

Be a guide to better health

Increase engagement with personalized reporting

The MyGuide to Health™ offers heightened personalization and flexibility to increase engagement and promote other relevant health improvement programs.

The MyGuide to Health maximizes the value of biometric health screening by focusing on participants' unique health risks and how to modify behaviors to improve screening results. Personalization, illustration, and simple language work together to convey essential and meaningful information in a way individuals can engage with and understand.



Interactive content

The MyGuide to Health features colorful, personalized imagery and content that apply to individuals based on their age, and gender, current health status, and previous results. Extensive consumer testing was conducted during development to ensure participant understanding of health content.

The print report is full-color and features fresh, inviting photography and illustrations that reinforce key points to improve health literacy. Page count is also variable based on the screening panel and additional tests selected. The print report empowers screening participants to take their next steps toward maintaining or improving their health.

The online report offers many of the same features and an exceptional level of interactivity that will bring screening results health risks to life.

**For more information visit
QuestForHealth.com or call
1.866.908.9441.**

Each section promotes understanding and action

The MyGuide is organized into sections that will maximize the participant's understanding of their personal results and how to improve them.

Key areas of focus – This section showcase the participant's priority risk factors. They are highlighted on the first page of the report for additional emphasis. Specific program information can also be integrated within this to connect the participant to other well-being resources available from their organization.

Screening results – Results are sorted by organ function in print, and may be sorted by function, or by in-range or out-of-range status online. This section features targeted content about improving or maintaining health status based on each participant's unique results.

Health conditions – The online version of this section offers grouped test results based on their roles in four common health conditions (Metabolic Syndrome, heart disease, hypertension, and type 2 diabetes). This section demonstrates how individual risk factors combine to create the possibility or presence of these conditions.

Impacts – In this section, each participant can learn how their personal results can impact different organs. Participants can see how their current results affect their physical body and overall health. Participants can interact online with a dial that demonstrates the impacts of higher or lower result levels on their bodies as well.

Additional resources – This section can feature customized information to promote engagement in additional health and well-being offerings (e.g.: coaching services, cessation programs, and other Employee Assistance Programs). Integrating information about related services when it is most relevant can improve participant engagement.

For more information visit QuestForHealth.com or email PopulationHealth@QuestDiagnostics.com.