## Simple Steps to Testing Good Health Es Tu Poder

When it comes to your health，Quest Diagnostics ${ }^{\circledR}$ is here for you．Follow these simple steps to complete the testing process and take control of your health．


Schedule your appointment
With more than 170 Patient Service Centers（PSCs）across Texas， it＇s easy to find a Quest location．Visit the PSC locator at
QuestDiagnostics．com／EsTuPoderTexas to find your PSC and to schedule your appointment or call 888．277．8772．


## Prepare for your test

Some tests require you to fast beforehand．Ask your physician or visit QuestDiagnostics．com／EsTuPoderTexas to find out how to prepare．


## Visit your Quest PSC

At your PSC，you will be greeted by our professional medical staff． They will take your sample and send it to a state－of－the－art Quest lab to be tested by our highly trained technologists．

## Get your results

After being tested，your results are sent to your doctor and can be easily accessed by downloading the MyQuest App ${ }^{\text {M }}$ ．Schedule a follow－up appointment with your doctor to discuss what＇s best for your health．

For more tools to help take control of your health，visit： QuestDiagnostics．com／EsTuPoderTexas

## How to pay for your testing

Financial responsibility may vary based on your insurance．If you are uninsured，
financial assistance may be available．
Learn more about your payment options at QuestDiagnostics．com

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