

# How to Complete Your Wellness Screening

## With Qcard

In this unprecedented time, it is even more important to practice well-being and tend to your personal health, including completing your biometric health screening. The At-Home Test has been added to your employer's biometrics program. You can complete this self-administered screening option in the privacy and safety of your own home. It's simple and convenient.

To order your screening materials now, visit <https://www.myuhc.com/>

- Click on the **Health Resources** tab
- Scroll down to the **Programs** section and select the **Get Screened** program tile
- You will arrive at the Quest site. Complete the screens that follow to finish the registration process
- On the dashboard, select the at-home test screening option in the **Wellness Screening** section
- Complete the at-home test by following the included instructions you receive in the mail

Have questions? Watch this [video](#) to learn more!