

Biometric Screening Registration Instructions

Start at Vitality:

- Go to www.powerofvitality.com and enter your username and password.
- On the Home Page, click **Health Profile > Vitality Check**
- Under **Quick Links** click **Schedule your Vitality Check with Quest (US)** or **Schedule your Vitality Check with CRL (Canada)**

Quest (US)

- To schedule your biometric screening at an on-site event, click **Make an Appointment**
- To schedule your screening at a Quest Patient Service Center (*only available after 10/1/23*), click **Schedule a Screening**

CRL (Canada)

- On the CRL RSVP page, click **Show Times**
- Click **Sign Up** next to your desired time
- In the Email field at the bottom, enter your email address and click **Confirm**

