



## Health & Wellness Services

**Thank you for participating in the Quest Diagnostics Biometric Screening Patient Service Center program for COSB. To assist you in obtaining your free screening, we have outlined the steps for you below:**

### **Step 1**

Quest Diagnostics labs are the only approved labs for your free health screening. Go to: <https://my.blueprintforwellness.com> in order to register for your appointment. The registration process will identify the closest labs to your area. You will need your registration key in order to begin the process.

**Registration Key: *COSB2015***

Please also see the below step by step screen shots of the appointment registration process.

### **Step 2**

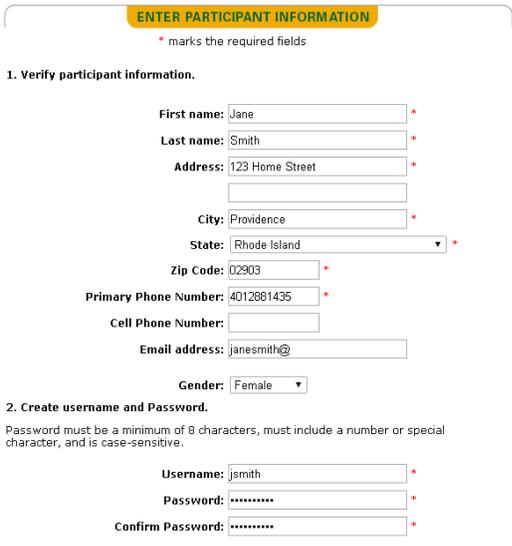
After registering and creating your Patient Service Center appointment, print your Blueprint for Wellness Confirmation page. Please retain and bring this confirmation page with you to your appointment. You can also add your appointment to your Outlook calendar for an appointment reminder.

### **Step 3**

Fasting is recommended for this test (9-12 hours – only water or black coffee and medication as prescribed).

### **Step 4**

We will mail your results to the address provided in the registration process within 15 business days of your screening. Your results can also be accessed online through your profile that you created during the registration process. Your results will be available online 3-5 days following your screening. Please visit <https://my.blueprintforwellness.com>.

<p><b>Step 1</b></p>	 <p>are the <b>only</b> approved labs for your Know Your Numbers health screening.</p> <p>Log on to: <a href="https://my.blueprintforwellness.com">https://my.blueprintforwellness.com</a></p> <p>Enter the registration key in order to begin the process.</p> <p>Registration Key: <b>COSB2015</b></p>
<p><b>Step 2</b></p>	 <p>Enter your First Name, Last Name, and Date of birth. Then again to confirm. Then enter your DOB. Use (MMDDYY) format when entering DOB. Then click submit.</p> <p>You will see the following message:</p> <p>“There is no record matching this combination of First Name, Last Name, Date of Birth and DOB”</p> <p>Click Submit again to confirm your participant information and proceed to the next screen.</p>
<p><b>Step 3</b></p>	 <p>Complete with your home address and zip code.</p> <p>You will have the opportunity to change the zip code to accommodate your travel/work schedule.</p>

