

# 2019 JPMC Wellness Screening & Assessment

Quest Diagnostics is JPMorgan Chase’s new Wellness Screening vendor. Employees and covered Spouses/Domestic Partners will need to register on the Quest Wellness Screening Portal and create an account in order to schedule a Wellness Screening for the 2019 fall Wellness campaign.

The new deadline to complete a Wellness Screening and Wellness Assessment this year is **Friday, November 22, 2019**.

Do not wait until the deadline to complete your Wellness Screening and Wellness Assessment. By getting both a free biometric Wellness Screening and completing an online Wellness Assessment by Nov. 22, 2019, you’ll save \$500 in 2020 medical payroll contributions and earn money in your 2020 Medical Reimbursement Account (MRA).

And when your covered spouse/domestic partner completes both these activities By Nov. 22, 2019, you’ll save an additional \$500 in 2020 medical payroll contributions (for a total of \$1,000) and earn even more money in your 2020 MRA.

Additional information about the Wellness Screening and Wellness Assessment can be found on My Health > Learn about your Wellness Screening and Assessment.

## JPMC Wellness Screening Portal Guide & FAQs

*Detailed steps on how to navigate the JPMC Wellness Screening Portal are outlined below.  
Please also refer to Frequently Asked Questions on the last page of this document.*

### Contents

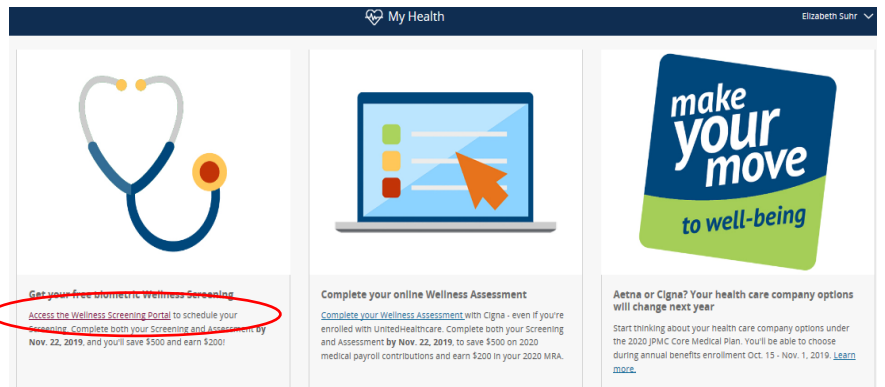
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## Accessing the Wellness Screening Portal:

### Employee:

Access via the My Health Page:

- Type [go/myhealth](http://go/myhealth) into your intranet browser
- Select “Access the Wellness Screening Portal”



### Spouse/domestic partner:

Access via the My Health Page:

- <https://myhealth.jpmorganchase.com>
- Select “Wellness Screening Portal”

OR

Direct Access:

- [My.QuestForHealth.com](http://My.QuestForHealth.com)

### Welcome to **My Health** for JPMorgan Chase!

This portal has information that can help you lead a healthier life and understand your health care options. Find the appropriate site for you below

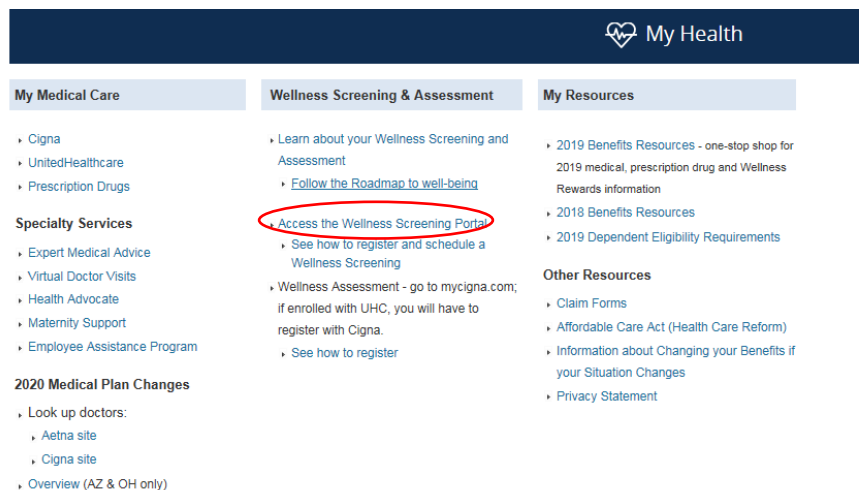
Find your site:

