



**Wespath**

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

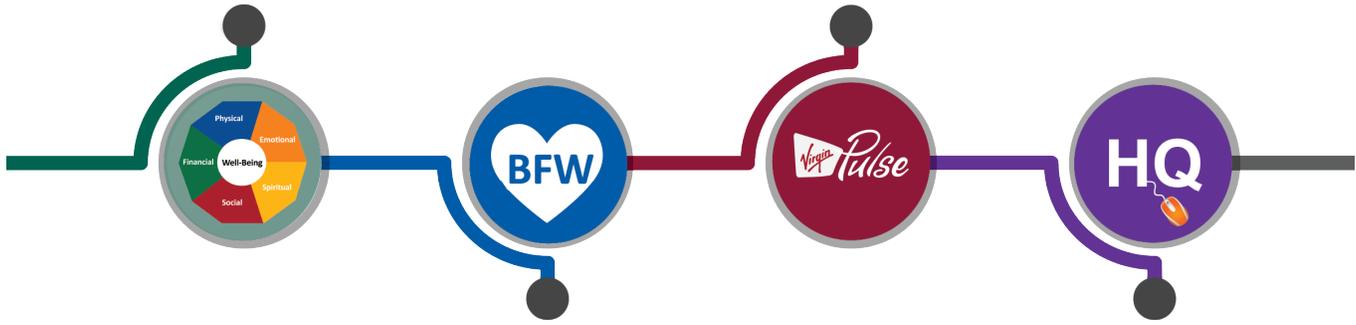
Center for Health

# 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: \_\_\_\_\_  
Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Register by: \_\_\_\_\_

### 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](http://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](http://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.*

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](mailto: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.

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