

# Healthy Rewards Step-By-Step Guide

## Complete a Biometric Screening utilizing the Quest Patient Center

**Earn \$200**

### Step 1: Log in to your CareFirst Wellbeing Account



Create or Log in to your CareFirst wellbeing account.

- Go to [carefirst.com/wellbeing](https://carefirst.com/wellbeing) or scan the QR Code.
- Click on “Log in or Register”

### Step 2: Navigate to the Biometric Screening Options

Click “Achieve” > “Rewards” > Complete a Biometric Screening > View Screening Options > Quest Patient Service Center

### Step 3: Review Instructions

Review the Instructions and select “Schedule a Screening.”

### Step 4: Terms and Conditions

Review the terms and conditions and click “Accept & Continue.”

- Verify your information and communication preferences.

### Step 5: Select Screening Type

Select “Schedule a Screening” under the **Quest Patient Service Center Lab** option

- If you are an employee, you will see two options; Quest Patient Service Center Lab and Nestlé Onsite Screening.
- If you are a spouse/domestic partner, you will only see the Quest Patient Service Center Lab option

### Step 6: Schedule Your Screening

- Enter your **zip code** to locate a Quest Patient Center near you.
- Select the **location** you wish to schedule at and click “Continue.”
- Choose the **date & time** and click “Continue.”
- Confirm your appointment by clicking “Confirm.”

### Step 7: Prepare for your Appointment

- **FASTING REQUIRED.** Do NOT eat or drink anything, except water, for 9 - 12 hours prior to the blood test
- Drink plenty of water prior to your appointment
- Continue to take all medications as prescribed by your healthcare provider

Please select an option to complete your Health Screening

- Primary Care Provider
- CVS MinuteClinic (Appointments required at select locations).
- Onsite Screening
- Quest Patient Service Center

Next

### Questions/Issues?

 1-833-502-9928, Option 3

 [customersupport@carefirstwellbeing.com](mailto:customersupport@carefirstwellbeing.com)

 Visit [Healthworksatnestle.com](https://healthworksatnestle.com) for full details

**Cancel or change your Quest Patient Center appointment,** follow the steps above or contact Quest Patient Center Customer Service at 1-866-697-8378

**Results will be uploaded into your CareFirst Wellbeing Account within 1 - 2 weeks of your appointment.**

You must be an active U.S. NesCARE benefits-eligible employee (Hourly regularly scheduled to work 30+ hours or Salaried working 20+ hours, as defined in the NesCARE SPD) with a first day of work on or before October 19, 2026. You and your spouse/domestic partner must be enrolled in a Nestlé medical plan in 2027, and you and your spouse/domestic partner must have registered for your CareFirst WellBeing account by November 30, 2026. Spouses/domestic partners who are benefits-eligible must be on record with the Nestlé HR Service Center by October 19, 2026. Healthy Rewards are divided per paycheck throughout 2027. If your employment ends during 2027, your Healthy Rewards credit will cease. Participants with a CareFirst WellBeing account with steps processed by CareFirst WellBeing by October 31, 2026, should start receiving Healthy Rewards in January 2027. Participants with a CareFirst WellBeing account with steps processed by CareFirst WellBeing no later than November 30, 2026, should start receiving Healthy Rewards in February 2027. The Healthy Rewards deadline is November 30, 2026, at 11:59 p.m. Eastern Time.