



## Guiding your participants to better well-being

**MyGuide to Health™ is the participant report that offers heightened personalization and flexibility to build engagement and promote other relevant health improvement programs.**

The simply-stated insights to health and risk and highly personalized content can help guide participants to better health. It uses the newest technology to provide screening participants with a powerful and engaging Moment of Impact™. MyGuide to Health maximizes the value of biometric screening by focusing on participants' unique health risks and how they can modify their behaviors to improve their numbers. Personalization, illustration, and simple language work together to convey essential and meaningful information to participants in a way they can engage with and understand.



Our printed and online reports provide a tangible educational and engaging guide for participants.

### Engaging and interactive content

MyGuide to Health features colorful, personalized imagery and content that apply to individuals based on their age and gender, current health status, and previous results. Extensive consumer testing was conducted during development to ensure participant understanding of health content and to optimize usability and engagement with the report's interactive features.

The print report is full-color and features fresh, inviting photography and illustrations that reinforce key points to engage readers and improve health literacy. Page count is also variable based on the screening panel and additional tests selected. The print report also includes features to engage participants and empower them to take their next steps toward maintaining or improving their health.

The online report offers many of the same features, and an exceptional level of interactivity that will bring to life participants' screening results, health risks, and the impacts of such risks on their bodies.

**For more information visit  
[QuestForHealth.com](http://QuestForHealth.com)  
 or call 1.866.908.9441.**

## Personalized to enhance engagement and motivate action

MyGuide to Health is customized based on clients' screening panel and test choices. It maximizes the value of biometric screenings by translating clinical health data into actionable, easy-to-understand reports that can be used by participants to modify their behavior. Available online and in print, the report highlights participants' key areas of focus, and reinforces them with simply-stated information and critical steps that can be taken to improve them.

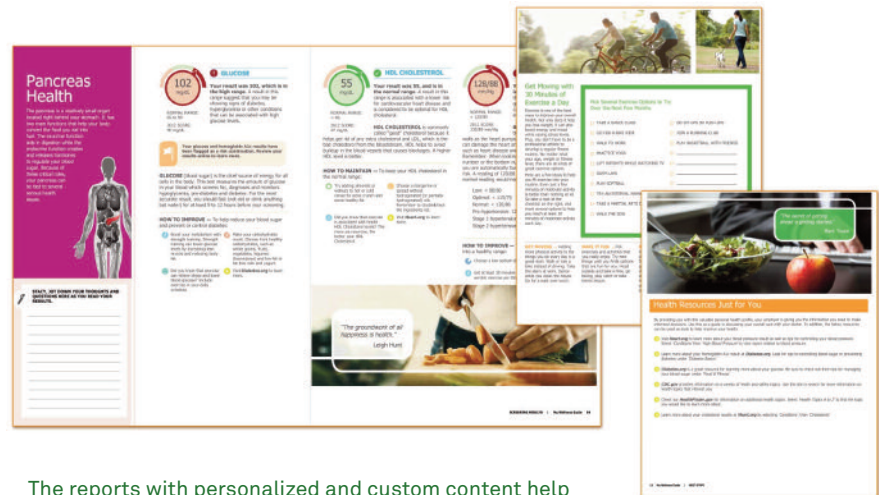
MyGuide to Health may be selected with all screening panel and test options using any modality for collection (venipuncture, fingerstick, and physician forms). The report offers unique functionalities that work in tandem with the most common tests to promote health literacy (HDL, LDL, total cholesterol, total cholesterol:HDL ratio, triglycerides, glucose, Hemoglobin A1c, cardio CRP, cotinine, eGFR, waist circumference, body mass index, and blood pressure).

## Each section promotes understanding and action

MyGuide to Health is organized into content sections that will maximize the participant's understanding of their personal results and how to improve them. Some of the featured sections include:

**Key areas of focus** – This section represents each participant's priority personal risk factors and individual results. They are highlighted on the first page of the report for additional emphasis. Specific program information can also be integrated within the section where it is most appropriate and relevant.

**Screening results** – Results are sorted by organ function in print, and may be sorted by function, or by in-range or out-of-range status online. This section features targeted content about improving or maintaining health status based on each participant's unique results.



The reports with personalized and custom content help participants visualize their biometric results and encourage actionable next steps.

**Health conditions** – The online version of this section offers grouped test results based on their roles in four common health conditions (Metabolic Syndrome, heart disease, hypertension, and type 2 diabetes). This section demonstrates how individual risk factors combine to create the possibility or presence of these conditions.

**Impacts** – In this section, each participant can learn how their personal results can impact different organs. Participants can see how their current results affect their physical body and overall health based on whether they improved or got worse. Participants can interact online with a dial that demonstrates the impacts of higher or lower result levels on their bodies.

**Additional resources** – This section can feature customized information provided by the employer to promote engagement in additional health and wellness offerings (e.g.: coaching services, cessation programs, and other Employee Assistance Programs). Integrating information about related services when it is most relevant can improve participant uptake and engagement.

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