Current/Former Employees:

Login Here

Covered spouses, domestic partners and dependents of employees:

[Arizona & Ohio Residents](#)  
[Other U.S. Residents \(not Arizona or Ohio\)](#)  
[Retirees & Medicare Eligible LTD \(All States\)](#)



## First Time Registration - Employee

1. When you enter the Quest Diagnostics Health & Wellness Screening Portal, for the first time, you will need to accept the Quest Diagnostics/JPMC Terms and Conditions
2. Scroll to the bottom and select the Accept & Continue button

### Terms and Conditions

1. Terms of Service: Quest Diagnostics Blueprint for Wellness represents health benefit management programs with policies in place to maintain the confidentiality of your information consistent with Quest Diagnostics Notice of Privacy Practices, which may be found at [QuestDiagnostics.com/home/privacy-policy/online-privacy.html](https://QuestDiagnostics.com/home/privacy-policy/online-privacy.html). Our Privacy of Protected Health Information (PHI) policy requires that we "must obtain, maintain, use and disclose patient protected health information in a manner that protects patient privacy and complies with all state and federal laws." Though this is a voluntary program, should you choose not to accept these Terms and Conditions, you will not be able to participate.

2. You are participating in a voluntary screening program, and by your participation you freely and voluntarily assume any risks associated with the screening process. You must be 18 years of age or older. You consent to the collection of a blood sample from a fingerstick or from the arm; measurement of blood pressure, height, weight, waist and/or hip measurements; as well as the collection of a cheek swab or blood sample for the purpose of cotinine testing to detect tobacco use, as applicable. You understand that collection of a blood sample involves certain potential risks which may include but are not limited to: prolonged bleeding, fainting or feeling lightheaded, bruising and multiple sticks. If the program includes the reporting of results at the point of collection, this data should be considered preliminary, they are screening assessments only. The instrument used onsite may yield results that vary from what would be reported if the same testing was performed by the laboratory on a specimen obtained from your arm.

By participating in the wellness screening program(s) you acknowledge and consent to Quest Diagnostics' Blueprint for Wellness' policies

Accept & Continue ▶

[Download Terms and Conditions](#)

Then create your account:

3. Verify/complete all of the information under Enter Your Information
  - Please note that an email address is required
4. Verify/complete all of the information under Mailing Address
5. Select if you would like to receive appointment reminders from Quest Diagnostics Health & Wellness
6. Select the green Save button to continue to the dashboard

Blueprint for Wellness | Quest Diagnostics

Hello, Sample Participant

[Schedule an Appointment](#) [My Account](#) [Contact](#) [Log Off](#)

### My Account

#### Enter Your Information

First Name Sample		Last Name Participant	
Birth Date 02/15/1979 Example: 01/25/1980	Gender * Female	Phone * 913.555.5555	
Email Address * sampleparticipant@sample.com			

#### Mailing Address

Address Line 1 * 10101 Renner Blvd		Address Line 2	
Country * United States	City * Lenexa	State * KS - Kansas	Postal Code * 66219

#### Communication Preferences

☒ I would like to receive appointment reminders from Quest Diagnostics Health & Wellness.

[Save](#) [Cancel](#)

## First Time Registration – Spouse/Domestic Partner

The first time a spouse/domestic partner enters the Quest portal, they will need to create an account.

- Under the green Create Account area:
  - Enter the Registration key: JPMC
  - Select Register Now

Blueprint for WELLNESS | Quest Diagnostics

Log In

Username \*

Password \*

Log In

Forgot your username or password?

Create Account

Registration Key \*

Located in a communication from your company

Register Now

**Transform your health**

Biometric screening results can provide powerful insights into your health and risks you may not currently recognize. Register and complete your screening to know your numbers, transform your health, and [write the story of your life](#).

