



National Business Group on Health Honors Quest Diagnostics as Platinum-Level Best Employer for Healthy Lifestyles

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HealthyQuest Program Recognized for Eighth Straight Year

MADISON, N.J., June 28, 2012 /PRNewswire/ -- The National Business Group on Health (NBGH) has honored Quest Diagnostics (NYSE: DGX), the world's leading provider of diagnostic testing, information and services, with its 2012 Best Employer for Healthy Lifestyles Award. This is the fourth consecutive year Quest Diagnostics has earned Platinum distinction, the highest level award, for its commitment to improving the health of employees and their families through its HealthyQuest wellness initiative.

"We are very pleased to recognize Quest Diagnostics for its ongoing commitment to providing lifestyle improvement programs that encourage healthy living among their employees," said Helen Darling, President and CEO of the National Business Group on Health. "Quest Diagnostics and its management team should be proud of their dedication and their recognition of the importance of promoting and maintaining a healthy workforce. We congratulate them on receiving this award."

Quest Diagnostics launched HealthyQuest in 2005, offering resources enabling employees to learn about their health risks and modify their lifestyles. At the center of HealthyQuest is the Blueprint for Wellness® health risk assessment service, which includes a panel of up to 30 laboratory tests. Personal health literacy is an essential component in reducing health risks. A recent [study](#) by Quest Diagnostics published in the peer-reviewed journal, *PLoS ONE*, found that 36 percent of first-time participants in a company-sponsored, lab-based wellness program were newly identified as at risk for high cholesterol, diabetes or chronic kidney disease. In 2011, more than 38,000 Quest Diagnostics employees and their spouses or domestic partners participated in Blueprint for Wellness screenings.

Employees are supported in reaching their goals for better health by hundreds of local employee health promotion volunteers sharing important health tips and information, and facilitating on-site programs such as tobacco cessation, weight loss and fitness, among others. Through the HealthyQuest initiative, Quest Diagnostics continued to reduce the number of tobacco users to less than 11 percent of employees compared to 19 percent of employees in 2004. Additionally, employees, spouses and domestic partners age 50 and older are offered the InSure® FIT™ fecal immunochemical test for colorectal cancer screening, helping the company to achieve an 85 percent colorectal cancer screening compliance rate.

"Quest Diagnostics is proud to be recognized as a Best Employer for Healthy Lifestyles for the eighth straight year and to earn Platinum distinction for the fourth year in a row," said David W. Norgard, Vice President, Human Resources. "Our HealthyQuest volunteers, employees, and leaders continue to develop a culture of health built on understanding our risks and making positive lifestyle choices to improve our well-being."

For more information about Blueprint for Wellness, visit www.BlueprintforWellness.com.

About Quest Diagnostics

Quest Diagnostics is the world's leading provider of diagnostic testing, information and services that patients and doctors need to make better healthcare decisions. The company offers the broadest access to diagnostic testing services through its network of laboratories and patient service centers, and provides interpretive consultation through its extensive medical and scientific staff. Quest Diagnostics is a pioneer in developing innovative diagnostic tests and advanced healthcare information technology solutions that help improve patient care. Additional company information is available at QuestDiagnostics.com. Follow us at Facebook.com/QuestDiagnostics and Twitter.com/QuestDX.

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 and to being the voice for large employers on national health care issues. The Business Group, whose 345 members include 64 of the Fortune 100, identifies, develops 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 55 million U.S. workers, retirees and their families. For more information, visit www.businessgrouphealth.org.

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