Encourage lifestyle changes and manage incentives with Rewards

Incentives are a powerful catalyst for positive change. That’s why 86% of employers tie a financial incentive to workplace well-being programs.¹

The Quest Diagnostics Health & Wellness Rewards Engine is a highly configurable, incentive-management platform that helps your wellness dollars work harder. It helps increase employee engagement providing positive reinforcement, in the form of incentives, for participating in wellness activities and/or meeting health-improvement targets.

**Activity-Based Rewards™ and Outcome-Based Rewards™**

Activity-Based Rewards provide an automated way to score and deliver passing status based on completion of wellness screening, attestation, health questionnaire, Physician Health Information Session, or third-party administered activities as part of your organization’s Blueprint for Wellness. With Activity-Based Rewards, you (or an incentives administrator) will receive a Rewards file listing whether each individual has completed an activity (passed) or not (failed).

Outcome-Based Rewards promote targeted behavioral change based on measured values from biometric screenings. This type of incentive management promotes health improvement, linking incentives participants can earn with achieving target clinical and biometric outcomes. The target clinical and biometric outcomes are defined by you, so you can create positive health impact with your organization’s Blueprint for Wellness. This approach to Rewards creates a more meaningful “Moment of Impact™” by tying incentives to employees’ current screening results and improvements to those results over time.

With Outcome-Based Rewards, you (or an incentives administrator) will receive a Rewards file listing the status of the clinical and biometric outcomes decided upon at the time of program setup.
Additionally, you will receive assistance with planning your incentives program. Quest can help you design a program that achieves your wellness goals based on aggregate data from previous programs (if available). This information can be used to drive decisions about which measures to use as a basis for earning incentives. Assistance with Rewards evolution is also available, including the ability to move towards Outcome-Based Rewards looking at on participant health improvement from year to year.

### Activity-Based Rewards

Rewards based on self- and/or vendor-reported activity completion. Activities supported by the platform include:

- Scheduling a screening appointment
- Completing a Blueprint for Wellness screening
- Completing a health questionnaire
- Participating in health coaching
- Completing a Physician Health Information Session
- Meeting a physical activity goal
- Visiting a primary care physician
- Having a dental exam
- Having a vision exam
- Getting a flu shot
- Getting other preventative screenings (like mammogram or colonoscopy)

Tracks and rewards when incentivized activities are completed.

Rewards details for participants are available online.

Status can be sent to authorized third-party administrators for incentive fulfillment at the frequency you choose (daily, weekly, bi-weekly, monthly, or end-of-program).

### Outcome-Based Rewards

Rewards based on screening results (and results improvement, if desired). Measurable outcomes supported by the platform include:

- Blood Pressure
- BMI
- Cholesterol/HDLC Ratio
- Cholesterol
- Cotinine
- Glucose
- HDL Cholesterol
- Hemoglobin A1c
- LDL Cholesterol
- Triglycerides
- Weight
- Waist/Hip Ratio
- Waist Circumference
- Hip Circumference

Tracks and rewards when target outcome values are achieved.

Rewards details for participants are integrated to online and print Blueprint for Wellness reports to maximize the Moment of Impact.

Status can be sent to authorized third-party administrators for reward fulfillment at the frequency you choose (daily, weekly, bi-weekly, monthly, or end-of-program).

For more information about incentive management with Rewards, visit QuestForHealth.com or email BlueprintMarketing@QuestDiagnostics.com.