

# Tips for Accurate QUEST Results



Quest lab results tied to Health First Health Bucks program!

## Remember to Fast and Drink Water!

- Do not eat or drink for at least 9 hours prior to appointment except water and medications.
- Drink plenty of water - hydration is key for venipuncture.

## BMI: Height & Weight

- Remove shoes and anything that adds weight such as work gear, cell phones, etc.
- Stand up tall when measuring height - don't slouch!

## Blood Pressure

- Sit with your back supported and legs uncrossed.
- Put the cuff on your bare arm - cuff over clothing can read higher.
- Take a few deep breaths before your blood pressure reading. It can lower your blood pressure up to 5 points.
- Silence is key. Conversation and active listening can cause a higher reading. If the tech is talking to you while taking your blood pressure, ask him/her to please be quiet and re-take after a couple of deep breaths.
- Ask the tech about your blood pressure reading before they document it. If it is higher than normal, ask them to re-take. Take a few deep breaths again for about 30 seconds before re-testing.

## Confirm Values Before You Leave

- If something doesn't sound right, ask them to re-test before you leave!

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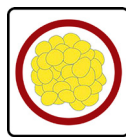
## Health First Lab Values Include:



Body Mass Index  
(BMI) <30



HDL Cholesterol  
≥40 mg/dL (men)  
≥50 mg/dL (women)



Triglycerides  
<150mg/dL



Blood Pressure  
<130/85 mmHg



Fasting Blood  
Glucose  
<100 mg/dL

When you receive your results, if 3 or more values are out of range, make an appoint for a personalized plan to improve lab values while earning Health Bucks by visiting <https://manatee.timetap.com>.