

Navigating Your Wellness Journey

2025 LIVEWELL GUIDE

LiveWell
Be happy. Be healthy.

GET STARTED ON JUNE 2 SO YOU CAN:

- Save up to \$30 per week on your Cintas medical premiums!
- Find out about any potential health risks you may have.
- Access no-cost resources from WebMD to help you live healthy.

All full-time, non-union partners, even those not enrolled in a Cintas medical plan, can participate in the LiveWell Program. Additionally, spouses enrolled in a Cintas medical plan are eligible to participate. Part-time partners, partners covered by a collective bargaining agreement and temporary partners are not eligible to participate.

Partners hired on or after July 19, 2025, as well as spouses added to Cintas medical coverage on or after July 19, 2025, will automatically receive the LiveWell premium discount for 2026.

Your Wellness Journey

Follow these four steps to move forward with your wellness journey.

STEP 1 REGISTER WITH WEBMD

Create your WebMD account.

STEP 2 COMPLETE A BIOMETRIC SCREENING

Find out your important health numbers and identify potential health risks.

STEP 3 COMPLETE A HEALTH ASSESSMENT

Get to know more about your overall wellbeing.

STEP 4 CHECK YOUR PROGRESS

Confirm your submissions were received.

YOUR HEALTH INFORMATION IS CONFIDENTIAL

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) prohibits WebMD (LiveWell Program partner) or Quest (Biometric Screening vendor) from sharing your individual data with anyone — including Cintas and your insurance provider.

WEEKLY PREMIUM DISCOUNTS

You and/or your eligible spouse must be enrolled in a Cintas medical plan for 2026 to receive the premium discounts shown below.

ACTIONS TO COMPLETE BY AUGUST 29, 2025	PARTNER ONLY	ELIGIBLE SPOUSE ONLY	PARTNER AND ELIGIBLE SPOUSE
Biometric Screening	\$10	\$10	\$20
MUST COMPLETE BIOMETRIC SCREENING TO GET THE DISCOUNT FOR HEALTH ASSESSMENT:			
Health Assessment	\$5	\$5	\$10
Total discount if both actions are completed*	\$15	\$15	\$30

* Both the Biometric Screening and the Health Assessment must be completed to receive the full weekly premium discount in 2026. If you only complete the Biometric Screening, you will receive a \$10/week premium discount in 2026. If you only complete the Health Assessment, you will receive no premium discount in 2026.

NOT ENROLLED IN CINTAS MEDICAL COVERAGE?

You should still participate! Why? You'll learn about your current health status and any potential risks. Plus, if you elect Cintas medical coverage at a later date through a qualifying status change or during Annual Open Enrollment, you will be eligible to receive the discount.



STEP 1 Register with WebMD

The first step along your wellness journey is to get connected with WebMD, our LiveWell Program partner. Their wellbeing platform, called WebMD ONE, is your go-to place to participate in the LiveWell Program and connect to personalized wellness tools and resources.

3 WAYS TO ACCESS WEBMD ONE, BEGINNING JUNE 2

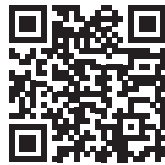
1



Single sign-on (partners only):

Log in to **PartnerConnect** and click on the **WebMD** tile located at the top of the page or select **WebMD** under the **Quick Actions** links. On your first visit, enter basic personal information to create your account. On subsequent visits, you will be automatically signed in.

2



Go direct (partners/spouses):

Visit webmdhealth.com/cintas. On your first visit, enter basic personal information to create your account. On subsequent visits, enter your username and password.

3



Via mobile app (partners/spouses):

Download the **Wellness At Your Side (WAYS) app** and select **Create Account**. Enter **cintas** as the name of the organization sponsoring your enrollment, then enter basic personal information to create your account. On subsequent visits, simply open the app and enter your username and password.



STEP 2 Complete a Biometric Screening

A Biometric Screening is a simple lab test that can determine your current numbers for key health indicators — such as blood pressure, cholesterol and glucose levels — and it compares your results against recommended targets.

