



## Knowing Your Numbers Can Improve Your Health

Understanding your blood pressure, blood sugar, BMI, and cholesterol levels, can help you live healthier. That's why United Rentals, in partnership with Quest Diagnostics, is providing FREE biometric screenings for employees.

### New for 2026: **3 Steps** to Your Wellness Incentive

U.S. employees enrolled in a United Rentals medical plan can receive a total of \$1,000 credit toward their 2027 medical premiums by completing ***all three*** steps by Dec. 31, 2026.

1. **NEW:** Employees and spouses enrolled in a UR medical plan must log in to the Quantum app on their UR or personal cell phones or online at [myurhealth.com](http://myurhealth.com).



2. Employee only: Complete your biometric screening by choosing one of these options:

- Attend an on-site event near you. Check with your branch/office for details.
- Visit a Quest Diagnostics Center. Log in to your personal Quest account to schedule an appointment. Access Quest from [my.UR.com](http://my.UR.com), scroll down and select the Quest Wellness tile in your Employee Toolbox.
- Schedule an annual physical exam with your doctor. Preventive care is free! Download the Physician Results Form from your Quest Diagnostics account. Have your doctor complete the form and Fax or upload the form to Quest.

3. Employee only: Complete the 10-minute online HRA, available on your Quest Diagnostics account.

Access your Quest Diagnostics account at [my.questforhealth.com](http://my.questforhealth.com) to get started (Registration Key = UR).

Questions? Contact Quest at **855-623-9355**.

