

Put a Health Coach on Your Team

A qualified health coach can motivate you to achieve health-focused goals—like losing weight, lowering cholesterol or managing stress.

HealthFlex recently teamed up with WebMD to provide industry-leading coaching services that integrate with WebMD's HealthQuotient (HQ) and other online health resources. Why not give this new program a try? As a HealthFlex participant, you can speak with a health coach as often as you want, **at no charge**.

Time Out for Wellness

Take a time out from your busy schedule to focus on yourself. Caring for yourself makes you better equipped to focus effectively on your family, friends, congregation and colleagues. Make an appointment to talk with your health coach once a month or once a quarter—or call as often as you wish.

Coaching Credentials

WebMD health coaches have credentials you can count on.

- Coaches have diverse expertise and include registered dietitians, exercise physiologists, health education specialists and mental health professionals.
- Your coach will help you set practical goals that fit into your lifestyle at a pace that feels comfortable to you. You might start with small steps—walking around the block or adding fruit to your breakfast, for example.

A Coach Rounds Out Your Health Team

Your WebMD health coach does not replace your doctor's care. But having a coach on your side makes it easier to incorporate your doctor's recommendations into your daily routine.

Completely Confidential

Working with a health coach is **completely confidential** and done over the phone. Your church, annual conference, employer, insurance carrier, HealthFlex, or the General Board of Pension and Health Benefits will not be told if you qualify for coaching or what you and your coach discuss.

It's also **completely voluntary**—you decide *whether* and *when* you'd like to speak with a health coach.

Please Note: Completing the HealthQuotient (HQ) online health risk assessment is the first step to qualify for health coaching. If you already took the HQ and qualified for coaching, a health coach will call you directly.

If you haven't yet taken the HQ, please visit the HealthFlex/WebMD Web site at www.gbophb.org, click on "HealthFlex/WebMD" and enter your **username** and **password**; then click on "HealthQuotient" in the "Get Started" column. After you've completed the HQ, you'll be able to click on "HealthQuotient" and then "Schedule Call" to make an appointment online.

For questions about the health coaching program or the HQ—or to schedule a coaching appointment—call WebMD at **1-866-302-5742**.



WebMD Health Coaching
1-866-302-5742

Monday–Thursday
9 a.m. to 11:30 p.m., EST

Friday–Saturday
9 a.m. to 6 p.m., EST

Sunday
2:30 to 11:30 p.m., EST

Your HQ Information Is Protected

Personal data entered through the HQ is processed only by WebMD—an accredited health organization with high standards for security and confidentiality. Your church, annual conference, employer, HealthFlex or even your insurance carrier cannot access your HQ data.



GENERAL BOARD OF PENSION AND HEALTH BENEFITS
OF THE UNITED METHODIST CHURCH

Caring For Those Who Serve

Please note: Health coaching is currently available only to participants and spouses covered by HealthFlex active plans (EPO, PPO, OOA or CDHP). 4062/062910