



April 21, 2021

<FirstName LastName>
<Company (if appropriate)>
<Address>
<Address>
<City>, <State> <ZIP>

Dear <FirstName LastName>:

Recently Quest Diagnostics sent a letter to individuals, like you, who completed an at-home blood screening (Qcard) for Blueprint for Wellness in 2020. The letter explained that the screening may not have accurately measured two important health indicators, LDL cholesterol and glucose.

Quest Diagnostics notified Wespath of this concern after the results of all at-home screenings were compared to those taken through a blood draw at a Quest facility and found glucose and LDL cholesterol results from self-collection samples were significantly lower on average. This indicates that the at-home screening may understate LDL cholesterol and glucose.

What does this mean?

LDL cholesterol is often referred to as “bad” cholesterol because it collects in the walls of your blood vessels and a higher LDL cholesterol result could indicate a higher risk of heart disease.

Glucose is a type of blood sugar. A higher blood glucose level could indicate an increased risk of prediabetes or type 2 diabetes.

Based on Quest’s analysis, the LDL cholesterol and glucose results you received from your Blueprint for Wellness screening may have been approximately 20-unit points lower than they would have been had you been screened using the venipuncture method at a Quest laboratory. For example, if your glucose result from your at-home screening was reported as 85, a result from a venipuncture blood draw may have been 105, which would suggest a higher risk of diabetes. For LDL cholesterol, an at-home screening result of 115 might have been reported as 135 following a venipuncture blood draw, which may indicate a higher risk of heart disease.

For men and women age 20 and older, the target LDL cholesterol level is less than 100. A result between 100-129 is near optimal to above optimal and a reading between 130-159 is borderline high.

The remainder of your screening included other values that measure risk for heart disease and diabetes—including triglycerides, total cholesterol, HDL cholesterol, and Hemoglobin A1c (average blood sugar over the past 3 months). Quest has indicated that these measures are accurate.

What should I do about this?

As with all testing performed for Blueprint for Wellness screening, we encourage you to share your results with your healthcare provider. You may want to share the letter from Quest about the bias in LDL and glucose results as well.

If you have access to a local Quest laboratory for your 2021 Blueprint for Wellness screening, we recommend you consider that option instead of completing your screening at home for a more comprehensive and accurate test. However, if you wish to complete your screening at home due to lack of access or comfort with going to a local laboratory screening, **you are still welcome to do so.** While your LDL and glucose levels again may be understated, the remainder of your screening results should be accurate—including Hemoglobin A1c (average blood sugar over the past 3 months) and triglycerides, total cholesterol and HDL cholesterol (other measures of cardiovascular risk).

To schedule your 2021 Blueprint for Wellness screening, please register online through Virgin Pulse (virginpulse.com/login) or call the Quest Diagnostics Service Center at 1-855-623-9355, business days from **7:00 a.m. to 7:00 p.m., Central time.** Please complete your 2021 screening before August 31. If you have questions or concerns, please do not hesitate to contact the Quest Diagnostics Service Center at 1-855-623-9355.

Sincerely,

Wespath Benefits and Investments

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