3 WAYS TO COMPLETE

Choose the option that works best for you and complete your screening by the deadline listed below under the option you select to earn your LiveWell premium discount.

ATTEND AN ONSITE EVENT (AT A CINTAS LOCATION)*	OR	VISIT A QUEST DIAGNOSTICS® PATIENT SERVICE CENTER	OR	SUBMIT A PHYSICIAN RESULTS FORM
Onsite events will be held from June 30 to August 15, 2025.		Schedule your visit at one of the 2,000 Patient Service Centers located across the country between June 2 and August 29, 2025.		You can have your doctor complete a Physician Results Form for lab work done between January 1 and August 1, 2025.

IMPORTANT NOTES FOR EACH OPTION

Plan ahead. If you'd like to attend, you must schedule your appointment at least 14 days before the onsite event!

Be sure to access Quest through your WebMD account. If you schedule directly with Quest, you may be responsible for the full charges.

We recommend that you complete your lab work by August 1, 2025 to allow enough time to have the results sent to your doctor, so your doctor can complete the Physician Results Form and you can upload the form to WebMD/Quest by **August 29, 2025.** Physician Results Forms received after August 29, 2025 will **not** be accepted. Once submitted, you will receive an email stating your form has been processed or rejected.

If you complete your screening at an onsite event or through a Patient Service Center, you'll receive an email directly from Quest when your results are available. Most results are available within three to five business days of completion, but it can take up to 10 business days. Once available, you will see your results when you log in to the WebMD site (click the three horizontal line menu in the upper right corner, click **Health Record**, click **Tests**).

REMINDERS FOR ALL OPTIONS

BEFORE: Be sure to fast (no food or drink other than water) for 9-12 hours prior to your Biometric Screening. Take any regularly scheduled medications as usual.

AFTER: Refer to the Check Your Progress section on page 9 to confirm your submissions have been received. Following the Biometric Screening, you and your eligible spouse will receive your MyGuide Profile that includes your lab results, along with valuable information about the tests performed. A WebMD Coach will call you to discuss your results and point you to helpful resources available through WebMD ONE. **Note:** Talking with a WebMD Coach is not required to earn your premium discount. If you do talk to a Coach, your conversation is completely confidential.

* Not all Cintas locations have onsite appointments available. Ask your HR Manager whether your location will host an onsite event. Onsite appointments are only for Cintas partners. Spouses cannot attend an onsite event at a Cintas location.

WHO IS QUEST DIAGNOSTICS?

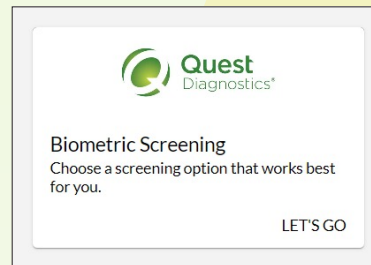
Quest Diagnostics is the WebMD lab partner that manages the Biometric Screening process. After logging in to WebMD, you will be directed to the Quest site to select your Biometric Screening option and schedule your appointment.

Be sure to access Quest through your WebMD account. If you schedule directly with Quest, you may be responsible for the full charges and may not be eligible to receive the LiveWell discount.

HOW TO SIGN UP FOR A BIOMETRIC SCREENING, ALL OPTIONS

- ☐ **First, if you haven't already done so, enroll in WebMD by following the steps on page 3.** To choose your Biometric Screening option, sign in to **webmdhealth.com/cintas** or the WAYS app and click on the Quest card in the Take Action section on the My Health home page.

You'll be directed to the Quest site.



- ☐ **Next, you'll need to register with Quest.** If you completed a screening last year, you can skip to the next step.

- Accept the Terms & Conditions.
- Click **Accept & Continue**.
- Verify/complete your personal information. Most fields will be pre-populated for you.

Note: You **MUST** enter an email address.

- Click **Submit** to confirm your registration.

