



# Know Your Numbers

Complete your biometric screening

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

When you know your numbers, you'll be able to see where your health stands today and where you can make improvements for a healthier future.

## Options to screen:

**At an Event** — Attend a screening at or near your work, if available.

**Visit a Patient Service Center** — Quest Diagnostics has 2,200 convenient PSC locations across the country.

**Download a Physician Results Form** — Download this form through Quest Diagnostics and bring to your doctor to fill out all your health numbers from a recent physical. Return the form via fax or upload through the Quest site.

**Order an At-Home Kit** — If you feel more comfortable staying home, request self-collection materials to complete your screening.

All screenings must be completed from Jan. 1, 2024 - Nov. 30, 2024.

## To sign up:

Visit [stateoftn.sharecare.com](https://stateoftn.sharecare.com).

1. Select **Achieve, Programs** and **Health Screening**.
2. You will then be directed to the Quest Diagnostics Health & Wellness site to schedule and/or alter your PSC or onsite appointment, request an at-home kit, or download/upload your Physician Results Form.

Biometrics may also be accessed through your Sharecare account via the Benefits Hub.

## Be ready for the screening:

- Drink a lot of water.
- Keep taking your medications, as prescribed, the day of your screening.
- Show up a few minutes before your scheduled time.

Have questions? Call **888-741-3390, Monday - Friday 8 a.m. - 8 p.m. CT** to learn more or visit [sharecare.com/tnwellness/biometric-screenings/](https://sharecare.com/tnwellness/biometric-screenings/).

