



Wespath

BENEFITS | INVESTMENTS

JANUARY 4 – AUGUST 31



Blueprint for Wellness® Screening
\$100 Pulse Cash



Health Check
Avoid a higher deductible in 2023



PHYSICAL

ALL YEAR



Wellness Credits through Virgin Pulse
150 points = \$150 Pulse Cash



Virgin Pulse® (VP) Rewards
Up to \$160 Pulse Cash

EARN PULSE CASH/WELLNESS CREDITS

Take BFW!

January 4 through August 31

**Take the Quest Diagnostics
Blueprint for Wellness Screening**
No cost to you!

Blueprint for Wellness (BFW) Highlights

Wellness Credits

Earn 20 Credits for each of seven health measures that meet the American Heart Association's recommended range or are improved over your 2021 Blueprint for Wellness results. Seven qualifying health measures = 140 Wellness Credits total. Participants and spouses in HealthFlex plans can *each* earn **\$100 Pulse Cash***—and up to **140 Wellness Credits** depending on results.

If you missed Blueprint for Wellness in 2021 you're still eligible for Wellness Credits for achieving healthy results, and you'll have a baseline next year.

Fast Overnight

Fasting overnight gives the most accurate results. Ask your doctor or other primary care provider (PCP) if it's safe for you to fast.

Confidential Results Mailed Directly to You

Share with your PCP.

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

* The IRS considers wellness incentives as taxable income. Please consult your tax advisor. Participation in HealthFlex well-being programs is voluntary.

Register: You can register to get your screening at a patient service center, on-site event, via Self-Collection Kit, or via physician form.

- **Phone**
1-855-623-9355

Employer group:
HealthFlex or United Methodist Church

Online

Log in to your **Virgin Pulse** account and find Blueprint for Wellness under the "Benefits" tab or through Benefits Access (for participants).