

Wellness Screening for First Time Employees

New enrollees in LSS medical plans are provided discounted medical premiums for the first six months of their coverage. To keep those same discounts beyond their first six months of coverage, the employee (and their spouse if covered) must complete their biometric screening and earn the wellness credit during that first six months. Employees can start this process as soon as the first Monday following their start date – there is no need to wait the full 6 months.

How does an employee (& spouse) earn wellness credit?

Step 1: Register in the Quest portal

First time visitors must enroll and create their account by following these steps:

- Visit My.QuestForHealth.com
- In the Create Account area (green box), enter your Registration Key: lutheranseniorservices2023
- Click the Register Now button
- When prompted, enter your Unique ID: Employee ID (Spouses' Unique ID will be the Employee ID with an "S" added to the end, e.g. 123456S)
- Complete the screens that follow to finish the registration process
- Once you've registered, you'll arrive at the dashboard
- Under Wellness Screening, select an option to schedule your screening

Step 2: Complete your Biometric Screening

Complete a biometric screening in one of three ways:

- Off-site at a participating Quest lab year-round
- Through the mail with an "at home screening kit"
- Submit lab work from your own physician using official Quest form (this option may cost you money out-of-pocket)

Whichever option you choose, you must register for that option in your Quest portal.

Step 3: Engage with A Healthcare Professional If You've Not Obtained a Green Checkmark for at least Three of the Five Health Metrics

Review your biometric screening results in your Quest portal and see if they've qualified you for the full premium discount. If all your results fall within the desired ranges, you'll see a green checkmark next to each of the five health metrics.

If you don't have a green checkmark by 3 or more of the health metrics, you have two options: Engagement Form" (available on the LSS Benefits site under the wellness section [here](#)) to your doctor so they can confirm that they're aware of these particular out-of-range results and that your doctor completes this form, submit it to Quest via the email address or fax number indicated on the form for a green checkmark(s) and the discount continuation.

OR

Use 98point6 for a virtual, one-on-one health consultation with a healthcare professional where you will discuss your metrics and receive a health report and action plan following the consultation. This is a convenient way (with no cost to you) to earn the green checkmarks necessary for the insurance discount.

Health Assessment	Outcome
Triglycerides	Less than 150 mg/dL
LDL Cholesterol	Less than 130 mg/dL
HDL Cholesterol	Male: Greater than or equal to 40mg/dL Female: Greater than or equal to 50mg/dL
A1C	Between 4.0-5.6% of total Hgb
Blood Pressure	Systolic: Less than 130 mmHg Diastolic: Less than 85 mmHg

Did you miss completing these steps in your first six months of coverage? Don't worry... It's never too late to complete these steps and earn these points. Act now and don't delay! **Please note: no screenings are available in June.*

If you have questions... Talk to your HR Director or call Quest at 855-623-9355.