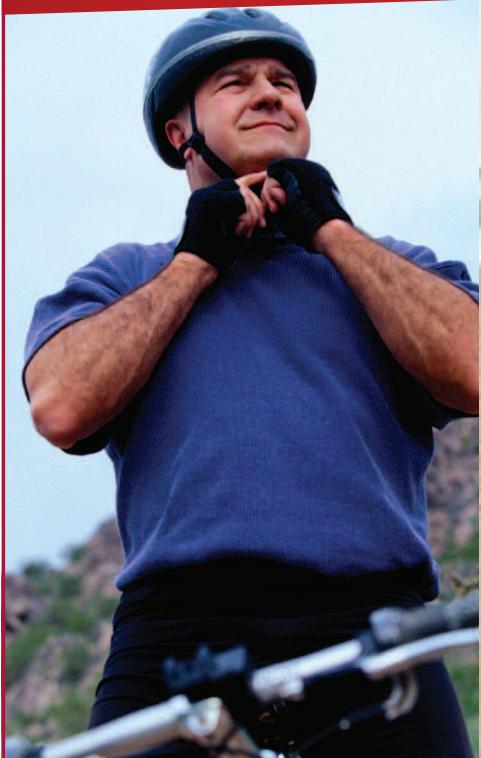


LIVE LIFE LIVELY



Virgin
HEALTHMILES

Get Rewarded for Your Health Commitment

The *Center for Health* and HealthFlex Introduce HealthMiles

Increasing your physical activity is one of the easiest ways to improve and maintain your health. Research shows that physical activity lowers the risk for many chronic conditions, including diabetes, heart disease, obesity, bone and joint problems, and some types of cancer.

The **Virgin HealthMiles** physical activity program is designed to support your commitment to health—and you'll earn rewards for enhancing your fitness and overall wellness. Daily steps toward better health can line your pockets with **UP TO \$300** over a 12-month period.

When you join HealthMiles, a **FREE** GoZone pedometer tracks your progress toward health goals and rewards. The most valuable HealthMiles benefits will be measured in inches, pounds, blood pressure or a boost in energy, but the cash you can earn is a nice reward, too.

With HealthMiles, every step makes cents!



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

Caring For Those Who Serve



HealthMiles—the exciting physical activity program sponsored by HealthFlex and the *Center for Health*—works hand-in-glove with existing program offerings to support overall wellness. The WebMD HealthQuotient™ assessment raises awareness of health risks; ProCheck screenings and wellness exams focus on prevention, early detection and treatment; and HealthMiles promotes increased activity as a means to improve your health.

Earn HealthMiles—Cash In on a Healthier You

If you're like most people, you may need a little push to exercise more and lower health risks. That's how the HealthMiles physical activity program can help. The bottom line: Increase activity to become healthier—and earn extra cash.

Walk, run, bike, play basketball or tennis, golf, dance or take part in any physical activity you enjoy, and you'll accrue steps. The GoZone pedometer—sent free by mail after registration—tracks your steps. Upload your daily steps to the secure HealthMiles Web site and you'll receive:

- 20 HealthMiles for up to 6,999 steps
- 60 HealthMiles for 7,000 to 11,999 steps
- 80 HealthMiles for 12,000 to 19,999 steps
- 100 HealthMiles for 20,000 steps or more

You also can earn HealthMiles by **reporting health measurements, filling out a Health Snapshot, participating in challenges, improving fitness levels and measurements, and more!**

Step Up to the Next Level

HealthMiles offers five different reward levels. Reach a new program level to earn HealthCash. Use it to purchase gift cards at more than 50 national retailers (e.g., Target and Best Buy) or to write a check to yourself or your favorite charity.



Enroll Now!

Sign up for HealthMiles and step up your commitment to health. The earlier you enroll and become active, the sooner you'll start earning HealthCash rewards. Better yet, the faster you'll see results: more energy, lower health risks and greater vitality to focus on your job and family.

It's easy to enroll:

1. Go to www.gbophb.org and click on "**HealthFlex/WebMD**." Can't remember your password? Retrieve it online or call the Health Team at **1-800-851-2201**.
2. Click "**Join Now**" at the top of the page to view program details on the enrollment page.
3. Enter the required personal contact information. Then choose a password (at least four digits), and click "**Continue**."
4. Review and confirm your details. Then read and accept the *Membership Agreement & Privacy Policy*, and click "**Submit**."
5. Write down your Member ID and remember your password.

