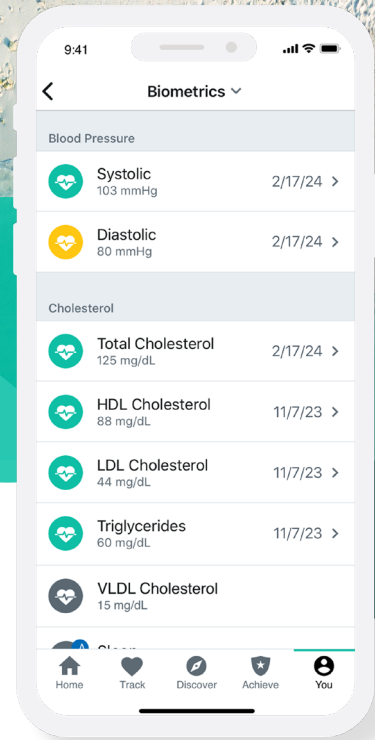


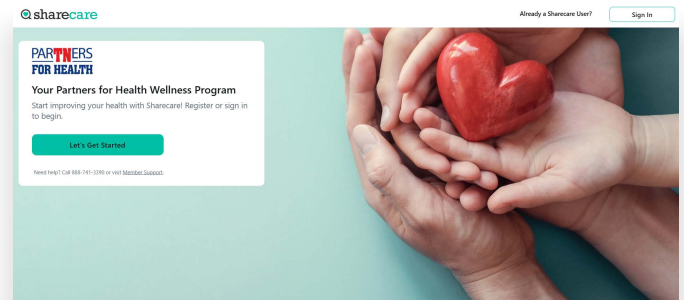
How to Download and Upload a Physician Results Form

To participate in a biometric screening, you must register for an account first by visiting stateoftn.sharecare.com.

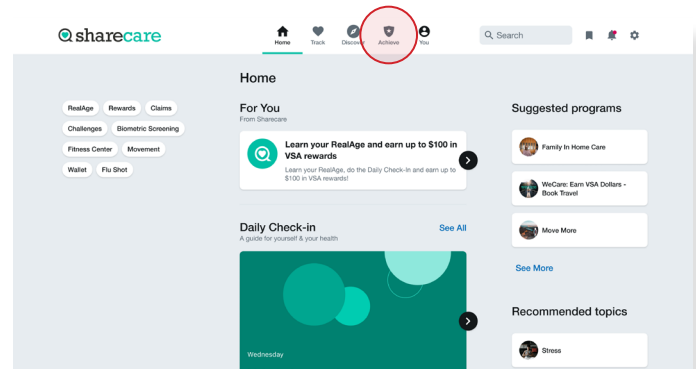
Follow these steps to download a Physician Results Form. Once downloaded, print this form and take it to your doctor to fill out during your biometric screening. Lab results from **Dec. 1, 2025 - Nov. 30, 2026** can be used toward incentive earnings*. You have until **Dec. 15, 2026** to submit the form.



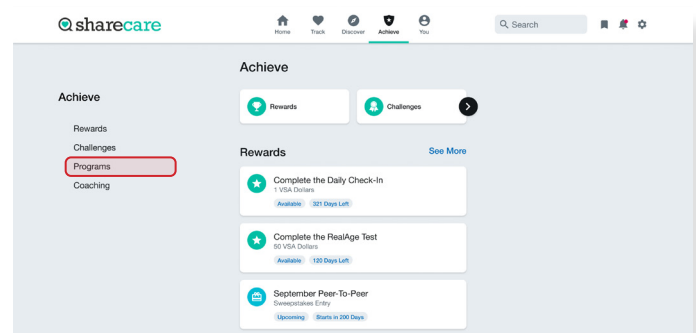
1 Sign up or log in to your Sharecare account.