A screenshot of the Quest Diagnostics "Enter Your Information" registration form. The form is titled "Enter Your Information" and includes fields for "FIRST NAME" (Alison), "LAST NAME" (Andrews), "BIRTH DATE" (01/01/1990), "GENDER" (Female), "PHONE" (888-888-8888), and "EMAIL ADDRESS" (Allison.e.Andrews@gmail.com). Below these fields is a "Mailing Address" section with fields for "Address (Line 1)", "Address (Line 2)", "Country", "City", "State", and "Zip Code". At the bottom, there is a "Communication Preferences" section with a checked box for "I would like to receive appointment reminders from Quest Diagnostics." and a green "Submit" button.

- ☐ **Choose your screening option:**

A screenshot of the Quest Diagnostics "Why You Should Participate" page. The page has a header with the Quest Diagnostics logo and a navigation bar with links for "Dashboard", "My Account", "Contact", and "Log Off". The main content area is titled "Why You Should Participate" and includes a sub-header "Wellness Screening". Below this, there are two columns of text. The left column is titled "At a Patient Service Center" and includes a "Schedule a Screening" button. The right column is titled "At an Event (Venipuncture)" and includes a "Make an Appointment" button. Below these columns is a section titled "Physician Results Form" with an "Order Form" button. Three callout boxes with orange arrows point to these buttons: one to "Schedule a Screening", one to "Make an Appointment", and one to "Order Form".

Click here if you want to visit a Patient Service Center. See page 7 for what to do next.

Click here if you want to attend an onsite event. Check with your local HR Manager to confirm if your location is holding an onsite event before choosing this option. See page 6 for what to do next.

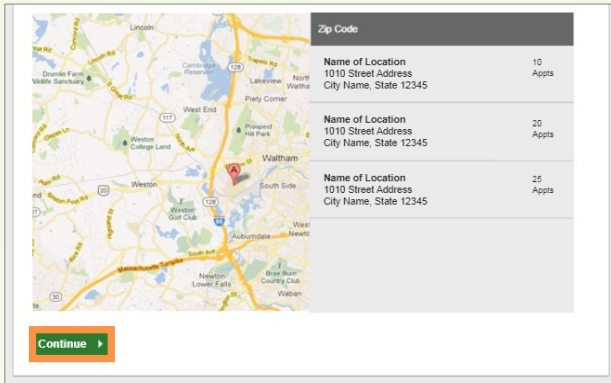
If you choose to use your own doctor, click here to download the Physician Results Form. See page 8 for what to do next.



IF YOU CHOOSE AN ONSITE BIOMETRIC SCREENING

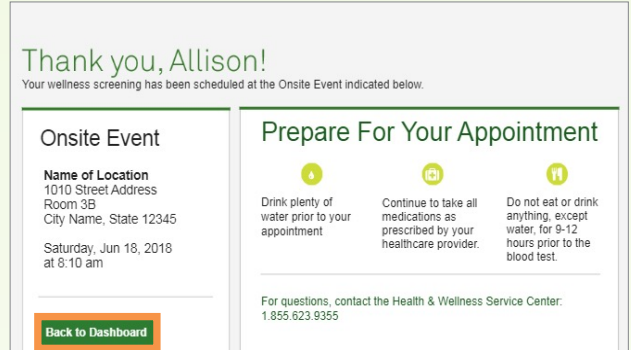
You must schedule your appointment at least 14 days before the onsite event so be sure to plan ahead! Onsite events are available **June 30 to August 15, 2025**. Check with your local HR Manager for dates for your location. Instructions for scheduling are shown below.

- 1 Select an available onsite event location and click **Continue**.



Zip Code
Name of Location 1010 Street Address City Name, State 12345 10 Appts
Name of Location 1010 Street Address City Name, State 12345 20 Appts
Name of Location 1010 Street Address City Name, State 12345 25 Appts

- 3 Once your appointment is scheduled, you will see the Confirmation screen. Click **Back to Dashboard**.



