

## #NowIKnow

The **value of living** through my **employer-sponsored wellness screening**

“ I am thankful Quest offers a comprehensive screening. Without the HbA1c measurement in the screening panel, I wouldn't have known my numbers were trending in the wrong direction. ”



When a company makes the decision to offer wellness screenings to employees, it is giving individuals the chance to make changes, the chance to live healthier lives. And just looking at someone cannot give an accurate depiction of their health status. Health goes beyond the surface. One Quest employee, Kylee McAlister, found this out by monitoring her numbers with her biometric screening every year and catching an issue before it turned into chronic disease.

“I've always been health conscious,” said Kylee, “and I've completed my employer-sponsored wellness screening every year since 2009. I eat well and exercise, but I noticed my cholesterol was going up, steadily, each year.”

**“I have a family history of high cholesterol, and when I took my results report to my doctor, she was concerned by my results.”**

“I was borderline for LDL cholesterol and hsCRP,” she said. High LDL cholesterol and hsCRP are indicators of underlying heart disease and correlate to higher risks for heart attack and stroke. In order to keep her numbers in check and reduce her risk of heart disease, Kylee's doctor put her on medication to control these levels.

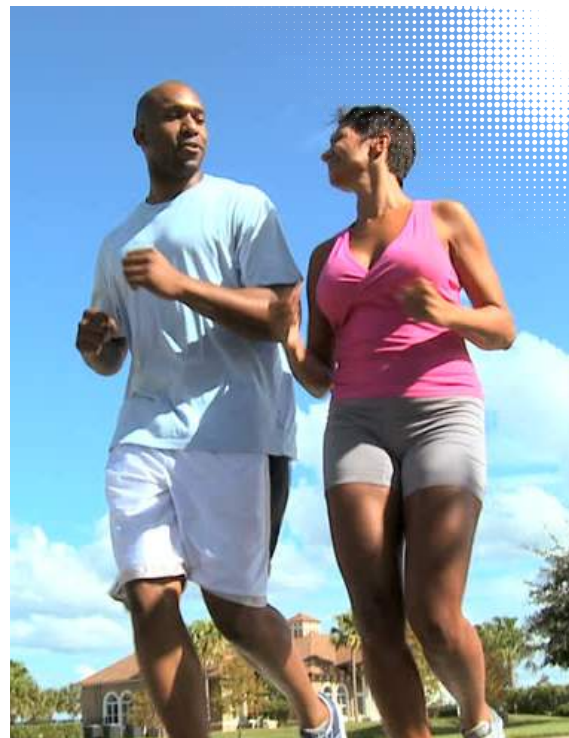


Kylee McAlister

The medication was helping keep her cholesterol in check, but Kylee's Blueprint for Wellness shed light on another issue. Each time she completed her screening, her glucose result was normal, but her hemoglobin A1c (HbA1c) was high. “My HbA1c was always higher,” she said. But it continued to trend upwards over the past few years. And, because I monitored my numbers every year, I knew when my HbA1c hit prediabetes range. And ultimately, I knew I didn't want that trend to continue or be diagnosed with type 2 diabetes.”

After Kylee received that HbA1c test result, she began to worry about prediabetes. “I focused on tweaking my diet, adding more protein, and proper portion sizes,” she said. She also added more cardio and weight training into her exercise routine, and worked with a health coach to stay on track.

After a year of focusing on reversing her prediabetes and getting her HbA1c in a normal range, Kylee’s doctor gave her the all-clear; she no longer had prediabetes. “If I didn’t know my HbA1c was trending upward from my employer-sponsored wellness screenings, I wouldn’t have made any of these lifestyle changes, because I thought I was fine. These changes helped prevent a type 2 diabetes diagnosis,” Kylee said. In addition, Kylee was able to stop taking the cholesterol medication, as her LDL cholesterol and total cholesterol numbers were now in the normal range.



**“I thought I was healthy before,” she said,” but now I have more energy and my body is happy. Based on my 2017 screening results, my HbA1c is the lowest it's ever been, and my cholesterol results are normal, too.”**

Kylee hopes her story encourages everyone to take the time to get screened. “I never thought this would happen,” said Kylee. “I had normal BMI, glucose and waist measurements. But it’s not your appearance that matters, it’s your numbers. You can’t truly know if you’re healthy without knowing your numbers. I’m glad Quest gives me the opportunity to screen, because, even though I thought I was healthy before, routine comprehensive screening indicated otherwise, and gave me all the knowledge I needed to take action and prevent a type 2 diabetes diagnosis.”

**For more information about your employer-sponsored screening program and how to register for your free biometric screening, contact your HR department or the Quest Diagnostics Health & Wellness Service Center at 855.623.9355.**

**All individual results from your employer-sponsored wellness program are private and considered Protected Health Information under HIPAA. Your employer does not have access to your individual results. Kylee volunteered to share her story to help spread the word about the importance of screening.**