



DO YOU KNOW YOUR NUMBERS?

Know Your Numbers. Control Your Risk. Build Your Future.

Learn your blood pressure, blood sugar, body mass index, and cholesterol levels, all important markers of your overall health and wellness. In partnership with Quest Diagnostics, United Rentals wants every employee to know and understand these numbers to build a better, healthier future.

Follow these steps to get your numbers — every U.S. employee is eligible for a free screening, regardless of medical plan enrollment.

Wellness Incentive for 2025

U.S. employees enrolled in a UR Medical Plan: Earn a \$1,000 wellness incentive in 2025 by completing the biometric screening AND the Health Questionnaire by December 31, 2024.

Steps to Know Your Numbers

1

Register/review your quest account at [My.Questforhealth.com](https://my.questforhealth.com).

Registration Key = UR. Or From the my.UR.com home screen, scroll down to Apps to Quest Wellness (Apple) and use your UR network ID/password.

2

Complete your biometric wellness screening by:

- Attending an onsite event at a branch or office near you.
- Visiting a Quest Diagnostics Service Center.
- Engaging your doctor during your annual exam. Make sure to bring your Physician Results Form (located in your Quest Diagnostics account) to your visit to receive credit (if eligible).

3

Complete your 10-minute online health questionnaire available on your Quest Account.

Access your Quest account to get started!
(Registration Key = UR) Need assistance?
Contact Quest at 855.623.9355.

[CLICK HERE TO LOG IN](#)



The privacy of your health information is important to you - and United Rentals. You can be sure that your personally identifiable health information is protected and secure, and complies with privacy regulations outlined in the Health Insurance Portability and Accountability Act (HIPAA). United Rentals receives no individual identifiable health information.