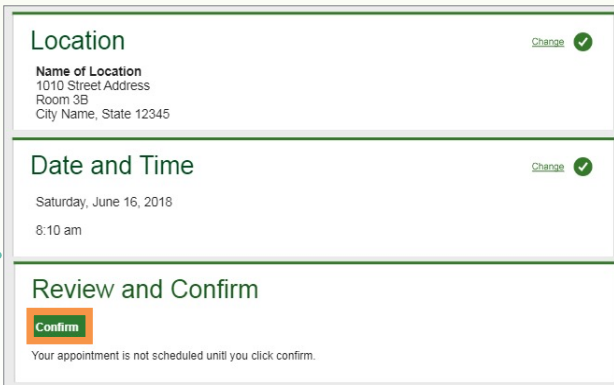
Thank you, Allison!
Your wellness screening has been scheduled at the Onsite Event indicated below.

Onsite Event	Prepare For Your Appointment
Name of Location 1010 Street Address Room 3B City Name, State 12345 Saturday, Jun 18, 2018 at 8:10 am Back to Dashboard	<div><div>1</div>Drink plenty of water prior to your appointment</div> <div><div>2</div>Continue to take all medications as prescribed by your healthcare provider.</div> <div><div>3</div>Do not eat or drink anything, except water, for 9-12 hours prior to the blood test.</div>

For questions, contact the Health & Wellness Service Center:
1.855.623.9355

- 2 Select from available screening dates and times and click **Continue**. Verify all appointment details are accurate and click **Confirm**.

Only Cintas partners can make onsite appointments. If both you and your spouse work at Cintas, be sure you both select "Employee" when making an appointment. Spouses who are not Cintas partners cannot participate at an onsite event.

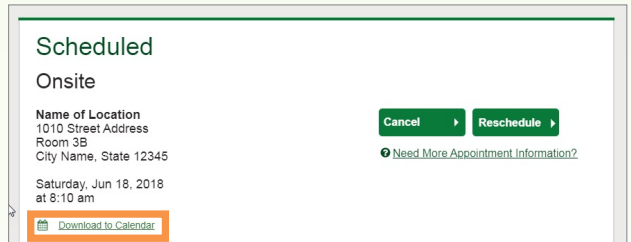


Location
Name of Location
1010 Street Address
Room 3B
City Name, State 12345

Date and Time
Saturday, June 16, 2018
8:10 am

Review and Confirm
[Confirm](#)
Your appointment is not scheduled until you click confirm.

Here you can see your scheduled appointment. Click **Download to Calendar** to add the appointment to your calendar. If needed, you can also **Cancel** or **Reschedule** your appointment from this screen.



Scheduled
Onsite

Name of Location
1010 Street Address
Room 3B
City Name, State 12345
Saturday, Jun 18, 2018
at 8:10 am
[Download to Calendar](#)

[Cancel](#) [Reschedule](#)
[Need More Appointment Information?](#)



IF YOU CHOOSE A LOCAL QUEST DIAGNOSTICS® PATIENT SERVICE CENTER

To schedule your appointment with Quest, you must go through the WebMD site as outlined on page 5 and then follow the instructions shown below. If you schedule directly with Quest, you may be responsible for the full charges and your results may not be accepted. The deadline to complete your screening at a local Patient Service Center is **August 29, 2025**.

- 1 Enter your ZIP code, and choose from available Patient Service Center locations and click **Continue**.

Name of Location	1010 Street Address	City Name, State 12345	10 Appts
Name of Location	1010 Street Address	City Name, State 12345	20 Appts
Name of Location	1010 Street Address	City Name, State 12345	25 Appts

- 4 Once your appointment is scheduled, you will see the Confirmation screen. Click **Back to Dashboard**.

Thank you, Allison!
Your wellness screening has been scheduled at the Patient Service Center indicated below.

Patient Service Center
Name of Location
1010 Street Address
City Name, State 12345
Saturday, Jun 18, 2018
at 8:10 am
[Back to Dashboard](#)

Prepare For Your Appointment
1 Drink plenty of water prior to your appointment.
2 Continue to take all medications as prescribed by your healthcare provider.
3 Do not eat or drink anything, except water, for 8-12 hours prior to the blood test.

Next Steps
1 Take your [health questionnaire](#).

- 2 Select a preferred **Date** and **Time** from those available and click **Continue**.

