



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

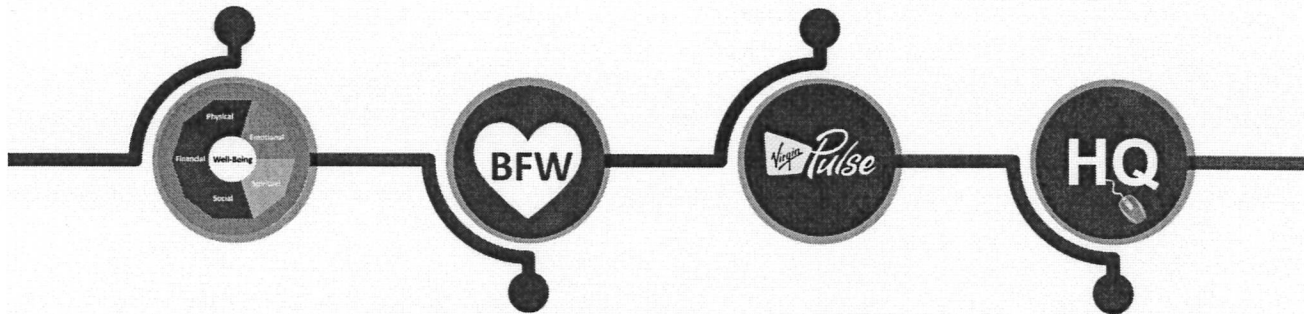
Center for Health

Blueprint for Wellness® Is Coming

Earn \$100 PulseCash* and Up to 120 Wellness Points

Wellness Points on
HealthFlex/WebMD Website
January 1 – December 31, 2018

Virgin Pulse® Program
All Year



Blueprint for Wellness® Screening
April 1 – July 31

HealthQuotient (HQ)
August 1 – September 30

Event: Blue Print for Wellness
Date: June 1, June 2
Time: 6:30 am - 10:00 am
Location: Hershey Lodge and Convention Center
Register by: May 18, 2018

Register!

Strongly recommended for on-site event; walk-ins are very limited.

Required for screening at Quest Diagnostics facility to avoid out-of-pocket costs.

Online: wespath.org > HealthFlex/WebMD
Select "Quest Blueprint for Wellness"

Phone: 1-855-623-9355

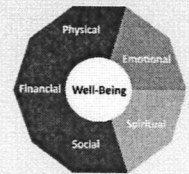
Employer group: HealthFlex or United Methodist Church

Reasonable alternatives or waivers will be made available for those who cannot achieve recommended or improved measures due to an underlying medical condition. Requests for a reasonable alternative may be made by:

- E-mail: incentiverequest@wespath.org
- U.S. mail: Wespath Benefits and Investments
Attention: Incentive Request
1901 Chestnut Avenue, Glenview, IL 60025

We will work with you (and your primary care provider, if you wish) to find a reasonable alternative in order for you to be able to achieve the same reward.

Blueprint for Wellness (BFW) provides an opportunity to learn about your health, and earn **\$100 PulseCash*** and up to **120 Wellness Points** (depending on your screening results) on your path to 150 Points (and \$150 more in PulseCash). You'll also receive personalized data on 30 health factors.



Blueprint for Wellness Highlights

- Incentives**—\$100 PulseCash* and up to 120 Wellness Points. Participant and spouse in HealthFlex can *each* earn incentives.
- Convenient options**—take the screening at our on-site event or at a local Quest Diagnostics facility.
- No cost to you** if taken at an on-site event or registered at a local Quest Diagnostics facility.
- Wellness Points**—earn 20 Points for *each* of six health measures that meet the American Heart Association's recommended range (or for showing improvement vs. your 2017 Blueprint for Wellness results). Six health measures that meet the criteria = **120 Wellness Points total**. *If you didn't do Blueprint for Wellness in 2017, don't miss out in 2018!*
- Fast the night before** for the most accurate results. Ask your doctor or other primary care provider (PCP) if it is safe for you to fast.
- Confidential results mailed directly to you**. Share the results with your PCP.

Learn More!

wespath.org > "HealthFlex/WebMD"

The 2018 *Incentives FAQ* includes details about registration, health measures and how to receive the screening incentive if you can't get to an on-site event or Quest Diagnostics facility.

Participation in HealthFlex wellness programs is voluntary.

The IRS considers cash wellness incentives as taxable income. Please consult your tax adviser.

* Must be enrolled in HealthFlex and in Virgin Pulse to earn PulseCash.