



## Award for 'Best Employer for Healthy Lifestyles' Given to Quest Diagnostics

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HealthyQuest Employee Wellness Program Features Unique  
Combination of Diagnostic Screening, Lifestyle Assessment and Health Education

LYNDHURST, N.J., May 10 /PRNewswire-FirstCall/ -- Quest Diagnostics Incorporated (NYSE: DGX), the leading provider of diagnostic testing, information and services, announced today that the National Business Group on Health, an association of 266 large U.S. employers, has awarded its 2007 Best Employers for Healthy Lifestyles Gold Award to the company for its HealthyQuest employee wellness program. This year's Gold Award improves on the Silver Award, given to the company in 2006 and 2005.

HealthyQuest gives individuals the information they need to make healthcare and lifestyle choices leading to better health. The program is based largely on the company's Blueprint for Wellness(TM) risk assessment service, which uses diagnostic screening to produce a personalized report identifying health risks and opportunities for improvement through different lifestyle choices. Between 2005 and 2006, Quest Diagnostics' HealthyQuest program helped nearly nine percent of its participants to lower substantially their health risks by adopting more healthful behaviors, such as quitting smoking and exercising more frequently. Today, more than 65 percent of participants have achieved an assessment rating that indicates a low risk of developing major health problems.

"We are very pleased to honor Quest Diagnostics for their support and dedication to providing a lifestyle improvement program for their employees," said Helen Darling, president of the Business Group. "Quest Diagnostics' leaders know the importance of supporting their employees' efforts to choose a healthful way of life."

"HealthyQuest has helped many of our employees to improve the quality of their health," said David W. Norgard, vice president, human resources, Quest Diagnostics. "Through HealthyQuest, employees learn how to adopt and maintain new behaviors leading to a more healthful lifestyle. Many of these behavioral strategies, such as tobacco cessation and stress management, can help them to prevent health risks from escalating into serious health conditions. Quest Diagnostics' approximately 2,100 patient service centers and expertise as the nation's leading diagnostic testing provider uniquely position us to implement successful wellness initiatives, both for our own employees as well as for the employees of our Blueprint for Wellness risk assessment clients."

### About HealthyQuest

The goal of HealthyQuest is to educate employees about their individual health risk factors and to encourage the adoption of new behaviors that will lead to better health. HealthyQuest encourages 41,000 employees and their spouses or domestic partners to participate in the company's Blueprint for Wellness health risk assessment service, which Quest Diagnostics also provides commercially to other businesses.

Through Blueprint for Wellness, participants complete a comprehensive survey each year to assess the impact of lifestyle choices, such as diet, stress management, driving and exercise habits, on health quality. Unlike most corporate employee wellness programs, Blueprint for Wellness also employs diagnostic screening for diverse medical conditions. The tests include Cardio CRP(TM), a blood test that can detect slight elevations of C-reactive protein associated with increased risk of cardiovascular disease.

Based on the results of the screening tests, biometric measurements and lifestyle survey, the company provides each participant with a confidential and personalized 20-page report that comprehensively analyzes her or his health status. The report also recommends specific healthcare and lifestyle strategies that participants can implement to lower their health risks and improve overall health. Armed with this information, HealthyQuest participants can access the initiative's diverse educational and support programs, which are managed by hundreds of employee volunteers, to make lifestyle changes. Programs include physical fitness, weight, and stress management resources, tobacco cessation counseling, and efforts to improve the healthful quality of food choices at onsite cafeterias and vending machines.

Since the program began, the number of participants to conduct a Blueprint for Wellness assessment offered through the HealthyQuest initiative has grown to approximately 30,000.

"The results have been phenomenal. Colleagues tell us that due to HealthyQuest, they are making important lifestyle changes, such as exercising regularly for the first time. Others credit the program with anticipating major medical problems, like diabetes, and helping them to halt destructive behaviors, such as smoking," said Fred R. Williams, director, health benefits management, Quest Diagnostics.

Williams and Dori Bontempo-Ziegler, program manager, HealthyQuest, accepted the award for the company at a ceremony held yesterday afternoon in Washington, D.C. The awards ceremony concluded a two-day Leadership Summit hosted by the National Business Group in the nation's capital.

### About the National Business Group on Health

The National Business Group on Health is the nation's only non-profit, membership organization of large employers devoted exclusively to finding innovative and forward-thinking solutions to their most important health care and related benefits issues. The Business Group identifies and shares best practices in health benefits, disability, health and productivity, related paid time off and work/life balance issues. Business Group members provide health coverage for more than 50 million U.S. workers, retirees and their families. For more information about the Business Group, visit [www.businessgrouphealth.org](http://www.businessgrouphealth.org).

### About Blueprint for Wellness

Quest Diagnostics' Blueprint for Wellness health-risk assessment service for businesses is designed to improve employee health and well-being and to control healthcare costs. Blueprint for Wellness provides a personal assessment report detailing health risks and opportunities for improvement based on the combined results of a survey of lifestyle and health habits, more than 30 laboratory screening tests, and biometric measurements. Quest

Diagnostics' 2,000 patient service centers and expertise as the nation's leading diagnostic testing provider uniquely position the company to provide screening services for employers. For more information, visit [http://www.questdiagnostics.com/employersolutions/health\\_and\\_wellness\\_es.html](http://www.questdiagnostics.com/employersolutions/health_and_wellness_es.html).

#### About Quest Diagnostics

Quest Diagnostics Incorporated is the nation's leading provider of diagnostic testing, information and services, providing insights that enable healthcare professionals to make decisions that improve health. The company offers the broadest access to diagnostic testing services through its national network of laboratories and patient service centers, and provides interpretive consultation through its extensive medical and scientific staff. Quest Diagnostics is the leading provider of esoteric testing, including gene-based medical testing, and provides advanced information technology solutions to improve patient care. For more information, visit [www.questdiagnostics.com](http://www.questdiagnostics.com).

The statements in this press release which are not historical facts or information may be forward-looking statements. These forward-looking statements involve risks and uncertainties that could cause actual results and outcomes to be materially different. Certain of these risks and uncertainties may include, but are not limited to, competitive environment, changes in government regulations, changing relationships with customers, payers, suppliers and strategic partners and other factors described in the Quest Diagnostics Incorporated 2006 Form 10-K and subsequent filings.

SOURCE Quest Diagnostics Incorporated

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