

Bring health screenings to your employees

Aetna Health ConnectionsSM Health and Wellness Resources

Quest Diagnostics Blueprint for WellnessTM
Onsite Screening Program

Information you can use

Your employees play a powerful role in their own health. You can play a key role, too, by bringing health screenings to your workplace.

Aetna and Quest Diagnostics make it easy for you to get your employees more engaged in their health. The Quest Diagnostics Blueprint for Wellness onsite screening program does the work for you. All you have to do is open the door.

Good reasons for you to offer onsite health screenings

Busy workers often feel they don't have time to go to the doctor for the preventive care and tests they need. This program helps solve this problem by bringing these tests directly to your employees — at their workplace.

With onsite health screenings, you both benefit:

- You'll receive aggregate reports that show you the potential health issues most affecting your employees.
- You can use these reports to target your benefits and wellness programs more effectively.

- The program captures screening results in the CareEngine[®], which continually monitors members' health status, and makes this information available to Aetna members through the Aetna Personal Health Record.
- Your employees will learn more about their health risks through a confidential report sent through the U.S. Mail.
- Employees do not need to leave the workplace, so they have more time on the job to be productive.
- All your employees, not just Aetna members, can participate.

Numbers your employees need to know

The Quest Diagnostics Blueprint for Wellness program comes with everything you need to set up a successful onsite health screening event.

Your employees can register online or by calling a special toll-free number.

Standard screening test packages include:

- Fasting or non-fasting venipuncture blood testing for diabetes and cholesterol (total and ratios)
- Blood pressure readings
- Calculated body mass index (BMI), with weight and height measurements

Help your employees prevent health problems with this convenient onsite health screening program.



Additional screening tests are available:

- ABO grouping and Rh typing (for blood typing and Rh risks)
- Allergy screenings
- C-reactive protein (for heart health)
- Complete blood count
- Comprehensive metabolic panel (for liver and kidney)
- Hemoglobin A1c (for diabetes risk)

(Continue on the back)



- Lead
- Prostate specific antigen (for prostate cancer)
- Thyroid stimulating hormone (for thyroid disorders)
- Vitamin B12 (cobalamin) and serum folate panel (for anemia, folic acid deficiency)
- Waist circumference measurement

Remote kits are available for employees who cannot attend the event or are in offsite locations. They can obtain their screening at a Quest Diagnostics Patient Service Center instead of at the workplace.

A report with the screening results will be mailed to each participant's home. For Aetna members who have the Aetna Personal Health Record, results will update automatically online.

Members can also enter their results in their Simple Steps To A Healthier Life® health assessment. They may then receive new program recommendations and customized messaging based on their results.

Help secure your future

Choose Aetna to help you get ready for the future of health care.

- Help your employees be fully engaged in their health and be more responsible for their lifestyle and health care decisions.
- Learn how your benefits can work together to enhance your bottom line and help improve your employees' well-being.

Give your employees an easy way to help take care of their health. Contact your Aetna representative today!



Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Ave., Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

Quest, Quest Diagnostics, and all associated Quest Diagnostics marks are the trademarks of Quest Diagnostics.

Health benefits and health insurance plans contain exclusions and limitations. Providers are independent contractors and are not agents of Aetna. Aetna does not provide care or guarantee access to health services. The CareEngine is a proprietary technology platform developed by ActiveHealth Management, an Aetna company. In conjunction with clinicians, the CareEngine continuously analyzes claims and other data against evidenced-based best practices and alerts the members and their physician about possible care gaps and other inconsistencies. The Aetna Personal Health Record ("PHR") should not be used as the sole source of information about the member's medical history. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. This material is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in Oklahoma include: HMO/OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

