

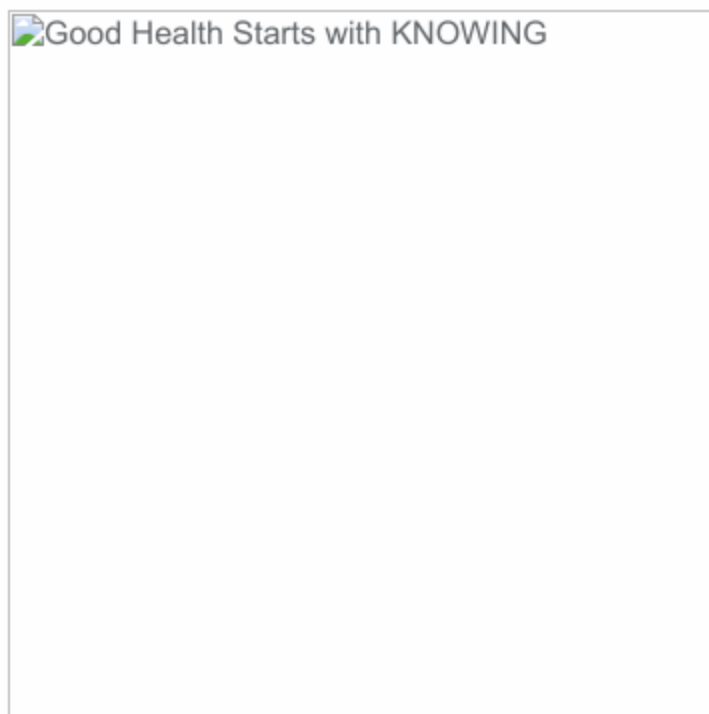
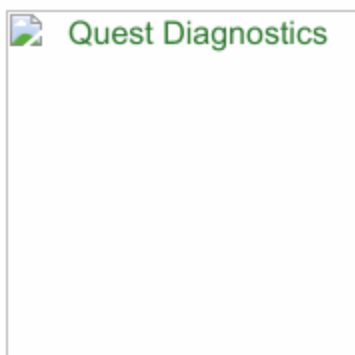
From: Quest Diagnostics <PatientCommunications@questdiagnostics.com>

To: jeevacation@gmail.com

Subject: JEFFREY, here's how to better track your health

Date: Sun, 22 Jan 2017 19:56:10 +0000

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January 2017



Life is about more than resolutions to live well.
It's about reasons to live fully.

 Life is about more than resolutions to live well. It's about reasons to live fully.

2017 is full of reasons to live well. Like family and friends, first steps and favorite activities. We want to help you be there for as many of your reasons as possible. To truly understand what's best for your health this year, evaluate more than what you can see.

How do you know if your health-related resolution is actually helping you get healthier?

Go beyond your pants size or total steps.

Those numbers are important, but they're only one part of your health story. Knowing if you're within healthy ranges will empower you to make or maintain the right changes for your best health.

 Request blood work - **KNOWING** your health levels helps turn resolutions into results.

Numbers to regularly KNOW this year include:

- Cholesterol

- Blood pressure
- Body mass index
- Glucose (blood sugar) level

"It's good news that many of the most prevalent causes of death or disability are preventable," said Jon R. Cohen, MD, SVP and Group Executive - Diagnostics Solutions. "But the only way to know if what you're doing is making a difference is to regularly check your numbers."

Take control by asking your doctor about the best tests for you. Good health—and a great year—start with KNOWING.

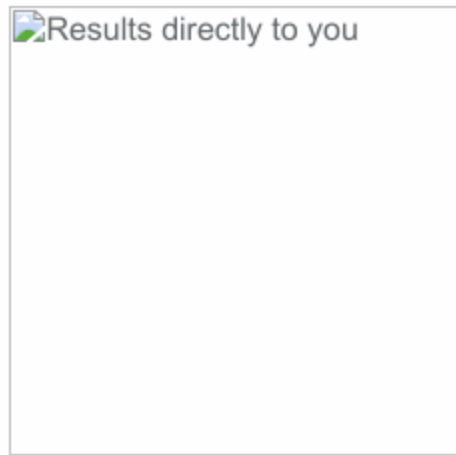
Results directly to you

Use MyQuest™ to receive your results on your smartphone, tablet, or desktop.

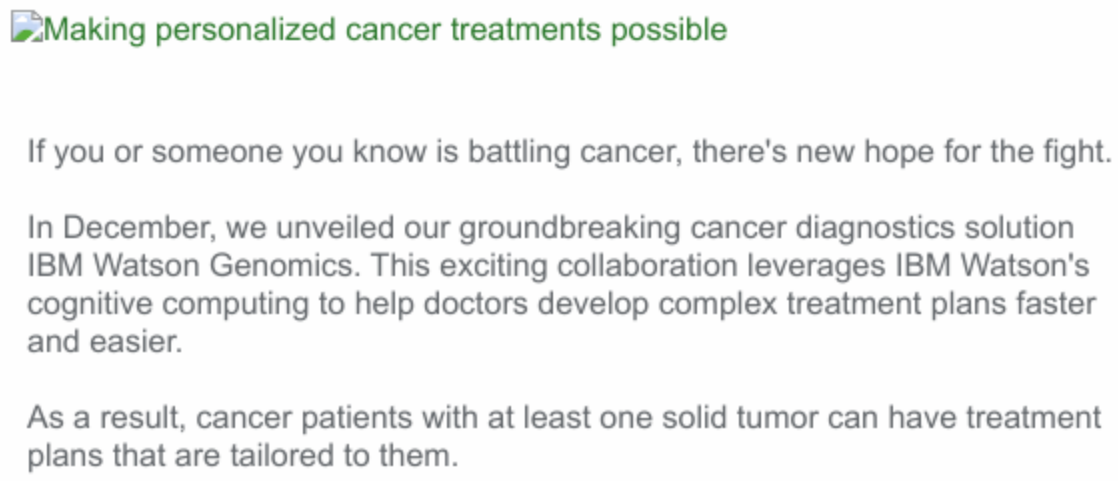
Already have MyQuest? Get Advanced Access™

Easily track important changes in your health since January 1, 2010, with expanded results and exclusive features through your MyQuest account. All for a one-time fee of \$9.99.

[Purchase now](#)

A rectangular box with a thin black border. At the top left corner, there is a small icon of a document with a green checkmark. To the right of the icon, the text "Results directly to you" is written in a green, sans-serif font.

Making personalized cancer treatments possible

A rectangular box with a thin black border. At the top left corner, there is a small icon of a document with a green checkmark. To the right of the icon, the text "Making personalized cancer treatments possible" is written in a green, sans-serif font.

If you or someone you know is battling cancer, there's new hope for the fight.

In December, we unveiled our groundbreaking cancer diagnostics solution IBM Watson Genomics. This exciting collaboration leverages IBM Watson's cognitive computing to help doctors develop complex treatment plans faster and easier.

As a result, cancer patients with at least one solid tumor can have treatment plans that are tailored to them.

[Learn more](#)



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