

# Here's what you can expect at the Tackle Your Testing health event

Quest Diagnostics

**TACKLE****YOUR TESTING**

Get back in the game

**1**

## Register only for what you need

**Have health concerns? Talk to a doctor**

Doctors from **Tampa Family Health** will be onsite to talk with you about any health concerns you may have, and will recommend any tests you may need.

**Feeling good and want to catch up on testing?****Get comprehensive health screening**

Safely performed to give you a clear picture of your overall health, the screening will take approximately 10-15 minutes and will include:

- Blood drawn by a licensed phlebotomist
- Measurements of height, weight, calculated Body Mass Index (BMI), blood pressure

**2**

## Schedule a follow-up doctor's visit

Once your lab work is completed, we will work with you to schedule an appointment with your doctor or a doctor at Tampa Family Health to discuss your test results and any recommended follow-up. **Your results are confidential and will only be reported to you (via MyQuest™) and your doctor.**

**3**

## Sign up for MyQuest™ today to get your results

Our free and secure tool makes it easy to get your test results, schedule appointments, track your health history, and more, all in one place. Create your free account [here](#)

# Get back in the game!



We expect these health events to be very popular, so you may have to wait a bit. Even in our waiting areas, we're focused on keeping everyone healthy.

- Face masks required
- Social distancing
- No-contact temperature checks
- Frequent cleaning



**While you wait or after you're done,** Optional nutritional counseling and food assistance will be provided during the health event by **Feeding Tampa Bay**



Find an event near you at  
**TackleYourTesting.com**