Tips on
Wellness Testing

What is wellness testing?

Before you participate in wellness testing, it's important to know what wellness testing is! Wellness testing is a set of laboratory tests and measurements that are completed to give you a clear picture of your overall health.[1]

Why is wellness testing important?[1]

Wellness testing is important because it helps you keep an eye on your risk for disease, illness, and other health issues that can greatly impact your life and your loved ones' lives. Even if you don't feel sick or have any symptoms, it's important to participate in wellness testing annually to keep track of your health and manage any health complications you may have. When you understand what your overall health looks like, you're empowered to make informed lifestyle decisions!

What is included in wellness testing?[1]

Wellness testing includes a blood test to measure your total cholesterol and blood sugar, but it can also include more advanced testing if you suffer from a health complication or are experiencing symptoms of a health complication.

What do I do after wellness testing?[2]

After your wellness testing is complete and you receive your results, talk to your healthcare provider about what the results mean, and if you should be aware of any health concerns.

What do I do before wellness testing?[2]

Make sure to follow any special instructions before you participate in wellness testing. For example, do you need to fast before you get tested? If so, bring a snack and water for after you get tested.

Visit **Bridgetohealth.com** to find out more and connect to local programs and services

Bridge to Health
Connecting You to Local Resources

Bridge to Health is a community partnership program brought to you by Quest Diagnostics.

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[1] Biometric Screenings. Quest Diagnostics website. Accessed October 7, 2021. https://www.questforhealth.com/consider-this/biometric-screenings.
[2] Why get tested? Quest Diagnostics website. Accessed October 7, 2021. https://www.questdiagnostics.com/home/patients/about-testing/why-get-tested.

This information is not intended to diagnose health problems or take the place of professional medical care. Please consult your healthcare provider for a program that is right for you.