- They will need to accept the Quest Diagnostics/JPMC Terms and Conditions.
- Scroll to the bottom and select the Accept & Continue button

**Terms and Conditions**

1. Terms of Service: Quest Diagnostics Blueprint for Wellness represents health benefit management programs with policies in place to maintain the confidentiality of your information consistent with Quest Diagnostics Notice of Privacy Practices, which may be found at QuestDiagnostics.com/home/privacy-policy/online-privacy.html. Our Privacy of Protected Health Information (PHI) policy requires that we "must obtain, maintain, use and disclose patient protected health information in a manner that protects patient privacy and complies with all state and federal laws." Though this is a voluntary program, should you choose not to accept these Terms and Conditions, you will not be able to participate.

2. You are participating in a voluntary screening program, and by your participation you freely and voluntarily assume any risks associated with the screening process. You must be 18 years of age or older. You consent to the collection of a blood sample from a fingerstick or from the arm; measurement of blood pressure, height, weight, waist and/or hip measurements; as well as the collection of a cheek swab or blood sample for the purpose of cotinine testing to detect tobacco use, as applicable. You understand that collection of a blood sample involves certain potential risks which may include but are not limited to: prolonged bleeding, fainting or feeling lightheaded, bruising and multiple sticks. If the program includes the reporting of results at the point of collection, this data should be considered preliminary, they are screening assessments only. The instrument used onsite may yield results that vary from what would be reported if the same testing was performed by the laboratory on a specimen obtained from your arm.

3. By participating in the wellness screening program(s) you acknowledge, and consent to, Quest Diagnostics' Blueprint for Wellness' electronic

Accept & Continue

Download Terms and Conditions

- Under Confirm Your Eligibility, enter your full SSN/ITIN (full number, no dashes) as the Unique Identifier, and relationship to the organization.
  - SSN/ITIN (Individual Taxpayer Identification Number) is used to validate program eligibility.
  - Relation should be Non-Employee (for spouse/domestic partner and for company couples – who are employees covered on JPMC medical plan as a dependent)
  - Note: if the spouse/domestic partner of a company couple (on JPMC medical plan) tries to enter the Quest Portal via Single Sign On (SSO) they will receive an error message.

1 Confirm Your Eligibility 2 Create Account 3 Enter Your Information

**Confirm Your Eligibility**

Please enter your full Social Security Number (SSN). This will serve as your unique identifier for program eligibility. Individuals without an SSN, please enter the Employee's SSN.

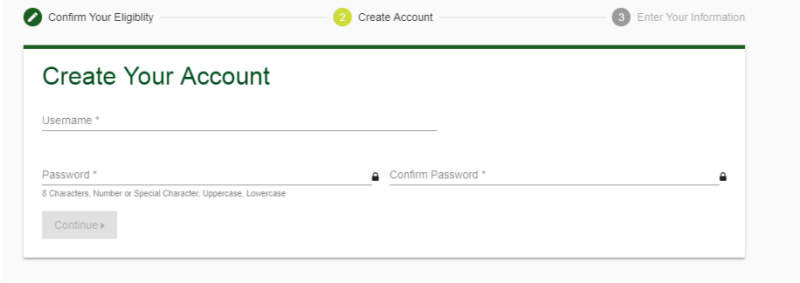
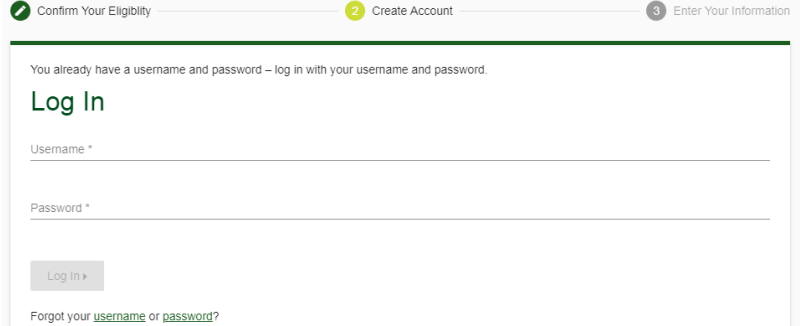
SSN \*

