

Healthier You – Biometric Screening Program

As part of the Healthier You Rewards Program, Williamson County has partnered with Quest Diagnostics to offer a convenient option for obtaining your biometric screening. Completing a biometric screening is one of goals in the 2021 Healthier You Rewards Program.

- Eligible employees can earn a \$50 reward in 2021! If you are a covered employee on one of the Williamson County medical plans, you are eligible to participate. To earn the incentive, the Cigna Health Assessment must be completed first.
- The screenings are categorized as preventive care so it will be 100% covered on your Cigna medical plan. A Biometric Screening includes cholesterol, blood pressure, blood glucose screenings and body mass measurements. A biometric screening does not take the place of an annual physical with your Primary Care Physician.

Quest Service Centers

Biometric screenings are available at a Quest Patient Service Center. There are several locations in the middle Tennessee area including one in Cool Springs. When you set your appointment, you can choose the location that is convenient to your home or work.

You will receive an email when your results are ready to view online. Your printed report will arrive in the mail 2-3 weeks after your screening.

If you wish to schedule an appointment, go to: <https://my.questforhealth.com>

- *New participants that are registering for the first time should create an account on the right side of the Quest login page. Use registration key **WCG2021** to register.*
- *Returning participants that completed their biometric screening with Quest Diagnostic last year, please log into their existing account to schedule your appointment. If you forgot your login you can reset it on the login screen.*

With a Physician

It is also possible to complete your biometric screening with your Physician. The Wellness Screening form is located on myCigna.com. Once you login, go to the Wellness tab and then click on Incentive Awards. The Wellness Screening Form can be found on the right side of the page. Your physician's office can fax or mail the form to Cigna or it can be scanned and uploaded on myCigna.com. Your physician should complete the Wellness Screening Form using recent lab results. The form needs to include all required screening values and signatures.

Contact Rhonda Kleeman at healthier.you@williamsoncounty-tn.gov if you have questions.

**Incentives are considered taxable.*