



## 2024 BSSP Retiree Health Screening Program FAQ

### Who is eligible to participate in a health screening and receive a \$25 Amazon Award?

Retirees and covered family members over age 18 currently enrolled in a BSSP+SISC non-Medicare Retiree medical plan are eligible. At this time those covered under the CompanionCare Medicare Supplement plan are not eligible.

### Is an appointment required?

Yes! Appointments are required regardless of how you receive your screening. Walk-ins will not be accepted.

### When will I receive my \$25 Amazon Award?

The Amazon awards will be sent by email to the email address on file within 30 days of the completed screening. If thirty days have passed, you may contact Quest to inquire on status.

### How do I know if there is a Quest Patient Service Center nearby?

After you register on the Quest Portal, you will have the option to schedule at a Patient Service Center and view all facilities nearby your zip code.

### Do I need to fast before my screening?

Fasting is encouraged for the most accurate results, but it is not required.

### What will I learn as part of my health numbers?

- ✓ Body Mass Index (BMI) calculation
- ✓ Height, Weight, Blood Pressure, Waist Circumference
- ✓ Glucose
- ✓ Total Cholesterol including HDL, LDL, TC/HDL ratio
- ✓ Triglycerides

Participants who meet BMI/age criteria without a diabetes diagnosis will also receive their A1c number within 5 days of the screening.

### What is the age and BMI criteria needed for a free A1c test?

<u>BMI</u>	<u>Age</u>
30-34.9	45+
35-39.9	35+
40.0+	18+

### How do I contact Quest?

Contact Form: [My.QuestForHealth.com/ContactUs](https://my.questforhealth.com/ContactUs)

Email: [Wellness@QuestDiagnostics.com](mailto:Wellness@QuestDiagnostics.com)

Phone: 1.855.6.BE.WELL (1.855.623.9355)

Monday-Friday: 7 a.m. – 7 p.m. Central Saturday:

7:30 a.m. – 2 p.m. Central

### For more FAQs related to the screenings and the Quest portal:

<https://my.questforhealth.com/mobile/info/faq>

To schedule your screening: <https://my.questforhealth.com> (Your Registration Key is Butte2024)