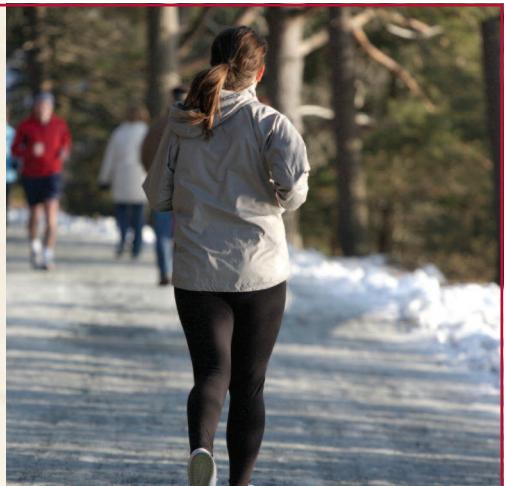
Member ID: _____

6. Log in to the **Virgin HealthMiles** Web site using your Member ID or e-mail address. Couples cannot share an e-mail address.
7. Complete the Health Snapshot—a short health questionnaire—and a pedometer will be mailed directly to the address in your profile. (Note: The Health Snapshot is not the same as the more detailed HealthQuotient™.)
8. Download the GoZone software at www.virginhealthmiles.com/software.
9. Activate your pedometer by following the package instructions, or visit the GoZone pedometer support page on the HealthMiles Web site. (Go to www.virginhealthmiles.com, choose "**Activity**" and then select "**Activity Tracking Devices/GoZone Support**.") Still need help? Contact the Virgin HealthMiles Customer Service department at **1-800-830-4312**.
10. Start walking, riding, running, dancing, playing and moving—when worn properly, the GoZone pedometer records every step on the road to health.

Your HealthFlex-covered
spouse can enroll in
Virgin HealthMiles at **no cost**.

QUESTIONS?

For questions about registration or the HealthMiles program, read the FAQs at www.virginhealthmiles.com, or call Virgin HealthMiles at **1-800-830-4312**.



Key Terms

GoZone Software—Equips computers to load steps from the GoZone pedometer to your personal Web account, so you can accrue HealthMiles. Download this software before pedometer activation. To download, go to www.virginhealthmiles.com/software. You can download the software onto multiple computers to access your account.

HealthCash—Steps or HealthMiles translate into HealthCash. Redeem HealthCash to purchase gift cards for major national retailers or to write a check to yourself or a charity. Rewards are redeemable as soon as they accumulate, beginning at the \$25 level. You can accrue **up to \$300** in HealthCash within a 12-month period from your enrollment date, depending on how many HealthMiles you earn.

HealthMiles—HealthMiles are like frequent flyer miles—walk or move more to accrue more HealthMiles. Complete all of the program levels to accrue up to \$300 in HealthCash within a 12-month period from the date you enroll.

HealthMiles Command Center—Visit this HealthMiles Web page to estimate how many HealthMiles you'll earn over 12 months, if you maintain your current activity level. Set targets to increase your total HealthMiles and reward prospects. Log in to your HealthMiles account at www.virginhealthmiles.com and click "Rewards."

LifeZone—Your personal, secure HealthMiles Web site to manage health and fitness information. Use it to track uploaded HealthMiles, accrued HealthCash, health measurements (e.g., blood pressure, weight and body mass index) and the steps you take toward better health.

Safety Strap—Protect the pedometer by thinking "safety first"—the safety strap prevents loss or damage. Loop the safety strap cord around the base of your pedometer's clip, and secure the safety clamp to your belt loop or pocket. Lost pedometers can be replaced for \$24.99. Visit the HeathMiles Web site for details.



GoZone

Your personal pedometer—wear it at all times to track steps. It only stores up to 99,999 steps or two weeks of data, so make sure that you don't lose any steps because you forgot to upload to your computer. Clip it to your waistband, belt, hip pocket or shoe...and be sure to attach the safety strap.

HealthMiles is here—sign up online today!
Visit the HealthFlex Web site at
www.gbophb.org to enroll or learn more.