Location
Name of Location
1010 Street Address
Room 3B
City Name, State 12345

Date and Time
Date: Saturday, June 16, 2018
Time: 8:45 am
[Continue](#)

Here you can see your scheduled appointment. Click **Download to Calendar** to add the appointment to your calendar. If needed, you can also **Cancel** or **Reschedule** your appointment from this screen.

Scheduled
Patient Service Center
Name of Location
1010 Street Address
City Name, State 12345
Saturday, Jun 18, 2018
at 8:10 am
[Download to Calendar](#)

[Cancel](#) [Reschedule](#)
[Need More Appointment Information?](#)

- 3 Verify all appointment details are accurate and click **Confirm**.

Date and Time
Saturday, June 16, 2018
8:10 am

Review and Confirm
[Confirm](#)
Your appointment is not scheduled until you click confirm.

There's no need to show your insurance card at your visit as it will be billed directly to WebMD.

IF YOU CHOOSE TO USE YOUR OWN DOCTOR

When making your appointment with your doctor, be sure to schedule a “preventive” visit so the charge for your screening is covered under your medical plan. Otherwise, you may be responsible for the charges. We recommend that you complete your lab work by **August 1, 2025** to allow enough time to have the results sent to your doctor, so your doctor can complete the Physician Results Form and you can upload the form to WebMD/Quest by **August 29, 2025**. Instructions for how to report your biometric screening results via a Physician Results Form are shown below.

- 1 On the confirmation page, click **Download Form** and print your pre-populated form.

Verify all of your pre-populated information is accurate and take it with you to your appointment so your doctor can complete it.

Thank you, Allison!

Your wellness screening is has been created as a Physician Results Form, download it below.

Physician Results Form
Download Form

Next Steps
1 Take your [health questionnaire](#).
2 You can fax it to xxx.xxx.xxx or [upload it](#).

For questions, contact the Health & Wellness Service Center.
1.855.623.9355

Tests needed to be completed:
Jan 1, 2017-Dec 31, 2017

Form must be returned by:
Sat, Dec 17, 2017

- 2 After your doctor completes the form using your recent lab results (between January 1 and August 1, 2025), make sure the form is completed in full.

Once you've verified that all information is included, choose one of the options below to send your completed Physician Results Form to Quest:

- **Upload it electronically to the Quest site:** From the dashboard page, click **Upload Form** and browse your computer for your completed **Physician Results Form**.
- **Alternate option: Fax your form** to the number shown on the form.

Make sure the form is completed in full, including the participant's signature, test dates, test results and physician's signature.

Scheduled

Physician Results Form

You have downloaded your form. You can fax it in or upload it to the right. You can also [download your form here](#).

Cancel **Upload Form**

[Need More Appointment Information?](#)

- 3 Once you upload your form, you will arrive at the screen below. In the **Input your results** section, validate your form by entering the measures shown on your form.

Note: You'll receive an email notification whether your form has been processed or rejected for any reason. If your form is rejected, you will need to resubmit with the rejection reason completed by the August 29, 2025 deadline. Any forms received after the deadline will not be accepted.

Uploaded File

Change Form

Input your results

Date Test(s) Performed

Height (feet) Height (inches)

NEED HELP SCHEDULING?

Call WebMD at **800-926-5455** or use the chat feature on the WebMD ONE site.

NEED TO CHANGE OR CANCEL YOUR SCREENING?

