



Rockwall County Wellness Plan Participation

Dear Member,

Participation in the Rockwall County Wellness Plan keeps your healthcare premiums at the lowest possible level.

To be a Rockwall County Wellness Plan participant for 2018, employees and covered spouses must have a blood draw at a Quest Diagnostics® Patient Service Center (PSC) and an annual physical with their physician, OB/GYN or Helping Hands between January 1, 2017 and October 31, 2017. Please complete the following steps:

1. Schedule an appointment online by visiting My.QuestForHealth.com for a blood draw and biometric wellness screenings at a Quest Diagnostics location convenient for you (there are two in the Rockwall/Rowlett area). If you are already enrolled with Quest from last year, **enter your username and password** under "Returning User Sign In". If you did not register last year, click on **Register Now** and use the following login information:

Registration Key: Rockwallcounty

Unique ID: last 4 digits of Social Security number

Date of Birth

- If you have any questions regarding registration, please contact the Participant Service Center by email at Wellness@QuestDiagnostic.com or by phone at 855-623-9355.
 - Remember to fast (no eating any food or drink other than water) between 9 to 12 hours prior to your blood draw. Drink plenty of water. Take all medications as prescribed by your physician.
 - Quest Diagnostics will forward your results to PrimeDX.
2. Make an appointment with your in network physician for an annual physical. (Any out of network charges will be the employee's responsibility.)
 - **CHANGED FOR 2017!!** You will no longer be required to take the Healthcare Provider Signature Form with you to your physical. Boon Chapman will have the ability to run a report to determine who has obtained their wellness physical for the year. You will want to make sure that your doctor's office codes the visit appropriately reflecting a wellness visit.
 - Discuss with your physician cancer screenings and immunizations that are recommended for your age and gender (please ensure you obtain a physician order for these services, if applicable). Additionally, discuss with your physician maintenance prescription drug treatment (if any) for certain chronic diseases.

NOTE:

- You may request to have your blood draw results sent directly to your physician during the scheduling process. Take the blood draw results with you to your physical to discuss with your physician.
- If you provide an email address to Quest Diagnostics you will receive an email when your results are ready, usually within 3 – 5 days.
- A comprehensive report of your screening results will be mailed directly to your home address by Quest Diagnostics in approximately 3 weeks.

If you have any questions, please contact Human Resources at 972-204-6187 or 972-204-6188.

DEADLINE FOR BLOOD DRAW AND PHYSICAL – October 31, 2017