Relation

Employee

Non-Employee

Continue

<ul style="list-style-type: none"> <li>For spouses/DPs without a SSN/ITIN – they must enter the Employee’s SSN.</li> </ul> <p>4. Select the green Continue button</p>	
<p>5. Create a username and password to log in to your account</p> <ul style="list-style-type: none"> <li>The password must be at least 8 characters long, include a number or special character, and include at least 1 uppercase and 1 lowercase letter</li> </ul> <p>6. Select the green Continue button</p> <p><b>Note:</b></p> <p>You will use this username and password to log onto the Quest portal each time. Please keep this information where you can locate it again.</p>	
<p>7. The system will recognize if you previously registered and already created a username and password.</p> <ul style="list-style-type: none"> <li>A message will appear letting the participant know their email is already associated with an account and they should log back in to the account they previously created.</li> </ul>	

## Scheduling a Wellness Screening

1. Once on the dashboard, you can select one of five screening options that work for you by clicking the green box under the screening option.

### Wellness Screening

To get started, select an appointment method below.

#### Quest Patient Service Center

Schedule a Wellness Screening at a nearby Quest Diagnostics location including Quest sites in retail locations.

[Schedule a Screening](#)

#### JPMC Events - Onsite Wellness Screenings

Schedule a screening at select JPMC locations.

[Make an Appointment](#)

#### JPMC Health & Wellness Center (Blood Pressure Coaching)

Schedule Blood Pressure Coaching at a JPMC Health & Wellness Center.

[Make an Appointment](#)

#### JPMC Health & Wellness Center (Wellness Screening)

Schedule a Wellness Screening at a JPMC Health & Wellness Center.

[Make an Appointment](#)

#### Physician Screening Form

Download a form that your health provider completes with your recent screening results.

[Order Form](#)

#### CVS Screening Voucher

Download and print a screening voucher to redeem at participating CVS MinuteClinic locations for a wellness screening.

[Order Voucher](#)

2. If you select the JPMC Events – Onsite Wellness Screenings option, events will automatically populate near your home zip code.

- You may change this to your work zip code or any JPMC building if you are traveling

3. To schedule an appointment – click on Select under the location

#### Note:

You will have to register for a screening and a flu shot separately again this year. See the flu immunization section on the Quest portal.