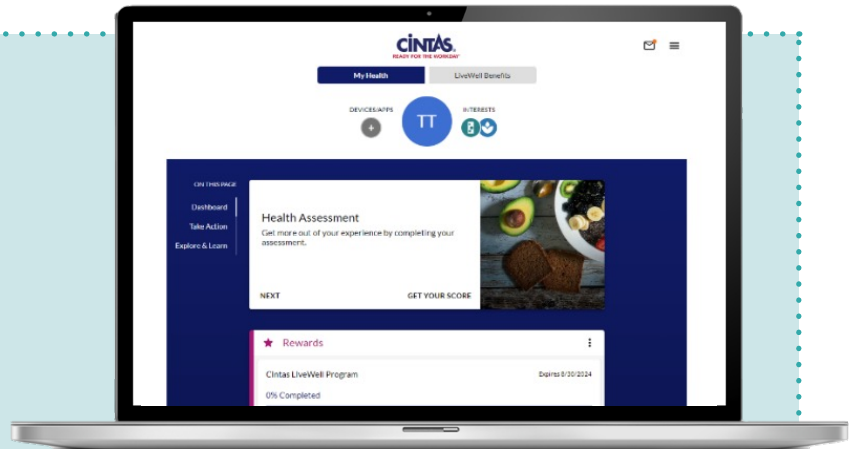
Sign in to webmdhealth.com/cintas or the WebMD WAYS app, and navigate to Quest like you did to set up your appointment. After you are directed to the Quest site, you'll see your scheduled appointment and can use the green buttons to cancel or reschedule it. **Note:** If you want to change where you are getting your screening (onsite, Quest or via Physician Results Form), you will need to cancel your current selection before scheduling a new option.

STEP 3 Complete a Health Assessment

A Health Assessment is a brief online survey where you answer basic questions about your health. It generally just takes 10 minutes to complete.

HOW TO COMPLETE

- ☐ Sign in to **webmdhealth.com/cintas**.
- ☐ Click on the **My Health** home page.
- ☐ Click the **Health Assessment** tile at the top.
- ☐ Complete the Health Assessment by **August 29, 2025**.



Note: The site will reflect completion of the Health Assessment immediately, but the reward for completing it will not be visible until you complete your Biometric Screening. **Remember:** You will **not** receive a 2026 premium discount if you only complete the Health Assessment.

STEP 4 Check Your Progress

To see which steps you've completed and whether you need to do anything else to earn the LiveWell premium discount, sign in to **webmdhealth.com/cintas** and click on the **Rewards** tile from the **My Health** tab.

You can expect to see your Biometric Screening completion reflected here within 10 days of completion. The Health Assessment will show as completed here immediately after you complete it, but the reward for completing it will **not** be visible until you complete your Biometric Screening.

If you are unable to participate in the LiveWell Program due to medical or religious reasons, you may qualify for an opportunity to earn the same premium discount through an accommodation form. The deadline to complete and submit this form is **August 29, 2025**.

If you need an accommodation form, we recommend that you reach out to WebMD by **August 1, 2025** to allow enough time to complete any necessary steps by the August 29, 2025 deadline.



Take Your LiveWell Journey to the Next Level

Along with the Biometric Screening and Health Assessment, we encourage you to take advantage of the following WebMD resources that are available at no cost to you:



WebMD Health Coaching:

Work on your health and wellbeing goals in a safe, judgment-free space. Through one-on-one sessions, a health coach can inspire you to pursue your health goals, motivate you to keep moving forward and educate you every step of the way. WebMD Health Coaches are trained professionals who can make a difference in every part of your life. Plus, it's free, convenient and confidential. Schedule a session on the WebMD ONE platform or call **800.926.5455**.



Daily Habits: Daily, self-guided courses encourage long-term behavior change. Work toward your goals one day at a time. This mobile-first experience makes it simple to set a goal and watch your progress. Daily Habits, powered by WebMD ONE, uses behavioral science to help you stay motivated, achieve real results and be confident that your health is headed in the right direction.



Media Library: Explore an array of wellness videos for you and your family, including fitness classes, meditation sessions, recipe demonstrations, engaging mental health podcasts and much more.



Device and App Connection Center: Sync a fitness device or app to automatically track and upload your activity. Visit the WebMD ONE platform for a step-by-step guide.



LEARN MORE ABOUT THE
LIVEWELL PROGRAM AT
[MYCINTASBENEFITS.COM](https://mycintasbenefits.com)

QUESTIONS?

Your wellness resource, WebMD, is here to help!

- Click **Contact Us** at the bottom of the **WebMD ONE** site and send a message to WebMD Customer Service.
- Call **800.926.5455**, Monday – Friday, 8:30 am to 8 pm ET.

