

## PHYSICIAN HEALTH INFORMATION SESSIONS *from PWNHealth*

Educating Health & Wellness participants to make informed health decisions



A Physician Health Information Session (PHIS) enables participants of Quest Diagnostics Health & Wellness screenings to remotely receive health information and recommendations from a board-certified PWNHealth physician.

A PHIS connects participants directly to a physician for personalized education and resources to help them make important decisions about their health.

### PHIS includes:

- Real-time connection with physician
- Overview of abnormal test results
- Personalized education related to results including diet, nutrition, and test-driven wellness



### Highest Quality

- Physicians are board certified and credentialed on an annual basis
- Best practice educational protocols and oversight driven by an experienced clinical advisory team
- Physicians involved in the PHIS program undergo trainings specific to patient education sessions



### Timely & Convenient

- Participants have flexible scheduling options to fit into their busy lives. They can speak with the next available physician right after an alert outreach call or request a scheduled session
- PWNHealth physicians connect participants to supplementary in-network and local care options



### Leading Technology

- A report explaining test results with participants in a seamless workflow
- Compliant with HIPAA regulations
- Patient-friendly reports and sleek platform maximize user experience

PWNHealth provides physician oversight of lab tests for over five million individuals annually. The PHIS program turns those lab results into action through remote patient outreach, education, and referral to care, making PWNHealth a leading partner in maximizing employee wellness. For more information, visit [QuestForHealth.com](http://QuestForHealth.com), or call 1.800.654.7824.

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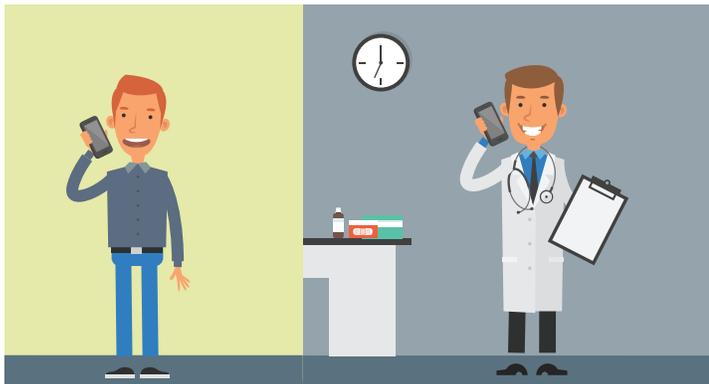
Joe is a 43 year old male who works at a warehouse in Ohio.



Joe recently took an A1c test through his employer's health and wellness program and was surprised to see his results were in an alert range.



At 5:00 PM, Joe placed a call to a PWNHealth care coordinator regarding his abnormal test result. The care coordinator offered to set up a PHIS session with a PWNHealth physician.



That same evening, Joe spoke to a board-certified physician about how to manage his A1c levels. The physician recommended that Joe increase his daily activity and go on a low-sugar diet.



Within a week, Joe visited the recommended physician and discovered that he has type 2 diabetes, which requires treatment. The physician started Joe on an oral medication regimen to control the amount of glucose in his blood.



With a change in Joe's diet, exercise, and medication to control his diabetes, Joe feels happier and healthier. He was able to save time searching for a local specialist, and avoided taking time off work.