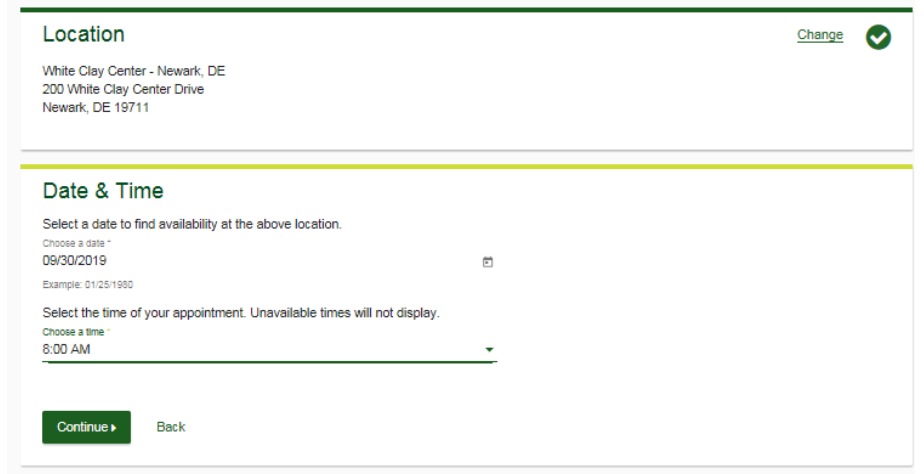
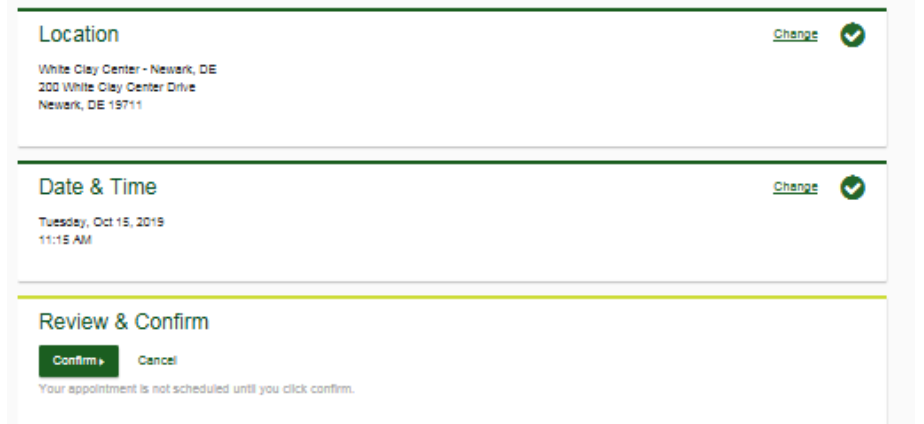
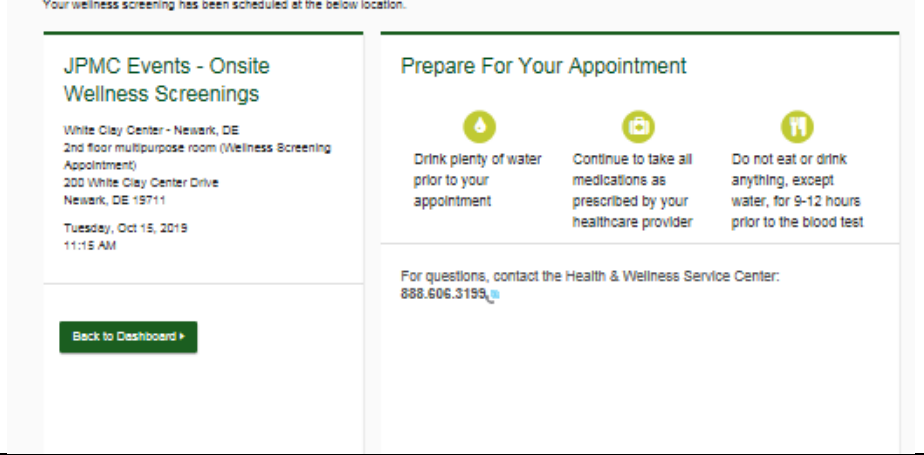
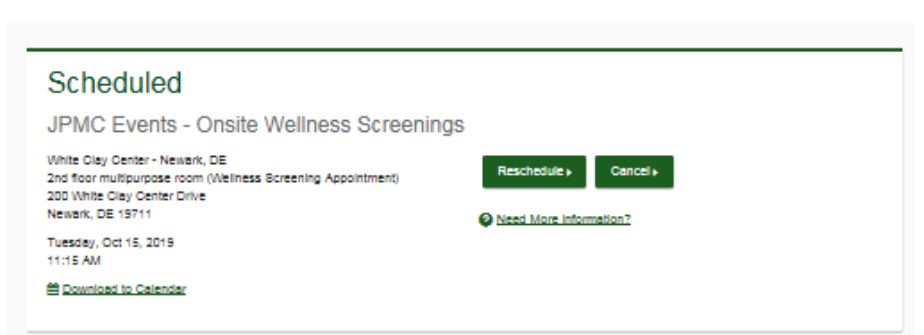
#### Location

