



Wespath

BENEFITS | INVESTMENTS



EARN PULSE CASH/WELLNESS CREDITS

Blueprint for Wellness® Self-Collection Kit

Wespath and Quest Offer an At-Home Screening Option—Self-Collection Kit

The Self-Collection Kit allows participants to do a finger stick test at home and self-report their biometrics. This can be a great convenience for those who do not live near a patient service center or may not feel comfortable receiving an in-person screening due to the pandemic.

Sign up to receive a Self-Collection Kit the same way you sign up for a Blueprint for Wellness screening—by phone at **1-855-623-9355**, or online by logging in to your **Virgin Pulse®** account, selecting the **“Benefits”** tab and clicking on **Quest Blueprint for Wellness**.

You and your spouse will still earn the **\$100 Pulse Cash** incentive for completing the Blueprint for Wellness Screening via Self-Collection Kit*.

The kit includes the materials and instructions to complete and return your finger stick test to Quest. Additional measurements you will be required to self-report on the card are:

- Measurement of waist circumference, height and weight
- Most recent blood pressure measurement

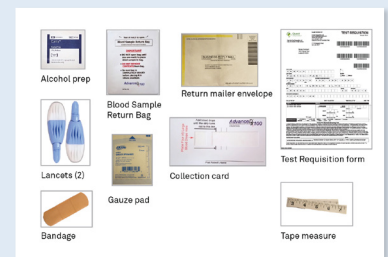
Self-Collection Kits include all the tests for which Wespath awards Wellness Credits for healthy or improved results. The tests include total cholesterol—HDL and LDL— as well as triglycerides, fasting glucose, and A1c.

If you have an appointment scheduled at a patient service center, there will be no penalty for cancelling the appointment and ordering the Self-Collection Kit.

Participation in wellness programs is voluntary.

* Pulse Cash is considered taxable by the IRS. Consult your tax advisor.

SELF-COLLECTION KITS ARE NOW AVAILABLE!



Request your Self-Collection Kit, or register for your in person screening **NOW** to make sure you meet the **August 31 deadline** to earn your **\$100 Pulse Cash** incentive!

Quest is **NOT** able to mail the Self-Collection Kit to participants who live in **New York state** due to specific regulations. Other Blueprint for Wellness options, including patient service center, physician form and onsite event (if offered by your plan sponsor) are still available to NY residents.

**Results will be available online within 7-10 business days of the sample being received at the lab.
The MyGuide Health report will arrive 3 weeks later.**