

## How to Complete Your Biometric Screening

### Option 1 – at a Patient Service Center (PSC)

Quest Diagnostics has many convenient PSC locations across the State of Ohio.

#### Schedule a PSC appointment

- There is no need to fast for this screening. Take any regularly scheduled medications as usual and drink plenty of water to stay hydrated.
- You will receive an email when your results are ready to view online. Your printed report will arrive in the mail two to three weeks after your screening.

Visit <http://go.activehealth.com/betteryoubetterohio> to schedule a biometric screening.

### Option 2 – with a Physician

If you are unable to make an onsite or PSC appointment, have your physician complete a Physician Results Form.

#### Download a Physician Results Form

- Ask your doctor to complete it using recent lab results.
- Your doctor may charge a fee to complete the form. The Ohio Bureau of Workers' Compensation is not responsible for charges incurred by your physician.
- The form must include all required screening values and signatures. Make sure your doctor faxes the form to Quest Diagnostics by Nov. 15, 2019
- Your printed report will arrive in the mail two to three weeks after your screening.

Visit <http://go.activehealth.com/betteryoubetterohio> to download a Physician Results Form.

## Option 3 – with Qcard™

If you are unable to make an appointment, request at-home test materials to complete your screening.

### Request at-home test materials

- Request Qcard at-home test materials.
- Complete the at-home test by following the instructions included with the Qcard materials.
- Make sure you return your at-home test to Quest Diagnostics the same day you complete the at-home test.
- The last day to return your at-home test to Quest Diagnostics is **Nov. 30, 2019**.
- You will receive an email when your results are ready to view online.
- Your printed report will arrive in the mail two to three weeks after Quest Diagnostics processes your at-home test.

Visit <http://go.activehealth.com/betteryoubetterohio> to request a Qcard.

### Service Center: (855) 623-9355

Completing your biometric screening is easy and convenient. Your individual results are private and confidential and will not be shared with your employer or the Ohio Bureau of Workers' Compensation. You will receive current and accurate lab results that you can share with your doctor. We hope you take advantage of this free service.

**You can begin scheduling your screenings on Feb. 1, 2019.**