



# Annual Quest Wellness Program

**Your chance to participate ends February 21, 2025, so don't delay!**

Superior Ready Mix has teamed up with Quest Diagnostics again to offer you a confidential health assessment that helps you take the next step toward a healthier you. This is our thirteenth year offering the Quest Wellness Program and giving employees the opportunity to receive a large discount on their portion of medical premiums for participating.

The program will feature enhancements again this year, including three panels that give you insights into your kidney health, liver health, and A1C levels for diabetes or prediabetes. Additionally, to help you understand your results, Quest Diagnostics will provide three months of free access to medical providers to discuss your results and address any of your questions.

## Returning Participants:

- Visit [My.QuestForHealth.com](https://My.QuestForHealth.com) and enter your Username and Password from last year.
- If needed, there is a link to help you reset your Username and Password, or you may call Quest's customer service line at (855) 623-9355.

## First Time Participants:

- Visit [My.QuestForHealth.com](https://My.QuestForHealth.com) and register using the following:  
Registration Key: **SRM2025**  
Unique ID: **Your four-digit employee number**



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## Next Steps:

- Fully complete Quest's online **Health Questionnaire**.
- Schedule your **Wellness Assessment** (blood draw and recording of your height, weight, and blood pressure) at one of the Quest Patient Service Centers near you, keeping in mind you must fast (no food, only water for 9-12 hours) prior to your appointment.
- Save the appointment confirmation and take it with you the day of, along with a photo ID.
- As an alternate option, if you prefer to have lab work done by your primary care physician, you can have your doctor complete the Physician Results Form available for download at [My.QuestForHealth.com](https://My.QuestForHealth.com). Results must be submitted directly to Quest following the instructions on the form and must be received by Quest **no later than February 21, 2025**.
- After your lab work and questionnaire are submitted, a health report will be uploaded to your Quest account within 1-3 business days and mailed to your home within 2-3 weeks.

## Why Participate?

- Identifying your health risks is an important step toward a healthier you.
- Comparing results year to year shows if you're improving or still need work in certain areas.
- **Receive discounted rate on your medical premiums for plan year starting 4/1/2025.**
- The program is paid for by Superior Ready Mix.
- Your results are strictly confidential – Superior does not receive any individual results.

## Questions?

- Quest Customer Service (855) 623-9355 / Alissa in HR [benefits@superiorm.com](mailto:benefits@superiorm.com)