



## Quest Diagnostics Blueprint for Wellness® Earns URAC's Comprehensive Wellness Accreditation

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### Endorsement recognizes wellness program for commitment to excellence

MADISON, N.J., Aug. 21, 2012 /PRNewswire/ -- Quest Diagnostics (NYSE: DGX), the world's leading provider of diagnostic testing, information and services, announced today that its Blueprint for Wellness® health risk assessment service earned **Comprehensive Wellness Accreditation** by meeting the highest standards for education, care and service delivery from URAC, a Washington, DC-based organization that establishes quality standards for the health care industry.

"By applying for and receiving **Comprehensive Wellness Accreditation for its Blueprint for Wellness service**, Quest Diagnostics has underscored its strong commitment to quality health care," said Alan P. Spielman, URAC president and CEO. "We at URAC applaud organizations like Quest Diagnostics that seek to measure their services against national standards."

"We are proud to have earned URAC accreditation for our Blueprint for Wellness service for employers," said Harvey W. Kaufman, M.D., Quest Diagnostics Senior Medical Director. "This accreditation is a rigorous process that assures our clients that we are adhering to the highest industry standards."

The **Comprehensive Wellness Accreditation** requires an organization to develop documents that address the risk types and interventions associated with the wellness program, as well as define the expected outcomes. Blueprint for Wellness met accreditation standards including risk identification and risk awareness program components, such as the use of health risk assessments, interventions, integration, evaluation, performance measurement, and organizational quality.

Quest Diagnostics Blueprint for Wellness health risk assessment service for employers enables employees to learn about and take action around their personal health risks. The service includes a panel of up to 30 laboratory tests, a health questionnaire and biometrics. Each Blueprint for Wellness participant receives a personalized report with insights to their measures to help them take action to improve their health.

Personal health literacy is a key factor in reducing health risks. A recent [study](#) by Quest Diagnostics published in the peer-reviewed journal, *PLoS ONE*, found that one in three first-time participants in a company-sponsored, lab-based wellness program learned for the first time they were at high risk for high cholesterol, diabetes or chronic kidney disease -- all conditions for which early intervention and changes in health behaviors can improve health outcomes and reduce healthcare costs.

For more information about the Quest Diagnostics Blueprint for Wellness service for employers, visit [BlueprintForWellness.com](http://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](http://QuestDiagnostics.com). Follow us at [Facebook.com/QuestDiagnostics](https://www.facebook.com/QuestDiagnostics) and [Twitter.com/QuestDX](https://twitter.com/QuestDX).

### About URAC

URAC, an independent, nonprofit organization, promotes health care quality through its accreditation, education and measurement programs. URAC offers a wide range of quality benchmarking programs and services that keep pace with the rapid changes in the health care system and provides a symbol of excellence for organizations to validate their commitment to quality and accountability. Through its broad-based governance structure and an inclusive standards development process, URAC ensures that all stakeholders are represented in establishing meaningful quality measures for the entire health care industry. For more information, call (202) 326-3943, or visit [www.urac.org](http://www.urac.org).

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