Zip Code  
19713

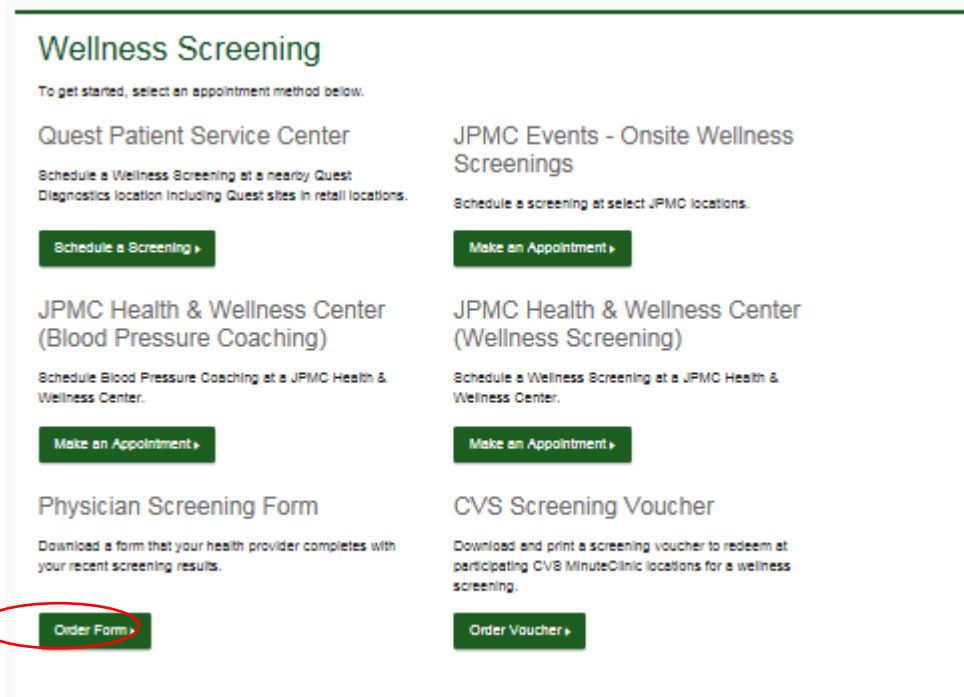
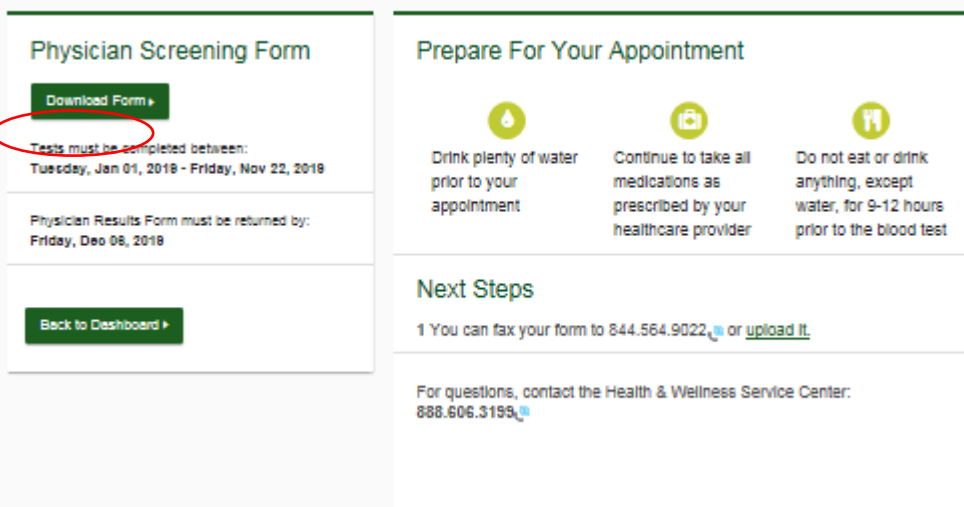
[Search](#) or [Use Your Location](#)

Search Results "19713"

White Clay Center - Newark, DE 200 White Clay Center Drive Newark, DE 19711	<a href="#">Select</a>
Iron Hill Building 4041 Ogletown Road Newark, DE 19713	<a href="#">Select</a>
NCC3 500 Stanton Christiansa Road Newark, DE 19713	<a href="#">Select</a>

<p>4. Choose the date that you would like.</p> <ul style="list-style-type: none"> <li>• Scroll over the dates. Dates with available appointments will be indicated with green circle.</li> <li>• Click on the date</li> </ul> <p>5. Choose the appointment time from drop down menu and then click Continue</p>	
<p>6. Review the location, date and time of your screening appointment.</p> <p>7. Click Confirm if all is correct.</p>	
<p>8. Appointment is confirmed</p>	
<p>9. Click on the Back to Dashboard where you can reschedule or cancel your appointment</p> <p><i>User can change or cancel appointment from this page up to 24 hours prior to the appointment date.</i></p>	

