

**Blueprint for Wellness is an annual activity for all health plan members.**

- All new hires have 3 months from their benefits effective date to complete their Blueprint for Wellness labs
- All nicotine free results will maintain their Ultimate Plan status
- All nicotine exposed results will be an automatic placement in the Best Plan

**Please see the below chart for further clarification on benefits effective dates and correlating lab draw due dates:**

<b>Benefits Effective Date</b>	<b>Lab Draw Due Date</b>
1/1/24 or prior	3/31/24
2/1/24	4/30/24
3/1/24	5/31/24
4/1/24	6/30/24
5/1/24	7/31/24
6/1/24	8/31/24

<b>Benefits Effective Date</b>	<b>Lab Draw Due Date</b>
7/1/24	9/30/24
8/1/24	10/31/24
9/1/24	11/30/24
10/1/24*	12/31/24
11/1/24*	1/31/25
12/1/24*	2/28/25

**\*Blueprint lab requests are accessible January 1st and close for the last 2 weeks of December**

For more information on the two available plans, Ultimate and Best, please visit our website at [www.manateeyourchoice.com](http://www.manateeyourchoice.com)

**Designated Lab Draw Sites:**

1. **Quest Patient Service Center (PSC)** *Must order an EREQ online for this location prior to arrival, by visiting [www.manateeyourchoice.com](http://www.manateeyourchoice.com) .*

*\*Online Appointment Scheduling available at time of completing your EREQ or call 1-855-623-9355.*

2. **All For Life** - EREQ's not available for this location. Upon arrival request a "Manatee/Blueprint for Wellness Test REQ".

- **MSO Personnel only** - *Appointments Preferred* - Call: (941) 780-6161, x103.
  - **Location:** MSO OPS
  - **Day/Time:** Tuesday/Thursday, 7:30am-10:30am
- **Open to all MYC Health Plan Members** - *Online Appointments Required*
  - **Location:** All For Life, State Rd 64 location (5307 SR-64 E, Bradenton)
  - **Day/Time:** Monday - Thursday 8:00am - 4:00pm.
  - Book Now by visiting our website at [www.manateeyourchoice.com](http://www.manateeyourchoice.com)