2 Navigate to **Achieve**.



3 Click on the **Programs** tile.

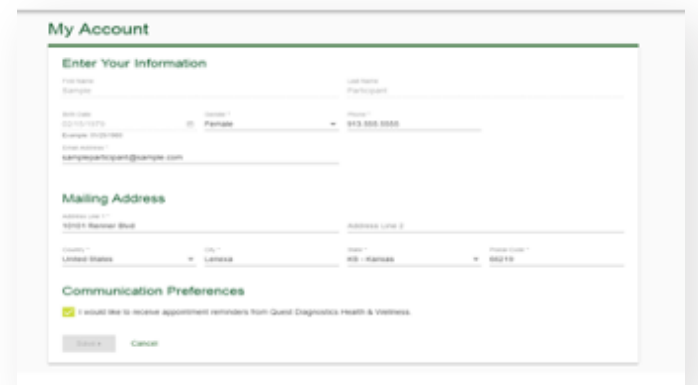
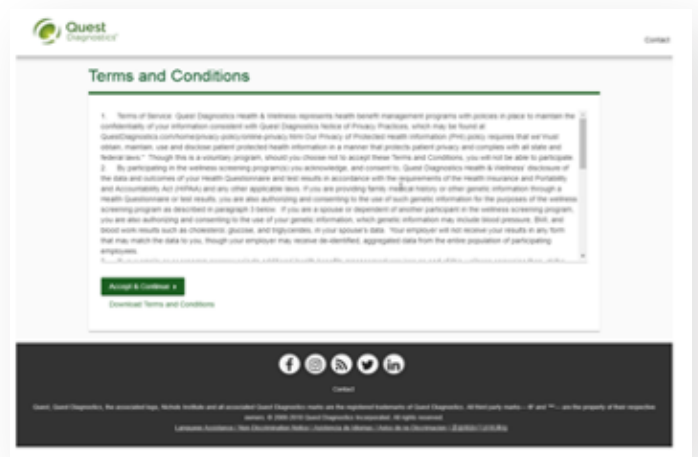
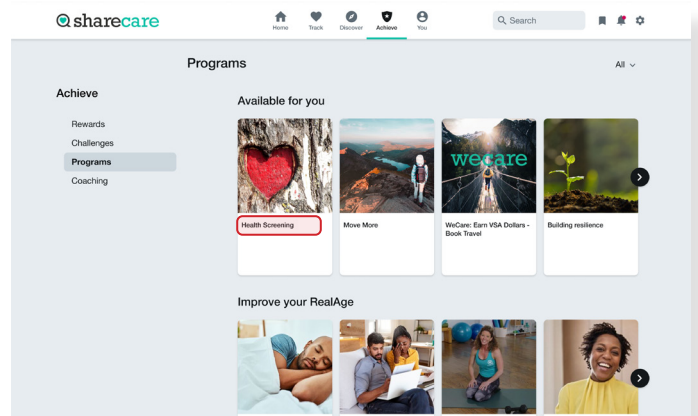


How to Download and Upload a Physician Results Form

4 Click on the **Health Screening** tile to be directed to the Quest site to download or upload your Physician Results Form. (First time users will see a welcome screen before being directed to the Quest site.)

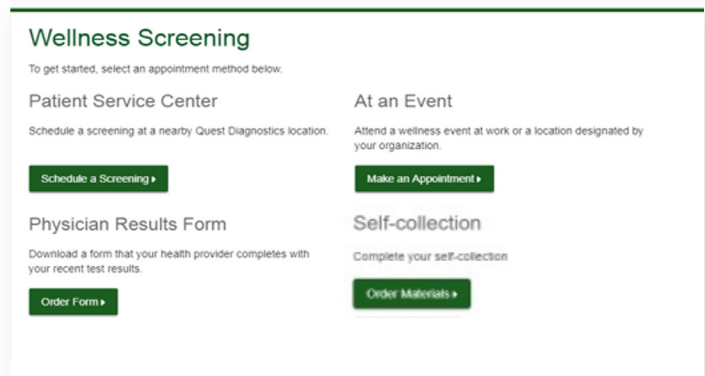
5 After reaching the Quest site, if this is the first time this year, you will need to accept the Terms and Conditions and the Sharecare Consent to continue.

6 Verify all your information under **Enter Your Information** and **Mailing Address**. Select if you would like to receive appointment reminders from Quest. Click **Save**.



How to Download and Upload a Physician Results Form

7 Once on home dashboard under **Wellness Screening**, click on **Order Form** under **Physician Results Form**.



Wellness Screening

To get started, select an appointment method below.

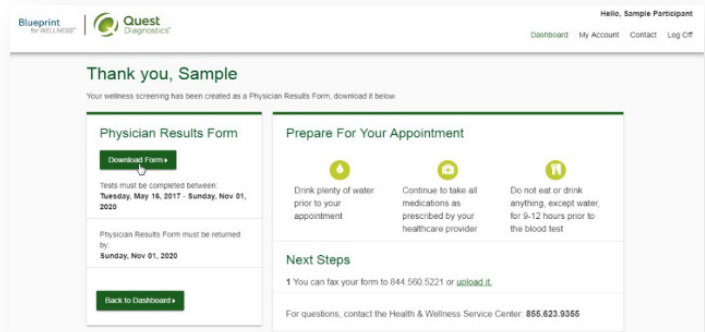
Patient Service Center
Schedule a screening at a nearby Quest Diagnostics location.
[Schedule a Screening](#)

At an Event
Attend a wellness event at work or a location designated by your organization.
[Make an Appointment](#)

Physician Results Form
Download a form that your health provider completes with your recent test results.
[Order Form](#)

Self-collection
Complete your self-collection
[Order Materials](#)

8 Once on the confirmation page, select the green **Download Form** button to download and print your personalized form.



Blueprint by WELLNESS | Quest Diagnostics

Hello, Sample Participant
Dashboard My Account Contact Log Off

Thank you, Sample
Your wellness screening has been created as a Physician Results Form, download it below.