## Downloading a Physician Form

<p><b>Both Employees &amp; Spouses/domestic partners have access to the Wellness Screening Portal and will need to create/log in to their own account to download their own form/voucher.</b></p> <p><b>All physician forms will be pre-filled with the user's information.</b></p>	
<ol style="list-style-type: none"> <li>Click on Download Form.</li> <li>Form will open in another screen.</li> <li>Print form</li> </ol>	



5. If after downloading the Physician form you decide you would like to make an appointment for an onsite Wellness Screening instead, in the Scheduled section at the top of the Quest portal you will need to select cancel to make an appointment.

**Scheduled**

**Physician Screening 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?](#)

## Uploading a Physician Form

***Only Physician forms can be uploaded to the Quest portal. Quest will receive Lab and CVS results directly and automatically send those to your healthcare company. Screenings completed at the JPMC Health & Wellness Centers will be faxed to Quest by the H&WC staff. You do not need to bring a form with you to the JPMC Health & Wellness Centers.***

1. From the home page in the Scheduled section click on the 'UPLOAD FORM' button

**Note:**

- You may also fax your form to 844-564-9022.
- The processing of the faxed form will take up to 10 days.
- For Chase Branch employees – you can fax your form from:
  - A Chase Branch using the eFax interface,
  - A JPMC location OUTSIDE a Chase Branch or
  - Externally (e.g. home, Staples, library)

**Scheduled**

**Physician Screening 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?](#)

2. You will be required to manually input your screening results in each field. The form will not be processed if there is any missing info.
3. Click Submit
4. You will receive an email as notification whether your form has been processed, or rejected for any reason
5. You will be able to access your results on the Wellness Screening portal within 2 days.
6. Once the screening results appear on the Quest portal they will automatically be sent to the JPMC healthcare company.

### Input your results

Date Test(s) Performed \*   
Required

Height (feet) \* Height (inches) \*  
Required Required

Weight (lbs) \*  
Required

Systolic BP \* Diastolic BP \*  
Required Required

Trigs (mg/dL) \*  
Required

HDL \*  
Required

Total Chol \*  
Required

LDL \*  
Required

Glucose (mg/dL) \*  
Required

Fasting > 9 Hours \*  
Required

Healthcare Provider \*  
Required

UPIN / NPI

☐ You have signed your form.

☐ Your physician has signed the form.  
Required

Submit Cancel

## Frequently Asked Questions

- ***My Spouse/Domestic Partner is being asked for a registration key, where can I find this?***
  - The registration key is JPMC.
- ***I am having difficulty accessing the Wellness Screening Portal from my computer; I am getting an error message.***
  - Please try to launch the portal using a different browser type (*For example, if you are currently using Internet Explore please switch to Firefox*).
  - If you are still having issues you can contact Quest at 888-606-3199.
- ***Where can I find a physician form or CVS voucher on the Wellness Screening Portal?***
  - Sign into the JPMC Wellness Screening Portal via My Health. Once on the main page, go to the Wellness Screening section and click on your desired option.
    - If you select the Physician form option, a pre filled form with your information will be generated.
      - Please note that the information on the form will be for the person who logged into the portal. For spouses/domestic partners, they need to log in as themselves to get the form with their information on it.
    - If you select a CVS Voucher, you will need to write your information on the voucher (except Unique ID) and hand the form to the provider at CVS.
      - Please note that the barcode is created just for you, so please do not share the voucher with your spouse/domestic partner. For spouse/domestic partners, they need to log in as themselves and download a CVS voucher.
  - You do not need a form for an on-site screening appointment or H&WC screening appointment.
  - If after downloading the physician form or CVS voucher you decide you would like to make an appointment for an onsite Wellness Screening instead, in the scheduled section at the top of the Quest portal you will need to select cancel to make an appointment.

If there are questions please contact Quest:

(888) 606-3199 M-F  
7:00 a.m. – 6:00 p.m. ET  
[My.QuestForHealth.com](http://My.QuestForHealth.com)