<p><b>Step 4</b></p>		<p>Click "Continue"</p> <p>On the next page you must agree to the terms.</p> <p>Click "I Accept"</p>																																										
<p><b>Step 5</b></p>	<p style="text-align: center;">Schedule Appointment</p> <p style="text-align: center;"><b>Would you like to schedule an appointment at a Patient Service Center?</b></p> <p>Yes, I would like to schedule an appointment <input type="button" value="YES"/></p> <p>No, I would rather visit on a walk-in basis <input type="button" value="NO"/></p> <p style="text-align: center;">Wait time for Walk-ins is up to 20 minutes.</p> <p style="text-align: center;"><input type="button" value="PREVIOUS"/></p>	<p>You <u>MUST</u> select "schedule and appointment"</p> <p>Walk-ins <u>will not be accepted</u> for the Lab Voucher process.</p>																																										
<p><b>Step 6</b></p>	<p style="text-align: center;">Locate Patient Service Center</p> <p><small>This locator helps you find the Patient Service Centers most convenient for your appointment in the United States. Please enter a zip code to search for Patient Service Centers that are within 50 miles of the entered zip code.</small></p> <p><small>"Walk-In Only" indicates that appointment scheduling online is not available for that Patient Service Center</small></p> <p><small><b>PLEASE NOTE, NOT ALL PSCS CAN PROVIDE MEASURED BIOMETRICS (HEIGHT, WEIGHT, BLOOD PRESSURE, WAIST CIRCUMFERENCE). IF YOUR PROGRAM REQUIRES THOSE MEASURED VALUES, PLEASE SELECT A SITE WITH "YES" IN THE BIOMETRICS COLUMN IF THERE IS ONE AVAILABLE.</b></small></p> <p>Zip Code: 02903 <input type="button" value="FIND"/></p> <table border="1"> <thead> <tr> <th>Distance</th> <th>Location</th> <th>Address</th> <th>Saturday Hours</th> <th>Biometrics?</th> <th></th> <th></th> </tr> </thead> <tbody> <tr> <td>1.02 Miles</td> <td>Quest Diagnostics</td> <td>1 Randall Sq, Providence, RI 02904-2709</td> <td>No</td> <td>Yes</td> <td>more info</td> <td>Schedule</td> </tr> <tr> <td>2.96 Miles</td> <td>Quest Diagnostics</td> <td>1352 Smith St, Providence, RI 02911-3349</td> <td>No</td> <td>Yes</td> <td>more info</td> <td>Schedule</td> </tr> <tr> <td>3.46 Miles</td> <td>Quest Diagnostics</td> <td>407 East Ave, Pawtucket, RI 02860-5299</td> <td>No</td> <td>Yes</td> <td>more info</td> <td>Schedule</td> </tr> <tr> <td>3.62 Miles</td> <td>Quest Diagnostics</td> <td>232 School Street, Pawtucket, RI 02860-5324</td> <td>Yes</td> <td>Yes</td> <td>more info</td> <td>Schedule</td> </tr> <tr> <td>4.13 Miles</td> <td>Quest Diagnostics</td> <td>1145 Reservoir Ave, Cranston, RI 02920-6055</td> <td>No</td> <td>Yes</td> <td>more info</td> <td>Schedule</td> </tr> </tbody> </table>	Distance	Location	Address	Saturday Hours	Biometrics?			1.02 Miles	Quest Diagnostics	1 Randall Sq, Providence, RI 02904-2709	No	Yes	more info	Schedule	2.96 Miles	Quest Diagnostics	1352 Smith St, Providence, RI 02911-3349	No	Yes	more info	Schedule	3.46 Miles	Quest Diagnostics	407 East Ave, Pawtucket, RI 02860-5299	No	Yes	more info	Schedule	3.62 Miles	Quest Diagnostics	232 School Street, Pawtucket, RI 02860-5324	Yes	Yes	more info	Schedule	4.13 Miles	Quest Diagnostics	1145 Reservoir Ave, Cranston, RI 02920-6055	No	Yes	more info	Schedule	<p>You may change zip codes to find a lab in a different location than your home address.</p> <p>The system will automatically locate a PSC based on the zip code populated in the system.</p> <p>Please select a site with <u>"Yes"</u> in the <u>biometric column.</u></p> <p>Click "Schedule"</p>
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## Step 7

### Setup appointment

Quest Diagnostics  
1 Randall Sq  
Providence, RI 02904-2709

May		June 2014						July
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
25	26	27	28	29	30	31		
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	1	2	3	4	5		

- Sunday Jun 8 No Appointments
- Monday Jun 9 No Appointments
- Tuesday Jun 10 No Appointments
- Wednesday Jun 11 No Appointments
- Thursday Jun 12 -- select
- Friday Jun 13 -- select
- Saturday Jun 14 No Appointments

PREVIOUS CONTINUE

Select your appointment date and time, then click "Continue"

You will receive a confirmation page with your appointment details.

You **MUST** bring your confirmation page with you to your scheduled appointment.