Physician Results Form
[Download Form](#)
Tests must be completed between:
Tuesday, May 18, 2017 - Sunday, Nov 01, 2020
Physician Results Form must be returned by:
Sunday, Nov 01, 2020
[Back to Dashboard](#)

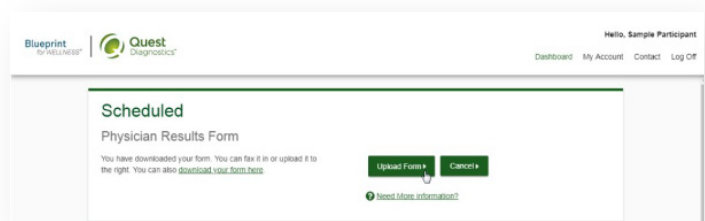
Prepare For Your Appointment

- 1 Drink plenty of water prior to your appointment
- 2 Continue to take all medications as prescribed by your healthcare provider
- 3 Do not eat or drink anything, except water, for 8-12 hours prior to the blood test

Next Steps
† You can fax your form to 844.560.5221 or [upload it](#).
For questions, contact the Health & Wellness Service Center: 855.623.9355

9 After your doctor completes the form, there are two options for submitting the form to Quest Diagnostics:

- You may fax the completed form to the fax number indicated on the form, or
- You may submit your completed form electronically using the **Upload Form** button on the dashboard



Blueprint by WELLNESS | Quest Diagnostics

Hello, Sample Participant
Dashboard My Account Contact Log Off

Scheduled
Physician Results Form
You have downloaded your form. You can fax it in or upload it to the right. You can also [download your form here](#).

[Upload Form](#) [Cancel](#)

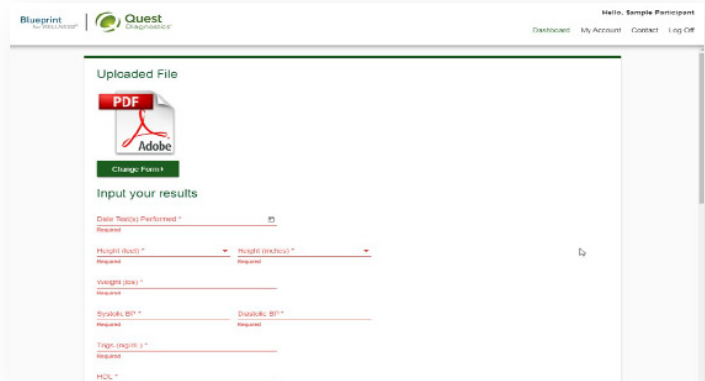
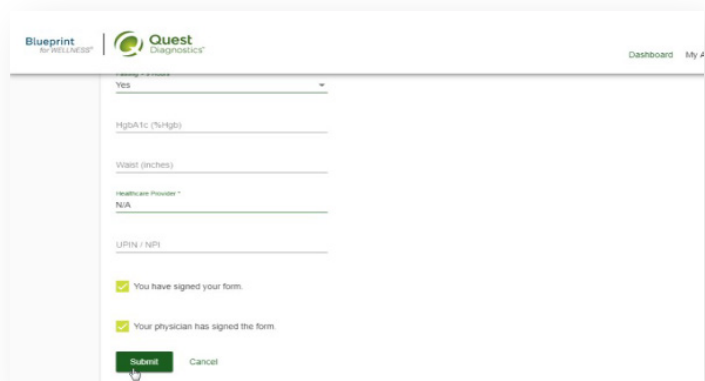
[Need More Information?](#)

How to Download and Upload a Physician Results Form

10 After selecting the Upload Form button on the dashboard, browse your computer for the completed Physician Results Form.

You will then arrive at this screen where you will need to validate your form by entering the measurements shown on your form.

11 After filling in all required information, select the **Submit** button. You will receive an email to let you know whether your form has been processed, or rejected for any reason.


Have questions? Call 888-741-3390, Monday - Friday 8 a.m. - 8 p.m. CT or visit sharecare.com/tnwellness/biometric-screenings.

All employees, spouses, adult dependents and retirees enrolled in medical insurance with Partners for Health can complete a biometric screening.

*Active state and higher education employees and spouses who are enrolled in medical insurance with Partners for Health will earn \$50 if you complete your screening by Nov. 30. If three out of four biometric screening lab values are in range, you will earn \$125. If your blood pressure targets are also in range, you will earn an additional \$25.

Note: You must complete the RealAge Test by Dec. 31 to earn your incentives. Once logged into your account, visit You > Your RealAge to get started.

Sharecare, Inc. is an independent company that provides health improvement and wellness services for the Partners for Health Wellness Program. Information provided by Sharecare is not a substitute for the advice or recommendations of your health care provider.