

# How to Complete Your Wellness Screening

## With the Physician Results Form

Download a Physician Results Form at <https://www.myuhc.com>.

- From the Rally Rewards page, select “Register” next to the activity named “Complete a Biometric Screening” to access the Physician Results Form.
- Click on “Download Form” to select the Physician Results Form.
- Download and print off the form on the confirmation page.
- Take the form with you to your provider between January 1 - November 30, 2019 and ask your doctor to complete it using recent lab results (your doctor may charge a fee to complete the form).
- The form should include all of the screening values requested on the form and signatures.
- Make sure you fax or upload the completed form; or, your provider fax the completed form back to Quest Diagnostics by **12/31/2019**.
- You will receive an email when your results are ready to view online.

To prepare for your Provider visit, please remember:

- Do NOT eat or drink (other than water) 8-12 hours prior to the appointment.
- Drink 2 glasses of water during the 2 hours prior to the appointment.
- Make sure to wear loose-fitting sleeves.
- The Physician Results Form is open and available to UHC covered employees and spouses only, 18 years of age or older, at no cost.

**Completing your wellness screening is easy and convenient with the Physician Results Form.  
We hope you take advantage of this service that is available at no additional cost to you.**