



Powerful insights to emphasize impact of health risks

MyHealth™ Profile is the most comprehensive profile offered by Quest Diagnostics Health & Wellness, combining a health questionnaire, a customizable lab test panel menu, and biometrics. The MyHealth Profile maximizes the value of biometric screenings by integrating self-reported health behavior information and encouraging participants to focus on their unique health risks.

MyHealth Profile is built for personalization and customization. It is customized based on clients' screening panels and brings the latest in medical insights, options and explanations of outcomes.

Dynamic insights into personal risk factors

Screening participants receive a Health Quotient score created from their Health Questionnaire and laboratory results to give insight into their overall health status. The Health Quotient is like a test grade that is driven by modifiable risks or behaviors that put someone at risk for chronic conditions.

Screening participants are empowered with dynamic medical insights tailored to their outcomes. Content throughout the report is personalized, based on participants' unique test results and health risks. Dial indicators are presented throughout the report to illustrate the participant's level of risk for each factor.



Engaging and interactive content

MyHealth Profile features personalized content that applies to participants based on their age and gender, current health status, and previous results.

The full-color, print report 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 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 participants' screening results, health risks, and the impacts of such risks on their bodies to life.

The online MyHealth Profile is available just a few days after the screening and health questionnaire are complete.

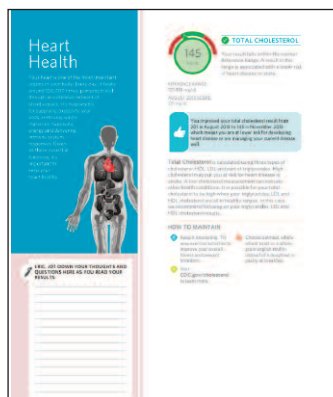


Each section promotes understanding and action

MyHealth Profile is organized into content sections that maximize the participant’s understanding of their personal results and how to improve them. Some of the featured sections include:

Health Quotient – The Health Quotient is like a test grade that is driven by modifiable risks or behaviors that put someone at risk for chronic conditions. It is driven by 12 risk factors that are ranked in order of priority for that participant.

Key areas of focus – This section represents an individual's prioritized personal risk factors based on their results. They are highlighted immediately for additional emphasis.



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.

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 online section, each participant can learn how their personal risk level can impact different organs. An interactive dial shows the impact associated with different degrees of health risk. Participants can see how their current results affect their body and overall health based on whether they improved or got worse.

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

Medical summary report – This section includes screening results history and proposed questions for the participants’ physicians, encouraging participants to share their results and prompt a conversation about health improvement.

For more information on our reporting solutions, please visit QuestForHealth.com or call 1.866.908.9441.