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

Event:
Blueprint 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

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.

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