueprint for Wellness biometric screening includes a comprehensive panel of tests and other health measures, including:

| | |
|----------------------------------|----------------------------------|
| Cholesterol (Total Cholesterol) | ALT |
| Cholesterol (HDL Cholesterol) | AST |
| Calculated LDL Cholesterol | Total/Direct Bilirubin |
| Triglycerides | GGT |
| Calculated Cholesterol/HDL Ratio | Uric Acid |
| Cardio CRP | Fasting Glucose |
| TSH | Hemoglobin A1c |
| Free T4 | Iron (Total Iron) |
| Creatinine | Iron Binding Capacity |
| eGFR | Iron/TIBC Percent Saturation |
| Calcium | Ferritin |
| Albumin | Blood Pressure |
| Total Protein | Height |
| Globulin | Weight |
| Albumin/Globulin Ratio | Calculated Body Mass Index (BMI) |
| Alkaline Phosphatase | Waist Circumference |

Discuss Results with Your Doctor

Your Blueprint for Wellness test results will be provided in a printed report mailed to your home, or available online through a secure link. Once you receive your results, be sure to discuss the findings with your doctor.

The Blueprint for Wellness screening is provided at no out-of-pocket cost to primary participants and spouses enrolled in a HealthFlex plan—if taken at an on-site event or preregistered at a Quest facility.

Blueprint for Wellness also may be available to OneExchange participants and spouses (Medicare plans)—if offered by your plan sponsor.

About Quest Diagnostics

Quest Diagnostics is one of the leading providers of diagnostic screening lab services in the U.S. HealthFlex chose to partner with Quest Diagnostics because of the company's high-quality programs, testing accuracy, commitment to individual privacy and extensive network of patient service centers throughout the U.S.